



SABAS

ITALIAN TAPAS & BAR

OUR MENU

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

Want a free shot & the chance to win £50 voucher in our monthly prize draw?

TAG US ON INSTAGRAM
@SABASNCL

TAPAS ITALIANI

CAPRESE VGF

Tomato and burrata topped with basil oil

8
WITH CURED HAM 9.5

BUCCE DI PATATE V

Potato skins served with garlic mayo

4.5

VERDURE IN TEMPURA V

Tempura battered mixed vegetables served with sweet chilli dip

6.5

INSALATINI DI BOTTARGA E CARCIOFI GF

Artichoke salad topped with bottarga

8.75

POLPETTINE

Traditional pork and beef meatballs in Napoli sauce served with bread

6.5

POLLO CON PAPRIKA GF

Grilled chicken fillets in paprika

6.5

SALSICCIA SARDA GF

Grilled Sardinian sausage

7

TAGLIATA DI MANZO GF

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

13.5

GAMBERONI ALL'AGLIO GF

King prawns in garlic and chilli

10

COZZE GF

Mussels in tomato or cream and white wine sauce

8

SPIEDINI DI GAMBERI GF

Skewer of grilled tiger prawns and mixed peppers with fresh lemon and extra virgin olive oil sauce

PER SKEWER 3

BRANZINO IN PADELLA GF

Pan-fried seabass with mussels and cherry tomatoes

9

GAMBERI AL POMODORINO

King prawns with tomato, chilli and fregola

10.5

COZZE E VONGOLE GF

Mussels and clams in a white wine sauce

9.5

FRITTI FRIED ITALIAN STREET FOOD

ARANCINI

Breaded rice balls (5) stuffed with bolognese and mozzarella

6

MOZZARELLA IN CAROZZA V

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

CULINGIONES FRITTI

Crunchy deep fried potato, mint and pecorino Sardinian ravioli with a cold napoli dip

PER CULINGIONE 2

BRUSCHETTA

BRUSCHETTA CLASSICA VE

Toasted bread topped with marinated tomatoes

4.5

BRUSCHETTA VEGETALE VE

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

PANE

BREAD VE

3.5

OLIVES VE

3.5

PIZZA GARLIC BREAD VE

With mozzarella V or with tomato VE

5.5

With tomato and mozzarella V

6

PASTA Gluten free pasta available

SPAGHETTI AL RAGÙ SARDO A Sardinian ragù made from mixed beef and pork, aromatic fresh sausage, tomatoes and saffron **7 | 12.5**

SPAGHETTI ALLO SCOGLIO Mussels, clams, king prawns, tiger prawns, chilli and fresh tomato **8.5 | 15**

SPAGHETTI CARBONARA **7.5 | 13.5**

PENNE ROMANA Chicken, mushrooms, tomato and cream **7 | 12.5**

PENNE ORTALANA V Courgettes, mixed peppers, pesto and a touch of cream **7 | 12.5**

RAVIOLI DI CASA Spinach and ricotta ravioli in napoli sauce **8.5 | 14.5**

MALLOREDDUS ALLA CAMPIDANESE Sardinian pasta shells with sausage, tomatoes, onion and a pinch of saffron **7.5 | 13.5**

MALLOREDDUS CON VONGOLE Sardinian pasta shells with clams, bottarga and courgette **8.5 | 14.5**

FREGOLA CON COZZE E ARSELLE Sardinian fregola pasta with mussels, clams and bottarga **9 | 16**

PAELLA ALGERESE Sardinian style paella with chicken, salami, prawns, mussels, clams, cherry tomatoes, peppers, peas and saffron **7.5 | 13.5**

RISOTTO CON VERDURE GRIGLIATE V Creamy risotto with grilled Mediterranean vegetables, cherry tomatoes, topped with basil **7 | 12.5**

TALLERSI SHARING DISHES Designed for 2 to share

FORMAGGI MISTI

Selection of Sardinian and Italian cheeses served with breads

11.5

BRUSCHETTA MISTI

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

11

ZUPPA DI PESCE

Sardinian broth with mixed fish, shellfish and fregola flavoured with tomato, lemon zest, thyme and a little chilli

19.5

TALLERI SARDU

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

17

FRITTO MISTO DI PESCE

Deep fried squid, king prawns, tiger prawns, seabass and whitebait served with fresh dill mayonnaise

18

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

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 V Ciabatta sandwich with grilled Mediterranean vegetables and mozzarella **7**

PANINO POLPETTE Ciabatta sandwich with meatballs, mozzarella and napoli sauce **7.5**

PANINO PROSCIUTTO ITALIANO Ciabatta sandwich with Italian ham and salad **7**

(All served with fries, chips or mixed salad)

CONTORNI SIDES

CARCIOFI E PATATE V Marinated artichokes with potatoes **5**

FRIES or CHIPS VE **3.5**

ROSEMARY ROAST POTATOES V **3.5**

INSALATA MISTA VEGF Mixed salad **3.5**

INSALATA DI RUCOLA GF Rocket and cherry tomato salad topped with parmesan shavings **4.5**

PIZZA Vegan mozzarella available

MARGHERITA V **10**

SARDA Pepperoni and fries **11**

PROSCIUTTO E FUNGHI Ham and mushrooms **11**

ROMANA Chicken, pepperoni and ham **11**

VALTELLINA Cured ham, rocket, fresh cherry tomatoes and parmesan shavings **13**

FRUTTI DI MARE Squid, king prawns, tiger prawns and mussels **13.5**

VEGETARIANA V Grilled aubergines, courgettes, artichokes, mushrooms and red onions **11**

AL PESTO V Cherry tomatoes and pesto **10.5**

VIA VENETO Chicken, caramelised onion and crispy pancetta **11.5**

AMERICANA Pepperoni, peppers, red onions and fresh chilli **11**

NDUJA Spicy nduja salami and courgettes **11**

MILANESE Breaded chicken, peppers and fresh chilli (with or without a tomato base) **11.5**

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.