

BREAKFAST MENU

Fresh Juice And Sips

Peach Ice Tea

Earl Grey and breakfast tea with seasonal berries, honey, peach and mint - 4.95

Fresh orange juice - 3.95

Beetroot Blast

Cold pressed beetroot, carrots and apple - 4.95

Orange Mango Tango

Cold pressed orange juice and mango - 4.95

Light and Healthy

The Saba Starter

Fresh cold-pressed juice, granola and Glenilen yoghurt and fresh seasonal fruit [1,5,7,8,11] - 9.95

Saba Açai Bowl [V]

Pureed Açai berries topped with toasted granola, fresh seasonal fruits and toasted coconut. [5,7,8,9,11] - 12.95

Toasted Granola

With nuts, seeds, seasonal berries and Glenilen yoghurt [5,7,8,9,11] - 8.50

Organic Porridge Oats [GF]

With honey and fresh seasonal fruits. [5,7,8,11] - 6.50

BREAKFAST SPECIAL MENU

Beetroot Blast or
Orange Mango Tango

+

The Saba Full Irish
or Plant Power

+

Regular Tea or Coffee

☒ €21.95 per person ☒

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] - 9.95

Burren Smokehouse Organic Smoked Salmon

The Burren Smokehouse Salmon with avocado, scrambled free-range hen eggs on sourdough bread [1,3,4,7] - 16.95

Saba Tonka Bean Bubble Waffles

With mango salsa, fresh berries and ice cream [1,3,5,7,11] - 12.95

Saba Eggs Benedict

Toasted farls with back bacon, poached free-range hen eggs, hollandaise sauce and chives [1,3,7,9,10,12] - 15.95

Thai Style Omelette [GF]

Three Egg omelette with tomato, mushroom, spinach and back bacon. Served with 'Saba' tomato, date and tamarind relish [3,5,7,9,11,12] - 13.95

Eggs Royale

The Burren Smokehouse Salmon with toasted farls, poached free-range hen eggs, hollandaise sauce and chives [1,3,4,7,9,10,12] - 16.95

The Saba Full Irish

Fried free-range eggs, sausages, back bacon, black and white pudding, BBQ baked beans and sourdough bread [1,3,7,9,12,13] - 15.95

Plant Power Breakfast [V]

Smashed avocado on sourdough, plum vine tomatoes, spinach and mushrooms with Saba tomato, dates and a tamarind relish [1,3,5,9,11,12] - 13.95

The Saba Mini

Same as the Saba Full Irish for smaller appetites [1,3,7,9,12,13] - 10.95

Toasts And Pastries

Buttermilk Fruit Scone

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

Patongo Donuts

Thai-style doughnuts served with warm chocolate sauce [1,7] - 5.50

Croissant or Pain au Chocolat

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

Kombucha

Fermented by Prokulture in Sallins, Co Kildare

Ginger and Lemongrass 300ml - 5.95

Orange and Turmeric 300ml - 5.95

Pink Grapefruit 300ml - 5.95

Wild Berry 300ml - 5.95

Sides

Sausages - 3.50

Back Rashers - 3.50

Black Pudding - 3.50

White Pudding - 3.50

Avocado - 3.75

BBQ Beans - 3.00

Saba House Fries - 6.50

Gluten-Free Bread Available

Allergen List

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, [V] Vegetarian [VG] Gluten-free



—BREAKFAST—

MENU



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