

BREAKFAST MENU

Toasts And Pastries

Buttermilk Fruit Scone

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

Croissant

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

Selection of Mini Pastries

Chocolate Twist, Cinnamon Swirl, Custard Extravagant and Cranberry Twist [1,3,5,6,7,11] - 4.95

Light and Healthy

Toasted Granola

With nuts, seeds, seasonal berries and Glenilen yoghurt
[1,5,7,8,9,11] - 8.95

Organic Porridge Oats

With honey and fresh seasonal fruits. [5,7,8,11] - 7.95

Fresh Juice And Sips

Fresh orange juice - 4.95

Cold-pressed apple juice - 4.95

BREAKFAST SPECIAL MENU

Fresh Orange Juice or
Cold Pressed Apple Juice

+

The Saba Full Irish
or Plant Power

+

Regular Tea or Coffee

☒ €21.95 per person ☒

Saba Bap

Bacon and Egg [1,3,5,7,9,11,12] - 9.95
Sausage and Egg [1,3,5,7,9,11,12] - 9.95
Bacon, Sausage and Egg [1,3,5,7,9,11,12] - 11.95
All served with a Saba tomato, dates and a tamarind relish

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

Fluffy Pancake Stack

Served with Maple syrup and seasonal berries [1,3,7] - 11.95
Add vanilla ice cream - 2.50
Add streaky bacon - 2.50

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

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] - 14.95

The Saba Full Irish

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

The Saba Mini

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

Saba Hash

Thai Seasoned potato cubes, Spicy Chorizo sausage, sauteed peppers and onions, topped with 2 fried eggs. [1,3,6,10,12] 11.95

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

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 - 6.95
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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