



**SABAS**

**ITALIAN TAPAS & BAR**

## OUR MENU

Everything is cooked to order and will arrive as it is ready

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## TAPAS ITALIANI

<b>CAPRESE VGF</b> Tomato and burrata topped with basil oil	<b>8</b> WITH CURED HAM <b>9.5</b>	<b>POLLO CON PAPRIKA GF</b> Grilled chicken fillets in paprika	<b>6.5</b>	<b>COZZE GF</b> Mussels in tomato or cream and white wine sauce	<b>8</b>
<b>BUCCE DI PATATE V</b> Potato skins served with garlic mayo	<b>4.5</b>	<b>SALSICCIA SARDA GF</b> Grilled Sardinian sausage	<b>7</b>	<b>BRANZINO IN PADELLA GF</b> Pan-fried seabass with mussels and cherry tomatoes	<b>9</b>
<b>VERDURE IN TEMPURA V</b> Tempura battered mixed vegetables served with sweet chilli dip	<b>6.5</b>	<b>POLPETTINE</b> Traditional pork and beef meatballs in Napoli sauce served with bread	<b>6.5</b>	<b>GAMBERI AL POMODORINO</b> King prawns with tomato, chilli and fregola	<b>10.5</b>
<b>INSALATINI DI BOTTARGA E CARCIOFI GF</b> Artichoke salad topped with bottarga	<b>8.75</b>	<b>TAGLIATA DI MANZO GF</b> Strips of 8oz bistro rump served with rocket and parmesan salad	<b>13.5</b>	<b>FILETTI DI TRIGLIE ALLA SARDA GF</b> Fillets of red mullet with courgettes, tomato and grated pecorino	<b>10</b>
<b>SPIEDINI DI GAMBERI GF</b> Skewer of grilled tiger prawns and mixed peppers with fresh lemon and extra virgin olive oil sauce	<b>PER SKEWER 3</b>	<b>GAMBERONI ALL'AGLIO GF</b> King prawns in garlic and chilli	<b>10</b>	<b>COZZE E VONGOLE GF</b> Mussels and clams in a white wine sauce	<b>9.5</b>

## FRITTI FRIED ITALIAN STREET FOOD

<b>ARANCINI</b> Breaded rice balls (5) stuffed with bolognese and mozzarella	<b>6</b>
<b>MOZZARELLA IN CAROZZA V</b> Breaded mozzarella with Napoli sauce	<b>6.5</b>
<b>POLLO MILANESE</b> Breaded chicken with fresh lemon	<b>7</b>
<b>CALAMARI FRITTI</b> Deep fried squid with garlic mayo	<b>7.5</b>
<b>CULINGIONES FRITTI</b> Crunchy deep fried potato, mint and pecorino Sardinian ravioli with a cold napoli dip	<b>PER CULINGIONE 2</b>

## BRUSCHETTA

<b>BRUSCHETTA CLASSICA VE</b> Toasted bread topped with marinated tomatoes	<b>4.5</b>
<b>BRUSCHETTA VEGETALE VE</b> Toasted bread topped with grilled vegetables	<b>4.5</b>
<b>BRUSCHETTA CALABRESE</b> Topped with spicy nduja salami	<b>5</b>
<b>BRUSCHETTA SARDA</b> Toasted bread topped with soft pecorino cheese	<b>5</b>

## PANE

<b>BREAD VE</b>	<b>3.5</b>
<b>OLIVES VE</b>	<b>3.5</b>
<b>PIZZA GARLIC BREAD VE</b> With mozzarella <b>V</b> or with tomato <b>VE</b>	<b>5.5</b> <b>6</b>
With tomato and mozzarella <b>V</b>	<b>6.5</b>

## PASTA Gluten free pasta available

	HALF	FULL
<b>SPAGHETTI AL RAGÙ SARDO</b> A Sardinian ragù made from mixed beef and pork, aromatic fresh sausage, tomatoes and saffron	<b>7</b>	<b>12.5</b>
<b>SPAGHETTI ALLO SCOGLIO</b> Mussels, clams, king prawns, tiger prawns, chilli and fresh tomato	<b>8.5</b>	<b>15</b>
<b>SPAGHETTI CARBONARA</b>	<b>7.5</b>	<b>13.5</b>
<b>PENNE ROMANA</b> Chicken, mushrooms, tomato and cream	<b>7</b>	<b>12.5</b>
<b>PENNE ORTALANA V</b> Courgettes, mixed peppers, pesto and a touch of cream	<b>7</b>	<b>12.5</b>
<b>RAVIOLI DI CASA</b> Spinach and ricotta ravioli in napoli sauce	<b>8.5</b>	<b>14.5</b>
<b>MALLOREDDUS ALLA CAMPIDANESE</b> Sardinian pasta shells with sausage, tomatoes, onion and a pinch of saffron	<b>7.5</b>	<b>13.5</b>
<b>MALLOREDDUS CON VONGOLE</b> Sardinian pasta shells with clams, bottarga and courgette	<b>8.5</b>	<b>14.5</b>
<b>FREGOLA CON COZZE E ARSELLE</b> Sardinian fregola pasta with mussels, clams and bottarga	<b>9</b>	<b>16</b>
<b>PAELLA ALGERESE</b> Sardinian style paella with chicken, salami, prawns, mussels, clams, cherry tomatoes, peppers, peas and saffron	<b>7.5</b>	<b>13.5</b>
<b>RISOTTO CON VERDURE GRIGLIATE V</b> Creamy risotto with grilled Mediterranean vegetables, cherry tomatoes, topped with basil	<b>7</b>	<b>12.5</b>

