LIGHT BITES

สนุก SANOOK

{ENJOY}

SABA NUTRITION GUIDE

[VG] Vegetarian [GF] Gluten Friendly [PF] Paleo Friendly [V] Vegan

 If you have any particular requirements, don't hesitate to ask and we will try our best to assist.

ALLERGENIIST

- 1. Gluten, 2. Crustaceans, 3. Eggs,
 4. Fish, 5. Peanuts, 6. Soya, 7. Milk,
 8. Tree Nuts, 9. Celery, 10. Mustard,
 11. Sesame, 12. Sulphites, 13. Lupin,
 14. Molluscs.
- As there are nuts used in our kitchen, despite our best efforts, cross contamination is possible. If you have an allergy to peanuts or one of the other allergens we would ask that you advise a staff member.
- OUR AWARD WINNING SUPPLIERS:
 Nolans of Kilcullen, Co Clare Home cured low salt rashers,
 sausages and pudding

G's Gourmet Jam, Abbeyleix, Co Laois - Preserves

Glenilen Farm Drimoleague, Co. Cork - Butter

FRESH JUICES & SIPS

House Iced Tea

Ice tea with green Cardamom, vanilla, orange & mint - 3.85

Beetroot Blast

Cold pressed beetroot, carrot and apple - 3.85

Orange and Mango Tango

Cold pressed orange juice and mango - 3.85

TOASTS & PASTRIES

Sourdough Toast

With Glenilen butter and sweet preserves [1,7,11,12] - 4.0

Croissant or Pain au Chocolat

With Glenilen butter and sweet preserves [1,3,5,7,8,12] - 4.50

Buttermilk Fruit Scone

Served with cream and raspberry preserve [1,3,7] - 4.50

Bacon and Egg Bap*

Caramelised onion brioche bap, fried egg, crispy streaky bacon with 'Saba' tomato, date and tamarind relish [1,3,5,7,9,11,12] - 9.50

*Only available up to 12pm

DESSERTS

Chocolate Fondant [GF]

With vanilla ice cream and creme anglaise [3,6,7,8,11]
- 8.50

Mango and Passionfruit Cheesecake

With mango compote [1,6,7,11] - 8.50

Warm Apple Tarte Tatin

With vanilla ice cream and creme anglaise [1,3,7]

- 8

Tropical Sorbet [GF][V]

Blended with Pineapple, Mango,
Passion Fruit & Lime flavours
- 8.50

Mango Chia Pudding [GF][V]

With berries and roasted shredded coconut [6,8]
- 8.50

Selection of Glenowen Irish Ice Cream

Vanilla, chocolate and pistachio on a chocolate crumb with a raspberry sauce [1,3,6,7,8] - 7.50

KOMBUCHA

Fermented by Prokulture in Sallins, Co Kildare

Ginger and Lemongrass, Orange and Turmeric or Wild Berry 300ml - 5

TEAS

Our herbal teas are blended by Solaris Botanicals in Co. Galway.

Peppermint, Green, Chamomile, Rooibos, Irish Lyons Breakfast Tea - 3.50

COFFEES

Our coffee is hand roasted by McCabes Coffee in Co. Wicklow

Espresso - 3.00

Double Espresso - 3.50

Macchiato - 3.30

Americano - 3.50

Latte - 4.10

Cappuccino - 3.90

Mocha - 4.20

Flat White - 3.90

Hot Chocolate - 4.20

Oat, soy and almond milks available (Additional €0.60)

