

OPENING HOURS

DEANSGRANGE

Monday – Friday: 4-10pm
Saturday: 2-10pm
Sunday: 2-10pm

RATHMINES

Monday – Friday: 4–10.30pm
Saturday: 2–10.30pm
Sunday: 2–10pm

WINDY ARBOUR

Monday – Wednesday 4- 10pm
Thursday 12 - 10pm, Friday 12-10.30pm
Saturday: 2–10.30pm
Sunday: 2–10pm

DIETARY GUIDE

- V **VEGETARIAN**
- GF **GLUTEN FREE**
- PF **PALEO FRIENDLY**
- SS **SABA SLIM** (under 350 calories)
- SL **SABA LIGHT** (under 550 calories)

All our dishes are dairy free, except our desserts.
All our Beef is Irish Hereford.

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. Please advise us of any allergies.
* May contain

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 help.

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.

SABATISERS

PRAWN CRACKERS (1*, 2, 5*, 7*) Served with a sweet chilli sauce	€2.60
HOISIN DUCK ROLLS (1,6,7*,9*,10*,11,14) Aromatic duck wrapped in pancakes with julienne of leek, cucumber & hoisin sauce	€7.50
POR PIA THOD (1, 6) V	€6.50
VEGETABLE PARCELS (1) V Served with a sweet chilli sauce	€6.50
SABA CHICKEN WINGS (1, 6, 11, 14) In a soy, honey & sesame glaze with tamarind dip.	€7.50
SATAY GAI (1*,2,4,5,6*,7*,8*,10,11*)	€7.50
BLACK PEPPER SQUID (1,6,9,14) Served with a ginger pepper sauce	€8.50
ROASTED SWEET & SOUR PORK RIBS (1,2,5,6,11,14) 🔥 Marinated in honey, soy sauce, oyster sauce, coriander & black peppercorn with spring onions, chilli & crushed peanuts	€7.50
SABA PINTO BOX (1,2,4,5,6,9,10,11,14)	€12.95
2 por pia thod, 2 vegetable parcels, 4 chicken wings, 2 satay skewers & served with a sweet chilli & plum sauce	
SABA SPICE BOX (1,3) 🔥	€10.99
Potato fries with fresh peppers, onions, spring onions, coriander, chicken & Saba's secret spice blend	
VEGAN SPICE BOX V GF	€10.99
Potato fries with fresh peppers, onions, spring onions, coriander, tofu & Saba's secret spice blend	

SUPER SALADS

SPICY BEEF SALAD (4,5) GF With lemongrass, peanuts, tomatoes, shallots ,tomatoes and ice berg lettuce	€11.45
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STEAMY SUPER SOUPS

PHO BO - BEEF NOODLE SOUP (1,6) Flat rice noodles, beef fillet, bean sprouts, spring onions, in a delicious Vietnamese broth with crispy garlic and fresh coriander Choose Chicken : €12.50	€12.95
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NOODLES

Can be modified for coeliacs and vegetarians

PHAD THAI (3,5) 🔥 GF Flat rice noodles with peanuts, egg, bean sprouts & lime. Choose from the following: €13.95 Tiger Prawns & Chicken Tiger Prawns Chicken	
PHAD THAI JAY (3,5) 🔥 V GF Flat rice noodles with tofu, vegetables, peanuts, egg, bean sprouts & lime	€13.50
BANGKOK (1,6,14) 🔥🔥🔥 Flat rice noodles with beef, onions, peppers, chillies, spring onions & sweet basil	€14.95
SAIGON (1,2,3,4,5,6,14) 🔥 Vermicelli noodles with tiger prawns, pork, sliced carrots, bean sprouts & spring onions & egg Vietnamese style	€14.50
CHIANG RAI (1,6,14) 🔥🔥🔥 Spicy egg noodles with chicken, peppers, onions, chilli and sweet basil	€13.95
FAN FO (1,2,3,4,6,14) 🔥🔥🔥 Egg noodles with crispy chicken, chilli paste, broccoli, carrot, spring onions, peppers and pak choi	€13.95

CURRY

All curry dishes are served with steamed rice
Choose from the following:

Medium: Chicken / Vegetables & Tofu: €14.95
Beef / Prawn : €15.95

MASSAMAN (2,4,5) 🔥 GF With potatoes, onions, peanuts & crispy shallots	
GAENG PET (2,4) 🔥🔥🔥 GF Red curry with string beans, bamboo shoots, peppers, chilli, aubergines & sweet basil	
GREEN (2,4) 🔥🔥🔥 GF With string beans, bamboo shoots, peppers, chilli, aubergines & sweet basil	
YELLOW 🔥 GF With onions, potatoes & crispy shallots	

PALEO

Dairy, wheat, soya and legume free, just how the cavemen liked it. (Rice not included).
Chicken / Vegetable €14.95 | Beef / Prawn €15.95

CAVEMAN (2,4) 🔥🔥 GF PF Sweet potato, bok choy, carrots, broccoli, peppers, Chinese leaves, mushrooms & lime in a red curry sauce	
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RICE DISHES

Choose from the following: Chicken / €13.95
/ Vegetables & Tofu €13.95 / Beef / Prawn €14.95

