



SABAS

ITALIAN TAPAS & BAR



SHARING STARTERS

BREAD & OLIVES V

PIZZA GARLIC BREAD V

With mozzarella V

With tomato V

With tomato and mozzarella V

FOCACCIA PARMA

Cured ham, parmesan shavings and cherry tomatoes

FOCACCIA CARCIOFI

Marinated artichoke, rocket and parmesan shavings

3.5 BRUSCHETTA MISTI 8

5.5 A selection of mini bruschetta topped with marinated tomatoes, grilled vegetables, soft pecorino cheese and spicy nduja salami

6 FRITTO MISTO DI PESCE 17

6.5 Deep fried squid, king prawns, tiger prawns and seabass served with garlic mayo and sweet chilli dip

6.5 ANTIPASTO SARDO 17

6.5 Selection of Sardinian cured meats and cheeses, marinated olives and artichokes, grilled vegetables, house breads and focaccia

SABAS SIGNATURE STARTERS

BURRATA 9

Burrata served with fresh heritage tomatoes and a confit San Marzano tomato sauce topped with fresh basil and croutons

GAMBERONI ALL'AGLIO 9

Garlic king prawns with a hint of chill

MUSSELS ARRABBIATA 8

Fresh steamed mussels in a spicy tomato sauce

GAMBERONI IN TEMPURA 8

Served with sweet chilli dipping sauce

CARPACCIO DI BARBABIETOLA V 10

Thinly sliced beetroot with rocket, heritage tomatoes, Dijon mustard vinaigrette and finished with balsamic glaze

CARPACCIO DI MANZO 10

Thinly sliced fillet of beef served with pickled beetroot, salt baked heritage tomatoes, horseradish cream and parmesan shavings

CAPELANTE DI MARE 9

Pan fried scallops served with crispy parma ham, asparagus and a pea and parsley foam

GRILL

TAGLIATA DI MANZO 16

Strips of 8oz bistro rump served with a rocket and parmesan salad

BISTRO RUMP 17

8oz bistro rump served with skinny fries, grilled mushroom, salt baked tomato and peppercorn sauce

FILLET STEAK 30

8oz fillet steak served with grilled mushroom, salt baked tomato, a side of your choice and your choice of sauce: Dianne, peppercorn, dolcelatte or garlic butter

CHICKEN STROGANOFF 17

Strips of chicken in a delicious cream, mushroom and onion sauce served with roast potatoes

CHICKEN PANCETTA 17

Grilled chicken fillets, baby onions, pancetta and chicken veloute with sautéed baby potatoes and gem lettuce

SEABASS SABAS 18

Pan fried fillet of seabass with saffron potatoes, king prawns and grilled asparagus in a white wine and garlic butter sauce

SALMON CALABRESE 17

Seared salmon in an nduja, garlic and tomato sauce served with roast potatoes and spinach

PASTA Gluten free pasta available

SPAGHETTI BOLOGNESE

Beef and pork mince and pancetta in a rich tomato and red wine sauce

TRADITIONAL SPAGHETTI CARBONARA

Eggs, pancetta, parmesan, black pepper and a touch of cream

SPAGHETTI ALLO SCOGLIO

Mussels, king prawns, tiger prawns, chilli and fresh tomato

SPAGHETTI AMATRICANA

Spicy arrabbiata sauce with pancetta and nduja

PENNE ROMANA

Chicken, mushrooms, tomato and cream

PENNE SABAS

Chicken, pepperoni, asparagus, tomato and soft pecorino

PENNE POLPETTINE

Traditional beef and pork meatballs in a spicy tomato sauce

MALLOREDDUS ALLA CAMPIDANESE

Sardinian pasta shells with sausage, tomatoes, onion and a pinch of saffron

LASAGNE AL FORNO

RISOTTO ORTALANA V

Mixed Mediterranean vegetables

RISOTTO FRUTTI DI MARE

King prawns, tiger prawns, scallops and mussels in a white wine and garlic sauce

PIZZA Vegan mozzarella available Gluten free pizza available £2 supp.

11 MARGHERITA V 10

Tomato, mozzarella and basil

11 PEPPERONI 11

Tomato, mozzarella and pepperoni

16 PROSCIUTTO E FUNGHI 11

Tomato, mozzarella, ham and mushrooms

11 ROMANA 11

Tomato, mozzarella, chicken, pepperoni and ham

13 DI CAPRA 13

Tomato, mozzarella, cured ham and goat's cheese topped with rocket, parmesan shavings and a drizzle of balsamic glaze

13 VEGETARIANA V 11

Tomato, mozzarella, aubergines, courgettes, mushrooms, red onion, peppers and olives

13 AMERICANA 11

Tomato, mozzarella, pepperoni, peppers, red onion and fresh chilli

13 AL PESTO V 11

Tomato, fresh mozzarella, cherry tomatoes and pesto

13 CALZONE CLASSICO 13

Tomato, mozzarella, ham, mushroom and red onion

16 CALZONE ARABBIATA 13

Tomato, mozzarella, ham, pepperoni and nduja

TAPAS

6 EACH OR THREE FOR 15

POTATO SKINS V

Served with garlic mayo and bbq sauce

BRUSCETTA CLASSICA V

Toasted bread topped with chopped tomatoes marinated in olive oil, basil and garlic

CALAMARI

MEATBALLS

Traditional pork and beef meatballs in Napoli sauce served with bread

TOMATO & MOZZARELLA SALAD V

MILANESE

Breaded chicken served with napoli sauce, mozzarella and crispy Parma ham

TIGER PRAWN & CHORIZO SKEWERS

CHICKEN WINGS

BBQ, rosemary and garlic / Hot and spicy

MEDITERRANEAN VEGETABLES SKEWERS V

SLIDERS

Breaded chicken / Beef / Goat's cheese

STICKY BBQ PORK SKEWERS

SIDES

FRIES V 3

FRIES 4

With truffle and parmesan

HOME COOKED CHIPS V 4

MIXED SALAD V 4

ROCKET & CHERRY TOMATO SALAD 4

Topped with parmesan shavings

GRILLED MEDITERRANEAN VEGETABLES V 5

ROAST POTATOES V 5

SAUTÉED SPINACH V 5

If you have an allergy or intolerance to any particular ingredient please let us know. Please note that due to the open nature of our kitchen, it is impossible for us to guarantee the complete absence of any allergens in our menu items, despite taking all necessary precautions in food preparation.

An optional 10% gratuity, shared between the staff on duty, is added to each bill.