

DIETARY GUIDE	
 VEGETARIAN GLUTEN FREE	 PALEO FRIENDLY CALORIES
<i>All our dishes are dairy free, except our desserts. All our Beef is Irish Hereford.</i>	
SPICE RATING <i>///MILD //MEDIUM ///SPICY ////VERY SPICY /////VERY, VERY SPICY</i>	
<i>All Saba's dishes are freshly prepared. Levels of spiciness are graded 1 to 5, so let us know how hot you would like it.</i>	
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. <i>Please advise us of any allergies. * May contain</i>	
<i>We use peanuts in a number of our dishes, as with any kitchen, there is a chance of cross-contamination. If you have an allergy to peanuts or one of the other allergens we would ask that you contact the relevant store directly & speak to the manager on duty. All our food is made fresh to order so if you have any particular requirements, don't hesitate to ask and we will try our best to help.</i>	
Creating healthy and nutritious food that does not lose any of its authentic flavour and taste is a CORE value in Saba To Go. We have collaborated with Ireland's leading dietitian and nutritionist, Orla Walsh, to analyse the calories, macronutrients, and nutritional content of all our dishes. We want customers to understand the nutritional components in their meals, so, therefore, we have highlighted the calories and macros for each dish on all our Saba To Go menus. At Saba To Go we have created the perfect balance between flavour and nutrition, to make your choice that little bit easier!	

DESSERTS

SABATISERS

- PRAWN CRACKERS (A:1*,2,5* - WHEAT)** €2.60
Thai prawn crackers are fried to a crunchy golden perfection and served with Saba's homemade sweet chilli dipping sauce
- HOISIN DUCK ROLLS (A:1,6,11,14 - WHEAT) (345)** €7.50
Aromatic duck wrapped in delicate pancakes with fresh leeks, cucumber and shredded lettuce. Drizzled with rich, sweet hoisin sauce
- POR PIA THOD (A:1,6,7 - WHEAT) (V) (428)** €6.50
Freshly rolled in-house daily and filled with shredded cabbage, wood ear mushrooms, carrots and glass noodles, fried to golden perfection and served with a homemade plum dipping sauce
- THAI VEGETABLE SAMOSAS (V) (423)** €6.50 (A:1 - WHEAT)
Crispy, golden pastry pockets filled with a mix of spiced vegetables, Thai herbs, curry powder and a hint of chilli for a subtle kick. Served with a sweet chilli dipping sauce
- SABA WINGS (A:1,6,11, 14 - WHEAT) (494)** €7.50
Succulent slow roasted wings coated in a luscious soy, honey, sesame glaze which makes them zesty, tangy and sticky. Served with a tamarind dip
- BLACK PEPPER SQUID (A:1,6,14 - WHEAT) (362)** €8.50
This popular dish with soy ginger dipping sauce is a delicious Thai dish that combines tender squid with a sweet and savory twist
- THAI SPICY CHICKEN TENDERS (A:1,3,4 - WHEAT)** €8.95
Succulent chicken tenders seasoned with a Saba's secret spice mix that adds a burst of bold and aromatic flavors. Served with a tangy lime sriracha mayo
- VILLAGE POT STICKERS (A:1,6,11 - WHEAT)** €7.95
Crispy chicken and vegetable potstickers filled with vegetables, garlic, ginger, lemongrass and soy ginger dipping sauce
- SPICY POPCORN TOFU (A:1,11,12 - WHEAT) ///** €6.95
Fresh tofu with carrots, spring onions and coriander makes this is a delicious dish that combines crispy, popcorn style bites with a unique chilli caramel dipping sauce
- ROASTED SWEET & SOUR PORK RIBS (A:1,2,5,6,11,14 - WHEAT)** €7.50
Roasted sweet and sour pork ribs slow-roasted, allowing the marinade to caramelize and create a balance of sweet and savory flavors. Topped with fresh spring onions, vibrant chilli flakes and crunchy crushed
- BUTTERFLY TIGER PRAWNS (2) ///** (295) €8.50
Juicy tiger prawns coated in crispy coconut flakes & fried to golden perfection. Accompanied by a tangy chilli dip and a wedge of lime
- SABA SPICE BOX (A:1,3 - WHEAT) ///** (989) €10.99
The award-winning Saba Thai Spice Box is a vibrant and indulgent dish featuring crispy chicken pieces, potato fries paired with fresh peppers, onions, and spring onions seasoned with Saba's renowned secret spice blend. Garnished with fresh coriander and chillies
- VEGETABLE SPICE BOX (6) ///** €10.99
Potato fries with Tofu, fresh peppers, onions, spring onions, coriander and Saba's secret spice blend
- BANGKOK BITES (A:1,2,4,5,6,7,11 - WHEAT)** €12.95
Delicious selection of all your favourites to share.
- 2 Por Pia Thod, 2 Thai Vegetable Samosas - 4 Chicken Wings, 4 Village Potstickers Served with a plum sauce & sweet chilli sauce