## TALLERSI SHARING DISHES Designed for 2 to share

<b>FORMAGGI MISTI</b> Selection of Sardinian and Italian cheeses served with breads	<b>11.5</b>	<b>BRUSCHETTA MISTI</b> A selection of mini bruschetta topped with marinated tomatoes, grilled vegetables, soft pecorino cheese and spicy nduja salami	<b>11</b>
<b>ZUPPA DI PESCE</b> Sardinian broth with mixed fish, shellfish and fregola flavoured with tomato, lemon zest, thyme and a little chilli	<b>19.5</b>	<b>TALLERI SARDU</b> Selection of Sardinian cured meats and cheeses, marinated olives and artichokes, grilled vegetables, house breads and focaccia	<b>17</b>
<b>FRITTO MISTO DI PESCE</b> Deep fried squid, king prawns, tiger prawns, seabass and whitebait served with fresh dill mayonnaise	<b>18</b>		

# MAIALETTO ARROSTO

**POA**

**HALF | FULL**  
(serves 6-8) (serves 9-12)

Roast suckling pig with all the trimmings. The most popular traditional Sardinian meal, it was once considered a dish only for special occasions.



**PRE-ORDER REQUIRED**

## PANINI SANDWICHES Available 12pm - 5pm

<b>PANINO MILANESE</b> Ciabatta sandwich with breaded chicken, salad and mayo	<b>7</b>
<b>PANINO BISTECCA</b> Ciabatta sandwich with strips of steak, rocket and parmesan shavings	<b>8</b>
<b>PANINO VEGETARIANO V</b> Ciabatta sandwich with grilled Mediterranean vegetables and mozzarella	<b>7</b>
<b>PANINO POLPETTE</b> Ciabatta sandwich with meatballs, mozzarella and napoli sauce	<b>7.5</b>
<b>PANINO PROSCIUTTO ITALIANO</b> Ciabatta sandwich with Italian ham and salad <i>(All served with fries, chips or mixed salad)</i>	<b>7</b>

## CONTORNI SIDES

<b>CARCIOFI E PATATE V</b> Marinated artichokes with potatoes	<b>5</b>
<b>FRIES or CHIPS VE</b>	<b>3.5</b>
<b>ROSEMARY ROAST POTATOES V</b>	<b>3.5</b>
<b>INSALATA MISTA VEGF</b> Mixed salad	<b>3.5</b>
<b>INSALATA DI RUCOLA GF</b> Rocket and cherry tomato salad topped with parmesan shavings	<b>4.5</b>
<b>SAFFRON MASH VGF</b>	<b>4.5</b>

## PIZZA Vegan mozzarella available

<b>MARGHERITA V</b>	<b>10</b>
<b>SARDA</b> Pepperoni and fries	<b>11</b>
<b>PROSCIUTTO E FUNGHI</b> Ham and mushrooms	<b>11</b>
<b>ROMANA</b> Chicken, pepperoni and ham	<b>11</b>
<b>VALTELLINA</b> Cured ham, rocket, fresh cherry tomatoes and parmesan shavings	<b>13</b>
<b>FRUTTI DI MARE</b> Squid, king prawns, tiger prawns and mussels	<b>13.5</b>
<b>VEGETARIANA V</b> Grilled aubergines, courgettes, artichokes, mushrooms and red onions	<b>11</b>
<b>AL PESTO V</b> Cherry tomatoes and pesto	<b>10.5</b>
<b>VIA VENETO</b> Chicken, caramelised onion and crispy pancetta	<b>11.5</b>
<b>AMERICANA</b> Pepperoni, peppers, red onions and fresh chilli	<b>11</b>
<b>NDUJA</b> Spicy nduja salami and courgettes	<b>11</b>
<b>MILANESE</b> Breaded chicken, peppers and fresh chilli (with or without a tomato base)	<b>11.5</b>
<b>BIANCA</b> (no tomato base) Cherry tomatoes, salami and rosemary roast potatoes	<b>11.5</b>

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.