



SABA NUTRITION AND ALLERGEN GUIDE

SANOOK

SABA TO GO ALLERGEN LIST

SABA TO GO

At Saba 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 facilitate.

ALLERGEN CHART



MENU	CEREALS CONTAINING GLUTEN	CRUSTA-CEANS	EGGS	FISH	PEANUT	SOYA	MILK	TREE NUTS	CELERY	MUSTARD	SESAME	SULPHITES	LUPIN	MOLLUSCS
STARTERS														
PRAWN CRACKERS	MAY CONTAIN	*			MAY CONTAIN		MAY CONTAIN							
HOISIN DUCK ROLLS	WHEAT					*	MAY CONTAIN		MAY CONTAIN	MAY CONTAIN	*			*
POR PIA THOD	WHEAT					*	*							
VEGETABLE PARCELS	WHEAT													
SABA CHICKEN WINGS	WHEAT					*					*			*
SATAY GAI	MAY CONTAIN	*		*	*	MAY CONTAIN	MAY CONTAIN	MAY CONTAIN		*		MAY CONTAIN		
BLACK PEPPER SQUID	WHEAT					*			*					*
ROASTED SWEET & SOUR PORK RIBS	WHEAT	*			*	*					*			*
TANGY TEMPURA PAK VEG	WHEAT		*				*		*	*				
BUTTERFLY TIGER PRAWNS	WHEAT	*												
SABA PINTO BOX	WHEAT	*		*	*	*			*	*	*			*
SABA SPICE BOX	WHEAT		*											
DIPS														
SWEET CHILLI SAUCE														*
HOISIN SAUCE	WHEAT					*					*			
PLUM SAUCE														
TAMARIND DIP														
MUSTARD & LIME MAYONNAISE			*				*		*	*				
HOT CHILLI DIP														
PEANUT SAUCE		*		*	*									
SUPERFOOD SALADS														
SPICY BEEF SALAD				*	*									
ASIAN SUPERFOOD SALAD												*		
DUCK CONFIT WATERMELON SALAD	WHEAT					*					*	*		*
GINGERGRASS CHICKEN SALAD												*		



MENU	CEREALS CONTAINING GLUTEN	CRUSTACEANS	EGGS	FISH	PEANUT	SOYA	MILK	TREE NUTS	CELERY	MUSTARD	SESAME	SULPHITES	LUPIN	MOLLUSCS
SUPER SOUPS														
TOM KHA GAI														
TOM YAMM GOONG		*		*										
PHO BO - BEEF NOODLES SOUP	WHEAT					*								
FLOATING MARKET	WHEAT					*			*					
TUK TUK	WHEAT	*		*	*									
WOK DISHES														
XAO HAO LO	WHEAT	PRAWNS					*		CASHEW NUT					*
XAO XA OT	WHEAT	PRAWNS					*							*
PHAD KHING	WHEAT	PRAWNS					*							*
PHAD NAM PRIK PAO	WHEAT	PRAWNS		*			*							*
PHAD PRIK SOD	WHEAT	PRAWNS					*							*
BOOM!!	WHEAT	PRAWNS					*							*
SWEET & SOUR	WHEAT	PRAWNS	*				*							
CRISPY CHILLI CHICKEN	WHEAT		*				*		CASHEW NUT					*
PHAD KRAPOW	WHEAT						*							*
BARBARIAN PROTEIN BOX		*			*	*			CASHEW NUT					
PALEO DISHES														
PRIMAL GREEN	WHEAT	*		*		*								
CAVEMAN		*		*										
GREEN MACHINE									CASHEW NUT					
NOODLES														
PHAD THAI CHICKEN & PRAWNS		PRAWNS	*		*									
PHAD THAI JAY			*		*									
BANGKOK	WHEAT					*								*
SAIGON	WHEAT	*	*	*	*	*								*
HOI AN	WHEAT		*			*			CASHEW NUT					
PHUKET	WHEAT	*				*								*
PATTAYA	WHEAT		*			*								*
CHIANG RAI	WHEAT					*								*
FAN FO	WHEAT	*	*	*		*								*
CURRIES														
MASSAMAN		*		*	*									
GAENG PET		*		*										
GREEN		*		*										
YELLOW														
GAENG KAREE FUKTONG														



