



APPETISER AND MAIN COURSE
Available Sunday to Wednesday

€24.95

EARLY BIRD MENU

APPETISERS

Black Pepper Squid [SL]

Served with a ginger soya sauce

Smoked Trout Mieng Kam**

[GF] [SF] [SS]

Goatsbridge smoked trout with shredded roasted coconut, peanuts, ginger, shallots, lime, birds eye chillis with a tamarind shrimp paste and palm sugar sauce

Por Pia Thod [V]

Crispy vegetable spring rolls with wood-ear mushrooms, lettuce wrappers, fresh mint and served with plum sauce

Saba Chicken Wings*

With a soy sauce, honey and sesame glaze served with a tamarind dip

Tangy Tempura Pak [V]

Tempura vegetables served with a mustard lime mayonnaise

NOODLES

Phad Thai* [GF]

Rice noodles with peanuts, egg, beanspouts and lime with chicken and prawn

Pattaya*** [SF][SL]

Egg noodles with roasted duck, chillis, egg, pak choi, Chinese leaves and mushrooms

Bangkok**** [SF] [SL]

Rice noodles with beef, onions, peppers, chillis, spring onions and sweet basil

Saigon* [SF]

Vermicelli noodles with prawns, pork and egg Vietnamese style

Chiang Rai Noodles*** [SF] [SL]

Spicy egg noodles with chicken, peppers, onions, chilli and sweet basil

Hoi An** [V] [SF]

Brown vermicelli noodles with wood-ear mushrooms, chillis, sweet basil, vegetables, egg and cashew nuts

Menu continued overleaf



SALADS

Salmon and Cucumber Salad*

[GF] [SF]

Pan-fried Clare Island organic salmon with cucumber, mint, pickled ginger, chilli, shallots and a tangy dressing on baby mixed leaves

Gingergrass Salad* [V] [GF] [SF] [SS]

Ruby chard, mizuna, mint, beansprouts, ginger, lemongrass, butternut squash, red wine vinegar dressing and roasted pumpkin seeds

Vietnamese Chicken*** [GF] [SF]

Shredded chicken breast salad with onion, spring onion, shredded carrots, birds eye chillis, peanuts, iceberg lettuce and a tangy dressing

CURRIES

Massaman Chicken* [GF]

With potatoes, onions, peanuts and crispy shallots

Gaeng Karee Fuktong* [V] [GF] [SL]

Aromatic yellow butternut squash and sweet potato curry with onions and potatoes

Green Chicken*** [GF] [SL]

With pea aubergines, bamboo shoots, string beans, peppers, chillis and sweet basil

MENU GUIDE

[V]	Vegetarian
[GF]	Gluten Free
[PF]	Paleo Friendly
[SF]	Superfood
[SS]	Saba Slim – Under 250 cal
[SL]	Saba Light – Under 400 cal

*	Mild
**	Medium
***	Spicy
****	Very Spicy
*****	Extra Spicy

WOK

Choose your favourite style:

1. Xiao Hao Lo (Sao-Hua-Ler) [SL]

With asparagus, oyster mushrooms, babycorn, snow peas and cashew nuts

2. Phad Khing* [SL]

With ginger, shitake mushrooms, spring onions, babycorn and peppers

3. Phad Prik Sod*** [SF] [SL]

With chillis, onions, peppers, mushrooms and sweet basil

4. Boom!!!***** [SF] [SL]

Fiery stir-fry with red curry paste, birds eye chillis, string beans, fresh peppercorn and galangal root

5. Sweet & Sour

With cucumber, onion, cherry tomatoes, pineapple and spring onion

Now choose from the following:

Chicken, Beef Fillet, Tiger Prawns or Vegetables & Tofu

WOK PALEO

Caveman** [PF] [SF] [SL]

Chicken, butternut squash, sweet potato, bok choy, carrot, broccoli, peppers, Chinese leaves, mushrooms and lime in a red curry sauce
[Rice not included]

Rice is served with Saba dishes, woks and curries, but is not included in the calorie count.

If you have any special dietary requirements please inform your waiter.

All our beef, pork and chicken are Irish.

All our dishes are dairy free, except for our mustard and lime mayonnaise.

A discretionary gratuity of 12.5% will be added for parties of six or over.

For more allergen information on our dishes please refer to our allergen list at reception.