LIGHT BITES

- SABA WINGS (A:1,6,11,14 - WHEAT)** €3.99 4 Pieces
Succulent slow roasted wings coated in a luscious soy, honey, and sesame glaze which makes them zesty, tangy and sticky. Served with a tamarind dip
- THAI VEGETABLE SAMOSAS (A:1 - WHEAT) €3.75 4 Pieces**
Crispy, golden pastry pockets filled with a mix of spiced vegetables, Thai herbs, curry powder and a hint of chilli for a subtle kick. Served with a sweet chilli dipping sauce
- POR PIA THOD (A:1,6,7 - WHEAT)** €3.75 2 Pieces
Freshly rolled in-house daily and filled with shredded cabbage, wood ear mushrooms, carrots and glass noodles, fried to golden perfection and served with a homemade plum dipping sauce
- VILLAGE POPSTICKERS (A:1,6,7-WHEAT) €3.99 3 Pieces**
Crispy chicken and vegetable potstickers filled with vegetables, garlic, ginger, lemongrass and soy ginger dipping sauce

SUPER SALADS

- SPICY BEEF SALAD (4,5) ///** (GF) (294) €11.45
This authentic Thai spicy beef salad is a vibrant and flavourful dish featuring tender slices of beef fillet tossed with cucumbers, juicy tomatoes, shallots, crunchy peanuts, lemongrass and a spicy zesty dressing

NOODLES

Can be modified for coeliacs and vegetarians

- PHAD THAI (3,5) ///** (GF) €14.45
Thailand's national dish is made with flat rice noodles stir-fried with egg, shredded carrots, fresh spring onions, crunchy bean sprouts and tamarind sauce. Topped off with crunchy peanuts and a squeeze of lime
Choose from the following:
Tiger Prawns & Chicken (648) €14.45
Tiger Prawns (630) €14.45
Chicken (665) €13.95
- PHAD THAI JAY (3,5) ///** (V) (GF) (615) €13.95
This vegetarian version of the classic Thai dish is made with flat rice noodles stir-fried with egg, shredded carrots, fresh spring onions, crunchy bean sprouts and a tamarind sauce. Topped off with crunchy peanuts and a squeeze of lime
- BANGKOK (A:1,6,14 - WHEAT) ///** (413) €14.95
This popular fiery and fragrant dish has plenty of kick. Flat rice noodles with sliced fillet of beef, onions, peppers, chillies, spring onions and sweet basil
- SAIGON (A:1,2,3,5,6,14 - WHEAT) ///** (630) €14.95
This noodle dish with vermicelli noodles is topped with shredded carrots, fresh spring onions, and crunchy bean sprouts. The dish includes a combination of tiger prawns, roasted pork and egg, all seasoned and cooked Vietnamese style
- CHIANG RAI (A:1,6,14 - WHEAT) ///** (657) €13.95
Delicious spicy egg noodles with succulent slices of chicken breast, peppers, onions, chilli and sweet basil
- FAN FO (A:1,2,3,6,14 - WHEAT) ///** (624) €13.95
A customer favourite, this noodle dish features egg noodles stir-fried with crispy chicken and a savory chilli paste, adding a spicy kick. Its packed with fresh vegetables including broccoli, carrots, spring onions, peppers, and pak choi