MENU	CEREALS CONTAINING GLUTEN	CRUSTA-CEANS	EGGS	FISH	PEANUT	SOYA	MILK	TREE NUTS	CELERY	MUSTARD	SESAME	SULPHITES	LUPIN	MOLLUSCS
RICE DISHES														
CU CHI		*		*										
LONG TAIL	WHEAT		*			*								*
HO CHI MIN	WHEAT		*		*	*								*
SIDES														
DAU HUP	WHEAT	*				*								
PHAD FUKTONG	WHEAT		*			*		CASHEW NUT						
STEAMED RICE														
EGG FRIED RICE			*											
FRIED EGG NOODLES	WHEAT					*								*
SABA BROWN & RED RICE														
EDAMAME BEANS	WHEAT					*								
ROAST HONEY & CHILLI CASHEW NUTS		*		*		*		CASHEW NUT						
KIDS														
LITTLE STIR FRY	WHEAT					*								*
CHICKEN NOODLE BOX	WHEAT					*								*
LITTLE SWEET & SOUR	WHEAT		*			*								
DESSERTS														
CHOCOLATE TART	WHEAT		*				*							
BANOFFI PIE	WHEAT		*				*							
CHILLI CHOCOLATE MOUSSE							*							
CHOCOLATE BROWNIE			*				*	WALNUTS						
ICECREAM/SORBET														
NOBO DAIRY FREE ICECREAM														
VANILLA & COCONUT														
SALTED CARAMEL														
CHOCOLATE & TOASTED ALMOND								ALMONDS						
MANGO & PASSIONFRUIT														
MORELLI'S ICECREAM														
VANILLA							*							
CHOCOLATE							*							
CARAMEL							*							
HONEYCOMB							*							
RASPBERRY							*							
COOKIES	WHEAT					*	*							

SABA TO GO

LOVE HEALTHY FOOD? LOVE SABA TO GO!

At Saba To Go, we want you to feel good. That's why we teamed up with leading nutritionist Orla Walsh to create this menu. It gives you lots of fresh options and all the nutritional information you need to make healthy choices.

Choose from Saba Slim (under 350 calories) and Saba Light (under 550 calories) options. Choose the very freshest, nutrient rich ingredients in authentic, naturally dairy and gluten free dishes. Choose all the convenience and taste of a takeaway, only now, also choose to eat healthy, live well and feel amazing.

Saba To Go. The Guilt Free Takeaway.



STARTERS

	Cals	Protein	Carbs	Fats	Fiber	UNDER 350	UNDER 550
Hoisin Duck Rolls	345	24	23	17	1		X
Pepper Squid & Sauce	362	28	48	2.5	2.5		X
Gingergrass Salad	144	10	7.7	7.4	2.7	X	
Satay Gai	322	17	19	19	2.6	X	
Ribs and Sauce	599	50.3	7.7	37.1	1		X
Chicken Wings & Sauce	494	44.5	14.8	27.5	3.8		X
Vegetable Parcels	427	7	49	21	4.2		X
Spicy Beef Salad	294	32	5.8	15	2.4	X	
Spice Bag	989	16.5	151	31.5	18		



WOK DISHES

	Cals	Protein	Carbs	Fats	Fiber	UNDER 350	UNDER 550
Phad Nam Prik Pao Beef	493	28.9	31	28	3.4		X
Phad Nam Prik Pao Chicken	489	34.9	31	24	3.4		X
Phad Nam Prik Pao Prawn	454	24.9	31.6	25	4		X
Phad Nam Prik Pao Tofu	443	12.8	33.2	28	3.9		X
Phad Nam Prik Pao Duck	488	23.9	31	29.5	3.4		X
Phad Khing Beef	335	28	42	5.4	4.2		X
Phad Khing Chicken	331	34	42	2.1	4.2		X
Phad Khing Prawn	296	24	43	2.65	5	X	
Phad Khing Tofu	285	12	44	6	4.7	X	
Phad Khing Duck	330	22.9	42	7.25	4.2		X
Phad Krapow Beef	318	27	39	3.6	3.6	X	
Phad Krapow Chicken	314	33	39	3.6	3.6	X	
Phad Krapow Prawn	279	23	40	4.4	4.4	X	
Phad Krapow Tofu	268	11	41	4.1	4.1	X	
Phad Krapow Duck	198	21.9	39	3.6	3.6	X	
Phad Prik Sod Beef	313	27	38	5.2	3.1		X
Phad Prik Sod Chicken	308	33	38	2	3.1		X
Phad Prik Sod Prawn	273	23	39	2.4	3.9	X	
Phad Prik Sod Tofu	262	11	40	5.8	3.6	X	
Phad Prik Sod Duck	307	22.1	38	7	3.1		X



