



# SABAS

ITALIAN TAPAS & BAR

## PANE E BRUSCHETTA

BREAD <b>VE</b>	3.5	PIZZA GARLIC BREAD <b>V</b> Mozzarella	5.25
OLIVES <b>VE</b>	3.5	PIZZA GARLIC BREAD <b>VE</b> Tomato	5.25
PIZZA GARLIC BREAD (6") <b>VE</b>	5	PIZZA GARLIC BREAD <b>V</b> Tomato, mozzarella	5.5
BRUSCHETTA CLASSICA <b>VE</b> Toasted bread topped with marinated tomatoes			4.5
BRUSCHETTA VEGETALE <b>VE</b> Toasted bread topped with grilled vegetables			4.5
BRUSCHETTA CALABRESE Topped with spicy nduja salami			5
BRUSCHETTA SARDA Toasted bread topped with soft pecorino cheese			5

## PANINI SANDWICHES Available 12pm - 5pm

PANINO MILANESE Ciabatta sandwich with breaded chicken, salad and mayo	7
PANINO BISTECCA Ciabatta sandwich with strips of steak, rocket and parmesan shavings	8
PANINO VEGETARIANO <b>V</b> Ciabatta sandwich with grilled Mediterranean vegetables and mozzarella	7
PANINO POLPETTE <b>V</b> Ciabatta sandwich with meatballs, mozzarella and napoli sauce	7.5
PANINO PROSCIUTTO ITALIANO <b>V</b> Ciabatta sandwich with Italian ham and salad	6.5
PANINO P.L.T. <b>V</b> Ciabatta sandwich with pancetta, lettuce and tomato	7

*(All served with fries, chips or mixed salad)*

## PIZZA 12" Vegan mozzarella available

MARGHERITA <b>V</b>	8.5
SARDA Spicy salami and fries	9.5
PROSCIUTTO E FUNGHI Ham and mushrooms	9.5
ROMANA Chicken, spicy sausage and ham	9.5
VALTELLINA Cured ham, rocket, fresh cherry tomatoes and parmesan shavings	11
FRUTTI DI MARE Squid, king prawns, tiger prawns and mussels	11
VEGETARIANA <b>V</b> Grilled aubergines, courgettes, artichokes, mushrooms and red onions	9.5
AL PESTO <b>V</b> Cherry tomatoes and pesto	9
SALSICCA SECCA Sardinian cured sausage, mixed peppers and chilli flakes	9.5
VIA VENETO Chicken, caramelised onion and crispy pancetta	10
AMERICANA Spicy sausage, peppers, red onions and fresh chilli	9.5
NDUJA Spicy nduja salami and courgettes	9.5

### PLEASE NOTE

*Everything is cooked to order and will arrive as it is ready. If you would prefer a more traditional meal, in separate courses, just let us know.*

*Our menu is designed for you to share a selection of dishes with your party so we serve tapas size portions (with the exception of pizzas and sharing boards which are more substantial).*

## TAPAS ITALIANI

### VEGETALI E FORMAGGIO

CAPRESE <b>VGF</b> Tomato and mozzarella topped with basil oil	6.5
BUCCE DI PATATE <b>V</b> Potato skins served with garlic mayo	3.5
FRIES OR CHIPS <b>VE</b>	3.5
ROSEMARY ROAST POTATOES <b>V</b>	3.5
INSALATA MISTA <b>VEGF</b> Mixed salad	3.5
INSALATA DI RUCOLA <b>GF</b> Rocket and cherry tomato salad topped with parmesan shavings	4.5
VERDURE IN TEMPURA <b>V</b> Tempura battered mixed vegetables served with sweet chilli dip	6

### DI TERRA

POLLO CON PAPRIKA <b>GF</b> Grilled chicken fillets in paprika	6
SALSICCIA SARDA <b>GF</b> Grilled Sardinian sausage	7
AFFETTATO MISTO <b>GF</b> A selection of sliced cold meats	7.5
POLPETTINE Traditional pork and beef meatballs in Napoli sauce served with bread	6.5
TAGLIATA DI MANZO <b>GF</b> Strips of 8oz bistro rump served with rocket and parmesan salad	12.5

### DI PESCE

GAMBERONI <b>GF</b> King prawns in garlic and chilli or spicy tomato sauce	9.5
COZZE Mussels in tomato or cream and white wine sauce	7.5
SPIEDINI DI GAMBERI <b>GF</b> Skewer of grilled tiger prawns and mixed peppers with fresh lemon and extra virgin olive oil sauce	PER SKEWER 3
BRANZINO IN PADELLA <b>GF</b> Pan-fried seabass with mussels and cherry tomatoes	9

## FRITTI FRIED ITALIAN STREET FOOD

ARANCINI Breaded rice balls stuffed with bolognese and mozzarella	5.5
MOZZARELLA IN CAROZZA <b>V</b> Breaded mozzarella with Napoli sauce	6.5
POLLO MILANESE Breaded chicken with fresh lemon	7
CALAMARI FRITTI Deep fried squid with garlic mayo	7.5

## TALLERSI SHARING BOARDS Designed for 2 to share

FORMAGGI MISTI Selection of Sardinian and Italian cheeses served with breads	10.5
FRITTO MISTO DI PESCE Deep fried squid, king prawns, tiger prawns, seabass and whitebait, served with fresh dill mayonnaise	16.5
BRUSCHETTA MISTI A selection of mini bruschetta topped with marinated tomatoes, grilled vegetables, soft pecorino cheese and spicy nduja salami	9.5
BURRATA Burrata mozzarella with sliced tomatoes, mixed grilled vegetables and cured ham (choose 1 or 2 burratas)	7.5/13.5
TALLERI SARDU Selection of Sardinian cured meats and cheeses, marinated olives and artichokes, grilled vegetables, house breads and focaccia	16

## PASTA E RISOTTO TAPAS STYLE PORTION Gluten free pasta available

SPAGHETTI AL RAGÙ SARDO A Sardinian ragù made from mixed beef and pork, aromatic fresh sausage, tomatoes and saffron	7.5
SPAGHETTI ALLO SCOGLIO Mussels, king prawns, tiger prawns, chilli and fresh tomato	9
SPAGHETTI CARBONARA	7.5
PENNE ROMANA Chicken, mushrooms, tomato and cream	7
PENNE ORTALANA <b>V</b> Courgettes, mixed peppers, pesto and a touch of cream	7
RAVIOLI DI CASA Spinach and ricotta ravioli in napoli sauce	8.5
RISOTTO CON VERDURE GRIGLIATE <b>V</b> Creamy risotto with grilled Mediterranean vegetables, cherry tomatoes, topped with basil	8

*If you have an allergy or intolerance to any particular ingredient please let us know. However, 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.*