

SABA TO GO

LOVE HEALTHY FOOD? LOVE SABA TO GO!

At Saba To Go, we want you to feel good. That's why we teamed up with leading nutritionist Orla Walsh to create this menu. It gives you lots of fresh options and all the nutritional information you need to make healthy choices.

Choose from Saba Slim (under 350 calories) and Saba Light (under 550 calories) options. Choose the very freshest, nutrient rich ingredients in authentic, naturally dairy and gluten free dishes. Choose all the convenience and taste of a takeaway, only now, also choose to eat healthy, live well and feel amazing.

Saba To Go. The Guilt Free Takeaway.



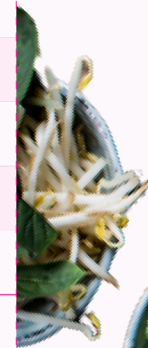
STARTERS

	Cals	Protein	Carbs	Fats	Fiber	UNDER 350	UNDER 550
Hoisin Duck Rolls	345	24	23	17	1		X
Pepper Squid & Sauce	362	28	48	2.5	2.5		X
Gingergrass Salad	144	10	7.7	7.4	2.7	X	
Satay Gai	322	17	19	19	2.6	X	
Ribs and Sauce	599	50.3	7.7	37.1	1		
Chicken Wings & Sauce	494	44.5	14.8	27.5	3.8		X
Vegatable Parcels	427	7	49	21	4.2		X
Spicy Beef Salad	294	32	5.8	15	2.4	X	
Spice Bag	989	16.5	151	31.5	18		



WOK DISHES

	Cals	Protein	Carbs	Fats	Fiber	UNDER 350	UNDER 550
Phad Nam Prik Pao Beef	493	28.9	31	28	3.4		X
Phad Nam Prik Pao Chicken	489	34.9	31	24	3.4		X
Phad Nam Prik Pao Prawn	454	24.9	31.6	25	4		X
Phad Nam Prik Pao Tofu	443	12.8	33.2	28	3.9		X
Phad Nam Prik Pao Duck	488	23.9	31	29.5	3.4		X
Phad Khing Beef	335	28	42	5.4	4.2	X	
Phad Khing Chicken	331	34	42	2.1	4.2	X	
Phad Khing Prawn	296	24	43	2.65	5	X	
Phad Khing Tofu	285	12	44	6	4.7	X	
Phad Khing Duck	330	22.9	42	7.25	4.2	X	
Phad Krapow Beef	318	27	39	3.6	3.6	X	
Phad Krapow Chicken	314	33	39	3.6	3.6	X	
Phad Krapow Prawn	279	23	40	4.4	4.4	X	
Phad Krapow Tofu	268	11	41	4.1	4.1	X	
Phad Krapow Duck	198	21.9	39	3.6	3.6	X	
Phad Prik Sod Beef	313	27	38	5.2	3.1	X	
Phad Prik Sod Chicken	308	33	38	2	3.1	X	
Phad Prik Sod Prawn	273	23	39	2.4	3.9	X	
Phad Prik Sod Tofu	262	11	40	5.8	3.6	X	
Phad Prik Sod Duck	307	22.1	38	7	3.1	X	



WOK DISHES

	Cals	Protein	Carbs	Fats	Fiber	UNDER 350	UNDER 550
Sweet and Sour Beef	483	53	45	8.9	4.4		X
Sweet and Sour Chicken	479	59	45	5.6	4.4		X
Sweet and Sour Prawn	392	49	46	6.1	5.2		X
Sweet and Sour Tofu	433	36.9	47.2	9.5	4.9		X
Sweet and Sour Duck	478	48	45	10.7	4.4		X
Crispy Chilli Chicken	711	30	80	29	7.1		



NOODLES

Phad Thai Chicken	665	41	87	12.4	5.3		
Phai Thai Prawn	630	37	87.6	12.9	6.3		
Phad Thai Chicken and Prawn	648	41.4	87.6	14.3	6.3		
Phad Thai Jay Plain	523	24	67	16	8.1		X
Phad Thai Jay Tofu	615	33	69.2	21.3	8.6		
Bangkok Beef	413	30	32	18	2.1		X
Chaing Rai Noodles	657	42	110	3.4	8.12		
Fan Fo	624	35	100	7	11.3		
Saigon	830	42	129.4	16	9		
Pattaya	624	33	56	29	4.3		



SALADS

Spicy Beef Salad	294	32	5.8	15	2.4	X	
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PALEO

	Cals	Protein	Carbs	Fats	Fiber	UNDER 350	UNDER 550
Barbarian Beef	423	34	23	18.7	6.9		X
Barbarian Chicken	419	40	28	15.4	6.9		X
Barbarian Prawn	384	30	28.6	15.9	7.7		X
Barbarian Tofu	373	18	30.2	19.3	7.4		X
Barbarian Duck	426	30.2	28	20.9	6.9		X
Primal Green Curry Beef	307	30	13	13	10	X	
Primal Green Curry Chicken	303	36	13	9.6	10	X	
Primal Green Curry Prawn	268	26	14	10.1	11	X	
Primal Green Curry Tofu	257	14	15.2	13.5	10.5	X	
Primal Green Curry Duck	310	26.1	13	15.1	10	X	
Green Machine Beef	293	33.6	9.2	12.3	6.2	X	
Green Machine Chicken	289	39.6	9.2	9	6.2	X	
Green Machine Prawn	254	29.6	9.8	9.5	7	X	
Green Machine Tofu	243	17.5	11.4	12.9	6.7	X	
Green Machine Duck	296	28.6	9.2	14.5	6.2	X	
Caveman Beef	466	31.4	26	24.7	7.2		X
Caveman Chicken	462	37.4	26	21.4	7.2		X
Caveman Prawn	427	27.4	27	21.9	8		X
Caveman Tofu	416	15.3	28.2	25.3	7.7		X
Caveman Duck	469	27.4	26	26.9	7.2		X



