

BREAKFAST

សំបុក SANOOK [ENJOY]

SABA NUTRITION GUIDE

[VG] Vegetarian
[GF] Gluten Friendly
[PF] Paleo Friendly
[V] Vegan

— If you have any particular requirements, don't hesitate to ask and we will try our best to assist.

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.

— As there are nuts used in our kitchen, despite our best efforts, cross contamination is possible. If you have an allergy to peanuts or one of the other allergens we would ask that you advise a staff member.

— OUR AWARD WINNING SUPPLIERS:
Nolans of Kilcullen, Co Clare - Home cured low salt rashers, sausages and pudding

Burrenhouse Smokehouse, Co Clare - Organic Smoked Salmon

G's Gourmet Jam, Abbeyleix, Co Laois - Preserves

Glenilen Farm Drimoleague, Co. Cork - Butter

Glenisk Organic Dairy, Killeigh, Co. Offaly - Yoghurt

FRESH JUICES & SIPS

House Iced Tea

Ice tea with green Cardamom, vanilla, orange & mint - 3.50

Green Machine

Cold pressed cucumber, pineapple, ginger and lime - 3.50

Beetroot Blast

Cold pressed beetroot, carrot and apple - 3.50

Orange and Mango Tango

Cold pressed orange juice and mango - 3.50

FRUITS & GRAINS

The Saba Starter

Fresh cold pressed juice, granola and Glenisk yoghurt and fresh seasonal fruit [1,5,7,8,11] - 8.50

Bircher Muesli [V]

Oats soaked overnight in hazelnut milk and apple juice and served with seasonal fruit [1,5,6,8] - 7

Mango Chia Pudding [V][GF]

With berries and roasted shredded coconut [5,8] - 7

Toasted Granola

With nuts, seeds, Goji berries and Glenisk yoghurt [5,7,8,9,11] - 7

Seasonal Fruit Plate

With Glenisk yoghurt and toasted granola [1,5,7,8,11] - 8

EGGS & WAFFLES

Bacon and Egg Bap

Caramelised onion brioche bap, fried egg, crispy streaky bacon with 'Saba' tomato, date and tamarind relish [1,3,5,7,9,11,12] - 9

Burren Smokehouse Organic Smoked Salmon

The Burren Smokehouse Salmon with avocado, scrambled eggs and multigrain sourdough [1,3,4,7] - 16.95

Scrambled eggs [v]

With smashed avocado, plum vine tomato, spinach, feta and multigrain sourdough [1,3,7] - 13

Saba Tonka Bean Bubble Waffles

With crispy streaky bacon, Glenisk yoghurt and spiced local honey [1,3,7]

OR

With mango salsa, fresh berries and whipped ice cream [1,3,7] - 12.50

Thai Style Omelette

Three egg omelette with tomato, mushroom, spinach and coriander with back rashers. Served with 'Saba' tomato, date and tamarind relish [1,3,5,7,9,11,12] - 12.95

The Saba Full Irish

Fried Free Range egg, sausages, rashers, black and white pudding, BBQ baked beans and sourdough [1,3,7,9,12,13] - 13.95

Two Eggs

Scrambled or fried on Sourdough Toast [3,7] - 7.50

Bacon and Two Eggs

Scrambled or fried on Sourdough Toast [1,3,7] - 10.50

PLANT POWER

Plant Power Breakfast

Smashed avocado on multigrain sourdough, plum vine tomatoes, spinach and mushrooms with Saba tomato, date and a tamarind relish [1,5,9,11,12] - 12

TOASTS & PASTRIES

Patongo Donuts

Thai style doughnuts served with warm chocolate sauce [1,7] - 4.50

Muffins

House baked blueberry and banana muffins [1,3,5,7] - 4.50

Sourdough Toast

With Glenilen butter and sweet preserves [1,7,11,12] - 4.50

Croissant or Pain au Chocolat - 4.50

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

KOMBUCHA

Fermented by Prokulture in Sallins, Co Kildare

Ginger and Lemongrass
300ml - 4.50

Wild Berry
300ml - 4.50

TEAS

Our herbal teas are blended by Solaris Botanicals in Co. Galway.

Peppermint, Green, Chamomile, Rooibos, Irish Lyons Breakfast Tea - 3.25

COFFEES

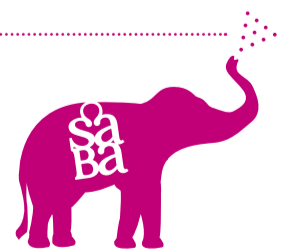
Our coffee is hand roasted by McCabes Coffee in Co. Wicklow

Espresso - 3.00
Double Espresso - 3.50
Macchiato - 3.30
Americano - 3.40
Latte - 3.50
Cappuccino - 3.50
Mocha - 3.75
Flat White - 3.50
Hot Chocolate - 3.75

Oat milk, hazelnut milk and almond milk available

SIDE ORDERS

Sausages - 3.00
Home Cured Low Salt Back Rashers - 3.00
Black Pudding - 3.00
White Pudding - 3.00
Avocado - 3.50
BBQ Beans - 3.00



≡ WELCOME ≡
TO SABA'S NEW HOME
IN KILDARE VILLAGE

Our team are ready to help
If you have any questions or queries.

