

DIETARY GUIDE

- V **Vegetarian**
- GF **Gluten Free**
- PF **Paleo Friendly**
- SS **Saba Slim – Under 250 cal**
- SL **Saba Light – Under 400 cal**

All our dishes are dairy free, except for our Mango & Lime Mayonnaise dip and our desserts. To view our Allergens Guide please visit our website.

SPICE GUIDE

- / Mild
- // Medium
- /// Spicy
- //// Very spicy
- ///// Very, very spicy

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.

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| 7 | Black Pepper Squid SL
Served with a ginger pepper sauce | €7.25 |
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| 8 | Roasted Sweet & Sour Pork Ribs / SS
Marinated in honey, soy sauce, oyster sauce, coriander & black peppercorn with spring onions, chilli & crushed peanuts | €6.25 |
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| 9 | Tangy Tempura Pak V
Tempura vegetables with a mustard & lime mayonnaise | €6.25 |
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| 10 | Butterfly Tiger Prawns PF SS
Crispy tiger prawns in coconut flakes with chilli dip & a wedge of lime | €7.50 |
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| 11 | Saba Pinto Box
2 por pia thod, 2 vegetatable parcels, 4 chicken wings, 2 satay skewers & served with a sweet chilli & plum sauce | €11.95 |

SUPER SALADS

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|-------|---|-------|
| 24 | Spicy Beef Salad /// GF SS
With lemongrass, peanuts, tomatoes, shallots & cucumber | €9.95 |
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| 25 | Gingergrass Chicken Salad GF SS
Chargrilled black pepper chicken mixed leaves, mint, bean sprouts, ginger, lemongrass, butternut squash, red wine vinegar dressing & roasted pumpkin seeds, | €9.95 |
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| 26 | Duck Confit Watermelon Salad SL
With rocket salad, shallots, coriander, cashew nuts and a ginger, soy and hoisin dressing | €9.95 |

STEAMY SUPER SOUPS

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| 65 | Tom Yaam Goong /// PF SS Medium
Traditional Thai spicy soup with tiger prawns, oyster mushrooms, galangal, kaffir lime leaves, lemongrass, chillis and coriander. | €5.95 |
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| 66 | Pho Bo - Beef Noodle Soup SS Large
Flat rice noodles, beef fillet, bean sprouts, spring onions, in a delicious Vietnamese broth with crispy garlic and fresh coriander | €10.50 |

NOODLES

Can be modified for coeliacs and vegetarians

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| 50 | Phad Thai / GF
Flat rice noodles with peanuts, egg, bean sprouts & lime. Choose from the following:
Tiger prawns & chicken
Chicken
Prawn | €11.50 |
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| 51 | Phad Thai Jay / V GF
Flat rice noodles with tofu, vegetables, peanuts, egg, bean sprouts & lime | €11.50 |
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| 52 | Bangkok /// SL
Flat rice noodles with beef, onions, peppers, chillies, spring onions & sweet basil | €11.50 |
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| 53 | Saigon /
Vermicelli noodles with tiger prawns, pork, sliced carrots, bean sprouts & spring onions & egg Vietnamese style | €11.50 |
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| 54 | Danang ///
Vermicelli noodles with chicken, pak choy, sugar snap peas, string beans, bird's eye chillies, snow peas & holy basil | €11.50 |
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| 55 | Pattaya /// SL
Egg noodles with roasted duck, chillies, egg, pak choy, Chinese leaves & mushrooms | €11.95 |
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| 56 | Chiang Rai /// SL
Spicy egg noodles with chicken, peppers, onions, chilli and sweet basil | €11.50 |
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| 57 | Fan Fo /// SL
Egg noodles with crispy chicken, chilli paste, broccoli, carrot, spring onions, peppers and pak choy | €11.50 |
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| | | €11.00 |

RICE DISHES

Choose from the following: chicken, beef, tiger prawns, duck, vegetable & tofu

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| 75 | Cu Chi /// GF
Fried rice with peppers, onions, bamboo shoots, aubergine & sweet basil | |
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| 76 | Long-Tail /
Fried rice with pineapple, onions, cherry tomatoes, Thai kale & yellow curry paste | |

CURRY

All curry dishes are served with steamed rice (not included in calorie count).