VEGAN

	Cals	Protein	Carbs	Fats	Fiber	UNDER 350	UNDER 550
Vegan Bangkok	307	8.4	62	1.2	8.6	X	
Vegan Xao Hao Lo	228	8.9	22	10	6.1	X	
Vegan Phad Prik Sod	112	3.8	20	0.7	5.6	X	
Vegan Phad Khing	162	5.5	29	1	7.9	X	
Vegan Green Machine	165	7.3	12	8.4	6	X	
Vegan Gaeng Karee Fuktong	550	6.9	45	36	8.8		X
Vegan Caveman	158	3.8	17	7.4	5.5	X	
Vegan Red Curry	463	5.1	23	38	4.6		X
Vegan Green Curry	461	5	23	38	4.7		X
Vegan Yellow Curry	508	6.2	23	38	7.3		X
Vegan Phad Thai Jay	370	12	58	8	7.9		X
Vegan Danang	789	16	175	0.6	8.2		

SIDES

Steamed Rice	347	7.7	77	0.8	1.3	X	
Egg Fried Rice	497	11	106	3.2	0		X
Fried Noodles	378	8	20	24	4.7		X
Saba Brown and Red Rice	388	12	104	4	3.5		X
Phad Fuktong	312	5.8	28	5.8	15	X	
Dao Hup	237	4.1	7	21	4	X	



RICE DISHES

	Cals	Protein	Carbs	Fats	Fiber	UNDER 350	UNDER 550
Ho Chi Min	635	16	121	8.6	5.4		
Ho Chi Min Beef	777	41	121	13	5.4		
Ho Chi Min Chicken	773	47	121	10	5.4		
Ho Chi Min Prawn	738	37	122	10.5	6		
Ho Chi Min Tofu	727	25	123	14	6		
Ho Chi Min Duck	772	36	121	4.1	5.4		
Xao Hao Lo	442	9.2	31	30	5		X
Xao Hao Lo Beef	584	34	31	35	5		
Xao Hao Lo Chicken	580	40	31	31.4	5		
Xao Hao Lo Prawn	545	30	32	32	6		X
Xao Hao Lo Tofu	534	19	33	35	6		X
Xao Hao Lo Duck	579	29.2	31	36.5	5		

SABATISERS

Prawn Crackers	517	4.5	34	40	0.6		X
Por Pia Thod Mix	428	7.3	88	4	3.6		X

SOUP

Tom Yam Soup	286	23	24	10	4	X	
Pho Bo with Sides	384	31.8	41.6	9.5	2.4		X
Pho Bo no Sides	356	30.4	37.3	9	1.7		X



CURRIES

	Cals	Protein	Carbs	Fats	Fiber	UNDER 350	UNDER 550
Yellow Curry	488	4.3	32	37	4.2		X
Yellow Curry Beef	630	29	32	42	4.2		
Yellow Curry Chicken	626	35	32	38	4.2		
Yellow Curry Prawn	591	25	33	39	5		
Yellow Curry Tofu	580	13.2	34	42	5		
Yellow Curry Duck	625	24.3	32	43.5	4.2		
Massaman Curry 100g	193	2.6	16	13	1.4	X	
Massaman Curry Serv	627	8.3	52	42	4.6		
Massaman Curry Beef	769	33	52	47	4.6		
Massaman Curry Chicken	765	39.3	52	43	4.6		
Massaman Curry Prawn	730	29	53	44	5.4		
Massaman Curry Tofu	719	17	53	47	5.1		
Massaman Curry Duck	765	28.3	52	48.5	4.6		
Gaeng Karee Fuktongaa	514	4.9	42	35	6.3		X
Gaeng Karee Fuktongaa Beef	656	30	42	40	6.3		
Gaeng Karee Fuktongaa Chicken	652	36	42	36.4	6.3		
Gaeng Karee Fuktongaa Prawn	617	26	43	37	7		
Gaeng Karee Fuktongaa Tofu	606	14	44	40	7		
Gaeng Karee Fuktongaa Duck	651	24.9	42	41.5	4.3		



CURRIES

	Cals	Protein	Carbs	Fats	Fiber	UNDER 350	UNDER 550
Green Curry 100g	128	1.4	6.4	11	1.3	X	
Green Curry Serv	461	5	23	38	4.7		X
Green Curry Beef	603	30	23	42.7	4.7		
Green Curry Chicken	599	36	23	39.4	4.7		
Green Curry Prawn	569	26	23.6	40	5.5		
Green Curry Tofu	553	14	25.2	43	5.2		
Green Curry Duck	598	25	23	44.5	4.7		
Red Curry 100g	129	1.4	6.5	11	1.3	X	
Red Curry Serv	463	5.1	23	38	4.6		X
Red Curry Beef	605	30	23	42.7	4.6		
Red Curry Chicken	601	36	23	39.4	4.6		
Red Curry Prawn	566	26	23.6	40	5.4		
Red Curry Tofu	555	14	25.2	43	5.1		
Red Curry Duck	600	25.1	23	44.5	4.6		

KIDS

Kids Chicken Noodle Box	319	21	52	1.9	4.9	X	
Kids Sweet and Sour	251	18	37	3.3	0.9	X	
Little Stir Fry	154	7	17	1.1	3.2	X	

