

BREAKFAST MENU

Toasts And Pastries

Homemade Buttermilk Fruit Scone

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

Pain au chocolat or croissant

Croissant served with butter and Folláin raspberry jam [1a,3,5,7,8,12] - 4.50

Sourdough Toast (Gluten-Free Option Available)

Served with butter and Folláin raspberry jam 4.50 [1a]

Fresh Juice And Sips

Fresh orange juice - 4.95

Cold-pressed apple juice - 4.95

Light and Healthy

Toasted Granola

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

Organic Porridge [GF]

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

Saba Acai Bowl [VG]

Banana and strawberry acai sorbet served with granola and seasonal fruit [1,5,9,7] - 9.95
Extra toppings €1.00 each:
banana, chia seeds, goji berries, peanut butter, honey, maple syrup, Nutella.

BREAKFAST SPECIAL MENU		
Fresh Orange Juice or Cold Pressed Apple Juice	+	The Saba Full Irish or Plant Power
		+
☒ €21.95 per person ☒		

Saba Bap

Served in a brioche bap and a side of tamarind relish
Streaky bacon and Egg [1a,3,5,7,9,11,12] - 9.95
Sausage and Egg [1a,3,5,7,9,11,12] - 9.95
Bacon, Sausage and Egg [1a,3,5,7,9,11,12] - 11.95
Gluten-free baps available

Saba Hash

Spicy chorizo with sautéed peppers, onions and potatoes, topped with fried eggs and chives. [1a,3,6,10,12] - 11.95

Saba Eggs Benedict

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

Fluffy Pancake Stack

Served with maple syrup and seasonal berries [1a,3,7,12] - 11.95
Add vanilla ice cream - 2.50
Add streaky bacon - 2.50

Saba Tonka Bean Bubble Waffles

Homemade waffle with seasonal berries and maple syrup [1a,3,7,12] - 12.95
Add vanilla ice cream - 2.50
Add streaky bacon - 2.50

Plant Power Breakfast [VG]

Smashed avocado on sourdough toast with sautéed mushrooms and baby spinach served with tamarind relish and cherry tomatoes [1a,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 toast [1a,3,7,9,12,13] - 15.95

The Saba Mini

Smaller version of the Saba Full Irish [1a,3,7,9,12,13] - 10.95

Burren Smokehouse Organic Smoked Salmon

The Burren Smokehouse smoked salmon with avocado, scrambled free-range eggs, roasted cherry tomatoes and sourdough toast [1a,3,4,7] - 16.95

Eggs Royale

The Burren Smokehouse smoked salmon with toasted sourdough farls, poached free-range eggs, hollandaise sauce, roasted cherry tomatoes and chopped chives [1a,3,4,7,9,10,12] - 16.95

Thai Style Omelette [GF]

Three-egg omelette with mushroom and spinach, cooked in a wok and served with tamarind relish, back rashers and cherry tomatoes [3,5,7,9,10,12] - 13.95

Kombucha

Fermented by Prokulture in Sallins, Co Kildare

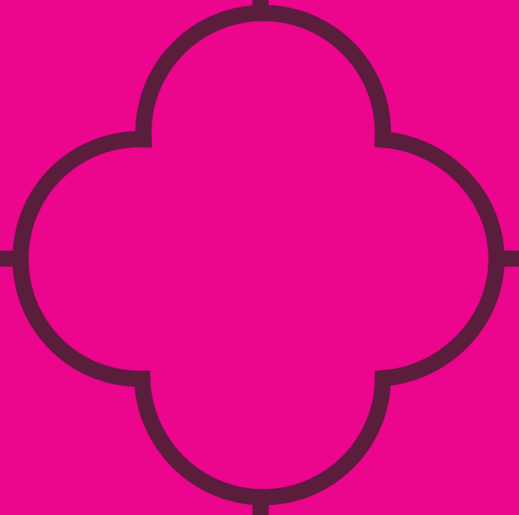
Ginger and Lemongrass 300ml - 5.95
Orange and Turmeric 300ml - 5.95
Pink Grapefruit 300ml - 5.95
Wild Berry 300ml - 5.95

Sides

Sausages [1a] - 3.50
Back Rashers - 3.50
Black Pudding [1a] - 3.50
White Pudding [1a] - 3.50
Avocado - 3.75
BBQ Beans - 3.00
Saba House Fries - 6.95

Allergen List

1. Gluten A. Wheat 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] Vegan [GF] Gluten-free



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MENU



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