WOK DISHES

	Cals	Protein	Carbs	Fats	Fiber	UNDER 350	UNDER 550
Sweet and Sour Beef	483	53	45	8.9	4.4		X
Sweet and Sour Chicken	479	59	45	5.6	4.4		X
Sweet and Sour Prawn	392	49	46	6.1	5.2		X
Sweet and Sour Tofu	433	36.9	47.2	9.5	4.9		X
Sweet and Sour Duck	478	48	45	10.7	4.4		X

NOODLES

Phad Thai Chicken	665	41	87	12.4	5.3		X
Phai Thai Prawn	630	37	87.6	12.9	6.3		X
Phad Thai Chicken and Prawn	648	41.4	87.6	14.3	6.3		X
Phad Thai Jay Plain	523	24	67	16	8.1		X
Phad Thai Jay Tofu	615	33	69.2	21.3	8.6		X
Bangkok Beef	413	30	32	18	2.1		X
Chaing Rai Noodles	657	42	110	3.4	8.12		
Fan Fo	624	35	100	7	11.3		X

SOUP

Tom Yam Soup	286	23	24	10	4	X	
Pho Bo with Sides	384	31.8	41.6	9.5	2.4		X
Pho Bo no Sides	356	30.4	37.3	9	1.7		X



PALEO

	Cals	Protein	Carbs	Fats	Fiber	UNDER 350	UNDER 550
Barbarian Beef	423	34	23	18.7	6.9		X
Barbarian Chicken	419	40	28	15.4	6.9		X
Barbarian Prawn	384	30	28.6	15.9	7.7		X
Barbarian Tofu	373	18	30.2	19.3	7.4		X
Barbarian Duck	426	30.2	28	20.9	6.9		X
Primal Green Curry Beef	307	30	13	13	10	X	
Primal Green Curry Chicken	303	36	13	9.6	10	X	
Primal Green Curry Prawn	268	26	14	10.1	11	X	
Primal Green Curry Tofu	257	14	15.2	13.5	10.5	X	
Primal Green Curry Duck	310	26.1	13	15.1	10	X	
Green Machine Beef	293	33.6	9.2	12.3	6.2	X	
Green Machine Chicken	289	39.6	9.2	9	6.2	X	
Green Machine Prawn	254	29.6	9.8	9.5	7	X	
Green Machine Tofu	243	17.5	11.4	12.9	6.7	X	
Green Machine Duck	296	28.6	9.2	14.5	6.2	X	
Caveman Beef	466	31.4	26	24.7	7.2		X
Caveman Chicken	462	37.4	26	21.4	7.2		X
Caveman Prawn	427	27.4	27	21.9	8		X
Caveman Tofu	416	15.3	28.2	25.3	7.7		X
Caveman Duck	469	27.4	26	26.9	7.2		X



VEGAN

	Cals	Protein	Carbs	Fats	Fiber	UNDER 350	UNDER 550
Vegan Bangkok	307	8.4	62	1.2	8.6	X	
Vegan Xao Hao Lo	228	8.9	22	10	6.1	X	
Vegan Phad Prik Sod	112	3.8	20	0.7	5.6	X	
Vegan Phad Khing	162	5.5	29	1	7.9	X	
Vegan Green Machine	165	7.3	12	8.4	6	X	
Vegan Gaeng Karee Fuktong	550	6.9	45	36	8.8		X
Vegan Caveman	158	3.8	17	7.4	5.5	X	
Vegan Red Curry	463	5.1	23	38	4.6		X
Vegan Green Curry	461	5	23	38	4.7		X
Vegan Yellow Curry	508	6.2	23	38	7.3		X

SIDES

Steamed Rice	347	7.7	77	0.8	1.3		X
Egg Fried Rice	497	11	106	3.2	0		X
Fried Noodles	378	8	20	24	4.7		X
Saba Brown and Red Rice	388	12	104	4	0		X