HO CHI MHIN (1,3,5,6,14) 🔥 Wok fried rice with yellow curry paste, chilli, onions, spring onion, carrot, egg, Thai basil & Asian greens	
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WOK

All wok dishes are served with steamed rice.
Choose from the following:

Chicken / Vegetable €14.95 | Beef / Prawn €15.95

XAO HAO LO (SAO-HUA-LER) (1,6,8,14) Oyster mushrooms, babycorn, snow peas & cashew nuts	
PHAD KHING (1,6,14) 🔥 With ginger, shitake mushrooms, spring onions, babycorn & peppers	
PHAD NAM PRIK PAO (1,4, 6,14) 🔥🔥 With chilli paste, babycorn, onions, wood ear mushrooms, pepper & chillies	
PHAD PRIK SOD (1,6,14) 🔥🔥🔥 With chillies, onions, peppers, mushrooms & sweet basil	
PHAD KRAPROW (1,6,14) 🔥🔥🔥🔥 With bird's eye chillies, garlic, onions, string beans, peppers, babycorn, tomatoes & holy basil	
CRISPY CHILLI CHICKEN (1,3,6,8,14) 🔥🔥🔥 With cashew nuts, sugar snap peas, spring onions & carrots	
SWEET & SOUR (1,3,6) With onions, pineapple, spring onions, tomatoes, mixed peppers	
BARBARIAN PROTEIN BOX (2,4,5,8) GF Protein packed box with broccoli, babycorn, kale, cashew nuts, edamame beans, mushrooms, holy basil, sweet potato & a light peanut curry sauce	

VEGAN

VEGETABLE PARCELS (1) Served with a sweet chilli sauce	€6.50
VEGAN PHAD THAI JAY (5) Flat rice noodles with peanuts, bean sprouts, babycorn, carrot, broccoli, bok choy, Chinese leaf & lime	€13.50
VEGAN BANGKOK (1,6) Flat rice noodles with babycorn, carrot, broccoli, bok choy, Chinese leaf, onions, peppers, chillies, spring onions & sweet basil	€13.50
VEGAN VEGETABLE YELLOW CURRY GF With onions, potatoes, mixed vegetables and crispy shallots, with babycorn, carrot, broccoli, bok choy, chinese leaf, sweet potato, onions and potatoes.	€13.50
VEGAN XAO HAO LO (1,6,8) Oyster mushrooms, babycorn, carrot, broccoli, bok choy, Chinese leaf, snow peas & cashew nuts	€13.50
VEGAN PHAD KHING (1,6) With ginger, carrot, broccoli, bok choy, Chinese leaf, shitake mushrooms, spring onion, babycorn & peppers	€13.50
VEGAN PHAD PRIK SOD (1,6) With babycorn, carrot, broccoli, bok choy, Chinese leaf, chillies, onions, peppers, mushrooms & sweet basil	€13.50
EDAMAME BEANS (1,6)	€5.50

KIDS

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

LITTLE SWEET & SOUR (1,3,6) SS Crispy chicken with a sweet & sour sauce, served with steamed rice	
LITTLE STIR FRY (1,6,14) SS Chicken & vegetables fried in our wok sauce, served with steamed rice	
CHICKEN NOODLE BOX (1,6,14) SS Egg noodles wok fried with vegetables & chicken	
KIDS MASSAMAN CHICKEN CURRY (2,4,5) With potatoes, onions, peanuts & crispy shallots, served with steamed rice	

SIDES

DAO HUP (1,2,6) V Stir-fried vegetables in a garlic & mushroom sauce	€6.20
STEAMED JASMINE RICE SL	€2.60
SABA BROWN & RED RICE SL	€3.15
EGG FRIED RICE (3) SL	€3.15
FRIED EGG NOODLES (1,6,14) SL	€5.15
EXTRA DIPS Satay/sweet chilli/plum/soy/hoisin	€1.50
EDAMAME BEANS (1,6) Steamed soya beans tossed in sea salt	€5.50
THAI STYLE ROASTED CASHEW NUTS – SALTY, SWEET & SPICY (8)	€4.25

HOME MADE DESSERTS

BANOFFI PIE (1,3,7)	€4.25
CHILLI CHOCOLATE MOUSSE (7) GF	€4.25
CHOCOLATE BROWNIE WITH CHOCOLATE SAUCE (3,7,8) GF	€4.25
MORELLI ICE CREAM (7) Cookies & Cream (1, 6, 7) / Honeycomb / 125ml Chocolate / Double Vanilla / Salted Caramel	€3.95
Honeycomb / Double Vanilla / Salted Caramel	950ml €8.25

SABA REWARDS

JOIN SABA REWARDS TO GET FREE EATS*

DOWNLOAD THE SABA APP NOW TO GET STARTED!

*Each order To Go placed over €15 receives a Saba Rewards Stamp. Every 4th order you place gets you a reward. Terms and Conditions apply.

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 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, choose to eat healthily, live well and feel amazing too.

Saba To Go – the guilt-free takeaway.



FIT FOCUS

NUTRITIOUS DELIGHTS TO FUEL YOU ON YOUR HEALTH JOURNEY

— DISCOVER THE DISHES OVERLEAF —