STEAMY SOUPS

- PHO BO - BEEF NOODLE SOUP (384)** €12.50 (A:1,6 - WHEAT)
This classic Vietnamese beef noodle soup features tender slices of beef fillet served over flat rice noodles in a fragrant, savory broth, enriched with aromatic spices, crunchy bean sprouts and fresh herbs. Garnished with crispy garlic, fresh basil and coriander

CURRY

All curry dishes are served with steamed rice
Choose from the following:

- Medium:** Chicken / Vegetables & Tofu: €14.95
Beef: €16.95 / Prawn: €15.95
- MASSAMAN (2,4,5) ///** (GF) (765) €14.95
A curry with mythical origins...and legendary flavour! Potatoes and onions simmered in coconut milk and perfumed with cardamom, cinnamon, star anise and crushed peanuts
 - GAENG PET (2,4) ///** (GF) (601) €14.95
Spicy red curry sauce made from red curry paste and coconut milk. This creamy, spicy and slightly sweet curry has string beans, bamboo shoots, sweet bell peppers, sweet basil and aubergine
 - GREEN (2,4) ///** (GF) (599) €14.95
Thailand's best-loved curry is spicy and aromatic. Served with aubergines, bamboo shoots, string beans, sweet basil, sweet bell peppers with lively green chillies, garlic and lemongrass in a silky coconut sauce
 - YELLOW ///** (GF) (626) €14.95
A beautifully aromatic and mild curry with onions, potatoes and crispy shallots.

WOK

All wok dishes are served with steamed rice.
Choose from the following:

Chicken / Vegetables & Tofu: €14.95
Beef: €16.95 / Prawn: €15.95

- XAO HAO LO (SAO-HUA-LER) (A:1,6,8,14 - WHEAT) (580)**
A mild stir fry with button mushrooms, baby corn, snow peas and **cashew nuts**
- PHAD KHING (A:1,6,14 - WHEAT) ///** (331)
A zingy stir fry with ginger, chestnut mushrooms, spring onions, baby corn and peppers
- PHAD NAM PRIK PAO (A:1,2,4,6,14 - WHEAT) ///** (489)
This stir fry has depth and spice with chilli paste, baby corn, onions, wood ear mushrooms, pepper and chillie
- PHAD PRIK SOD (A:1,6,14 - WHEAT) ///** (308)
This stir fry has a good kick with birds eye chillies, onions, peppers, mushrooms and sweet basil
- CRISPY CHILLI CHICKEN ///** (A:1,3,6,8,14 - WHEAT) (711)
One of our best selling dishes. Juicy crispy chicken with cashew nuts, sugar snappeas, spring onions, carrots in a delicious sweet chilli sauce
- SWEET & SOUR (A:1,3,6 - WHEAT) (479)**
A true classic with onions, pineapple, spring onions, tomatoes and mixed peppers

RICE DISHES

Choose from the following: Chicken / Vegetable / Vegetables & Tofu: €13.95
Beef: €15.95 / Prawn: €14.95

- HO CHI MHIN (A:1,3,5,6,14 - WHEAT) ///** (773)
Wok-fried rice with yellow curry paste, chilli, onion, spring onions, carrots, egg, Thai basil, Chinese leaves and pak choi

PALEO

Dairy, wheat, soya and legume free, just how the cavemen liked it. (Rice not included).
Chicken / Vegetable: €14.95 | Beef: €16.95 Prawn: €15.95

- CAVEMAN (2,4) ///** (GF) (PF) (462)
This delicious paleo wok dish ticks all the boxes. Sweet potato, pak choi, carrots, broccoli, peppers, Chinese leaves, mushrooms and lime in a red curry sauce