Choose from the following: chicken, beef, tiger prawns, duck, vegetable & tofu

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| | | Medium €11.95
Large €14.25 |
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| 70 | Massaman / GF
With potatoes, onions, peanuts & crispy shallots | |
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| 71 | Gaeng Pet /// GF SL
Red curry with string beans, bamboo shoots, peppers, chilli, aubergines & sweet basil | |
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| 72 | Green /// GF SL
With string beans, bamboo shoots, peppers, chilli, aubergines & sweet basil | |
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| 73 | Yellow / GF SL
With onions, potatoes & crispy shallots | |
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| 74 | Gaeng Karee Fuktong / V GF SL
Aromatic yellow butternut squash curry with sweet potato, onions & potatoes | |
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| | | €11.50 |

PALEO

Dairy, wheat, soya and legume free, just how the cavemen liked it. (Rice not included). **Choose from the following: Beef, chicken, prawn or vegetables**

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| 77 | Primal Green /// GF PF SL
Green curry paste, coconut milk, string beans, bamboo shoots, aubergine, peppers, kaffir lime, sweet basil, butternut squash & broccoli | |
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| 78 | Green Machine /// GF PF SL
Wok fried broccoli, kale, Chinese leaves, Thai basil, sugar snap peas, ginger, bok choy, cashew nuts, carrots, lime & chilli in a Saba paleo sauce | |
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| 79 | Caveman /// GF PF SL
Butternut squash, sweet potato, bok choy, carrots, broccoli, peppers, Chinese leaves, mushrooms & lime in a red curry sauce | |

WOK

€11.50

All wok dishes are served with steamed rice (not included in calorie count). **Choose from the following: chicken, beef, tiger prawns, duck, vegetable & tofu**

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| 80 | Xao Hao Lo (sao-hua-ler) SL
Oyster mushrooms, baby corn, snow peas & cashew nuts | |
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| 81 | Phad Khing / SL
With ginger, shitake mushrooms, spring onions, baby corn & peppers | |
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| 82 | Phad Nam Prik Pao /// SL
With chilli paste, baby corn, onions, wood ear mushrooms, pepper & chillies | |
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| 83 | Phad Prik Sod /// SL
With chillies, onions, peppers, mushrooms & sweet basil | |
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| 84 | Phad Kraprow /// SL
With bird's chillies, garlic, string beans, peppers, baby corn, tomatoes & holy basil | |
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| 85 | Crispy Chilli Chicken ///
With cashew nuts, sugar snap peas, spring onions & carrots | |
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| 86 | Sweet & Sour
With onions, pineapple, spring onions, tomatoes, mixed peppers | |

KIDS

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

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| 131 | Little Stir Fry SS
Chicken & vegetables fried in our wok sauce, served with steamed rice | €6.50 |
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| 132 | Chicken Noodle Box SL
Egg noodles wok fried with vegetables & chicken | €6.50 |
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| 130 | Little Sweet & Sour SL
Crispy chicken with a sweet & sour sauce, served with steamed rice | €6.50 |

SIDES

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| 90 | Dao Hup V SS
Stir-fried vegetables in a garlic & mushroom sauce | €4.95 |
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| 91 | Phad Fuktong V SS
Stir-fried butternut squash, cashew nuts, spring onions & egg | €4.95 |
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| 92 | Steamed Fragrant Rice SL | €1.95 |
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| 93 | Saba Brown & Red Rice SL | €2.75 |
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| 94 | Egg Fried Rice SL | €2.50 |
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| 95 | Fried Egg Noodles SL | €3.95 |
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| 96 | Extra Dips SS
Satay/sweet chilli/plum/soy/hoisin | €0.95 |
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| 97 | Add Extra Ingredients to your Main Course
Tofu/vegetables/beef/chicken/tiger prawns/duck | €2.25 |
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| 98 | Edamame Beans
Steamed soya beans tossed in sea salt | €4.75 |
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| 99 | Sticky Roast Honey & Chilli Cashew Nuts | €3.25 |

HOME MADE DESSERTS

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| Banoffi Pie | €3.95 |
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| Chilli Chocolate Mousse GF | €3.95 |
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| Chocolate Brownie with Chocolate Sauce GF | €3.95 |
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| Nobo Dairy Free Ice Cream GF | 100ml €3.00
500ml €7.75 |
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| Culcow Ice Cream GF | 120ml €3.00
480ml €7.50 |
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| Vanilla/Chocolate/Strawbery/
Salted Caramel | |