

LUNCH & LOUNGE ALL DAY LONG



Appetizers

Crispy Calamari

Breaded, fried, and topped with aged Asiago, and marinara sauce

\$22

Buffalo Wings

Deep fried, coated in our delicious Saba BBQ sauce, served with cool ranch dressing

\$19

Conch Fritters

Local conch mixed with fresh herbs, vegetables, and breadcrumb

\$20

Quinoa & Goat Cheese Salad

Baby lettuce, quinoa, garden fresh veg, citrus, and cumin dressing, topped with goat cheese vinaigrette

Add Jerk Chicken \$10, Mahi \$9, Grilled Shrimp \$12

\$18

Caesar Salad

Focaccia croutons, shaved Parmesan, creamy lemon dressing & prosciutto crisp

\$21

Wraps

Spicy Shrimp & Quinoa Lettuce Wrap

Quinoa mixed with garden vegetables in a light cider vinegar/ginger soy sauce, topped with grilled seasoned shrimp) | 22 *or chicken*

\$22

Tortilla Wrap

Your choice of Mahi-Mahi, jerk chicken, or vegetable quinoa & black bean, shredded lettuce, pepper jack cheese, peppers and onions

\$20

Sides

Small green salad

\$9

Handcut Truffle Fries

\$10

French fries

\$6

Coleslaw

\$6

Onion Rings

\$6

Essentials

Grilled Chicken Panini

In house focaccia, roasted peppers, arugula, garlic herb aioli, and pancetta

\$19

Saba Burger

The classic, deliciously simple char-grilled to perfection

\$19

Island Burger

Teriyaki, grilled pineapple, Swiss cheese, smoky bacon

\$22

BBQ Ranch Burger

House-made smoky BBQ sauce & cool buttermilk ranch dressing with cheddar and crispy bacon

\$21

Homemade Veggie Burger

Quinoa, black bean & garden veg, Chipotle aioli

\$19

Fish & Chips

Beer battered with french fries & lemon garlic tartar Sauce)

\$22

Blackened Grouper Burger

house-made tartar sauce, crisp romaine, fresh grilled blackened Grouper

\$24

Pizzas

Pepperoni

with pepperoni and mozzarella cheese

\$21

Meat lovers

with pepperoni, ham, sausage, peppers, bacon, mozzarella cheese

\$23

Margherita

with mozzarella, tomato and basil pesto

\$19

Vegetarian

with onions, peppers, mushrooms, tomatoes, olives, mozzarella, feta

\$22

Lobster (The Saba Rock)

\$28

A 20% service charge will be added to all guest checks. At Saba Rock we work as a team, and our service charge is divided by the entire crew. Kindly note, that any additional gratuities left above 20% will go directly to your server.

SABA & ROCK