PLANT-BASED

- THAI VEGETABLE SAMOSAS (A:1 - WHEAT) (427)** €6.50
Crispy, golden pastry pockets filled with a mix of spiced vegetables, Thai herbs, curry powder and a hint of chilli for a subtle kick. Served with a sweet chilli dipping sauce
- VEGAN PHAD THAI JAY (5) (370)** €13.95
Delicious flat rice noodles with **peanuts**, bean sprouts, baby corn, carrots, broccoli, pak choi, Chinese leaves and lime
- VEGAN BANGKOK (A:1,6 - WHEAT) ///** (387) €13.95
Wok fried flat rice noodles with baby corn, carrots, broccoli, pak choi, Chinese leaves, onions, peppers, chillies, spring onions and sweet basil.
- VEGAN VEGETABLE YELLOW CURRY (GF) (508)** €13.95
An aromatic mild curry with onions, baby corn, carrots, broccoli, pak choi, Chinese leaves, potatoes and crispy shallots
- VEGAN XAO HAO LO (A:1,6,8 - WHEAT) (228)** €13.95
Wok fried button mushrooms, baby corn, carrots, broccoli, pak choi, Chinese leaves, snow peas and cashew nuts.
- VEGAN PHAD KHING (A:1,6 - WHEAT) ///** (162) €13.95
A zingy stir fry with ginger, carrots, broccoli, pak choi, Chinese leaves, chestnut mushrooms, spring onions, baby corn and peppers
- VEGAN PHAD PRIK SOD (A:1,6 - WHEAT) ///** (112) €13.50
A spicy stir fry with baby corn, carrot, broccoli, pak choi, Chinese leaves, chillies, onions, peppers, mushrooms and sweet basil
- EDAMAME BEANS (A:1,6 - WHEAT)** €5.50
Steamed soya beans tossed in sea salt

KIDS

Children's meals are only available when ordering a main course

- LITTLE SWEET & SOUR (A:1,3 - WHEAT) (251)** €8.50
Crispy chicken with a sweet and sour sauce, served with steamed jasmine rice
- LITTLE STIR FRY (A:1,6,14 - WHEAT) (154)** €8.50
Chicken and vegetables fried in our wok sauce, served with steamed rice
- KUNG FOO NOODLES (A:1,6,14 - WHEAT) (319)** €8.50
Egg noodles wok fried with vegetables and chicken
- SAIGON SAMS (A:1,3 - WHEAT) (306)** €8.50
Crispy chicken goujons with Saba home fries

SIDES

- STEAMED JASMINE RICE (347)** €2.60
- SABA BROWN & RED RICE** €3.15
- EGG FRIED RICE (3) (497)** €3.15
- FRIED EGG NOODLES (A:1,6,14 - WHEAT) (378)** €5.15
- EXTRA DIPS** €1.25
Satay/sweet chilli/plum/soy/hoisin
- EDAMAME BEANS (A:1,6 - WHEAT)** €5.50
Steamed soya beans tossed in sea salt
- MASSAMAN CURRY SAUCE (A:2,4,5 - WHEAT)** €3.95
- YELLOW CURRY SAUCE** €3.95

HOME MADE DESSERTS

- BANOFFI PIE (A:1,3,7 - WHEAT)** €4.50
- CHILLI CHOCOLATE MOUSSE (7)** €4.50
- CHOCOLATE BROWNIE (3,7,8)** €4.50
- MORELLI ICE CREAM (7)**
Chocolate / Vanilla / Salted Caramel / Cookies & Cream (A:1 ,6, 7 - WHEAT)

Morelli Ice Cream 125ml €3.95
Morelli Ice Cream 950ml €9.95

DRINKS

MINERALS

Deposit Return Scheme Charge included

- CANS** €2.15
Diet Coke / Coke Zero / 7UP / 7UP Zero / Club Orange / Coca Cola
- SAN PELLEGRINO SELECTION** €2.45
- WATER**
- SAN PELLEGRINO 500ML** €2.65
Sparkling Water
- AQUA PANNA 500ML** €2.65
Still Water

CHECK OUT OUR WEBSITE FOR OUR FULL WINE LIST AND WINE OFFERS
sabatogo.com



OPENING HOURS

DEANSGRANGE

Monday – Friday: 4-10pm
Saturday & Sunday: 2-10pm

RATHMINES

Monday – Thursday: 4-10pm
Friday: 4-10:30pm
Saturday: 2-10:30pm
Sunday: 2-10pm

WINDY ARBOUR

Monday – Thursday: 4-10pm
Friday: 12-10:30pm
Saturday: 2-10:30pm
Sunday: 2-10pm

