



AT ESTABULO YOU REALLY ARE THE ONE IN CHARGE OF YOUR DINING EXPERIENCE!

Start by visiting our gourmet salad bar and hot buffet, you will be able to choose from our stunning range of fresh salads, vegetables, breads and hot dishes.

Once you are ready for the meats, simply turn your small round card to green and our Passadors will start bringing out flame grilled meats. When you are finished or just need a break turn the card to the red side. To resume just turn the card back to the green side and the passadors will resume.

A DISCRETIONARY 10% SERVICE CHARGE WILL BE ADDED TO YOUR BILL WHICH IS SHARED WITH ALL TEAM MEMBERS. PLEASE ASK IF YOU WOULD LIKE THIS TO BE REMOVED. WASTAGE POLICY: IF THERE IS AN EXCESSIVE AMOUNT OF FOOD WASTAGE, WE RESERVE THE RIGHT TO PLACE A SUPPLEMENTARY CHARGE ONTO YOUR FINAL BILL. ADULTS REQUIRE AROUND 2000 CALORIES PER DAY

LUNCH MENU

A SELECTION OF 8 MEATS | SERVED DAILY FROM 12PM - 4PM

MON - FRI 21.95 | SAT - SUN 23.95

Carne | Beef

PICANHA 209 KCAL
CAP OF RUMP

Flavoursome cut which melts in the mouth.

ALCATRA 180 KCAL
RUMP

Rumpsteak cut with a delicious meaty flavour.

MAMINHA 151 KCAL
BOTTOM SIRLOIN

Marbled cut with strong flavour.

Porco | Pork

BARRIGA DE PORCO 470 KCAL
PORK BELLY

Delicious succulent Pork Belly Meat.

LINGUIÇA 280 KCAL
PORK SAUSAGE

Cured Beef & Pork Sausage,

PRESUNTO 149 KCAL
GAMMON

Our twist on the classic Gammon cut.

Frango | Chicken

SOBRECOXA DE FRANGO 209 KCAL
CHICKEN THIGHS

Cooked to perfection by our Chefs!

Cordeiro | Lamb

CARNEIRO 182 KCAL
LAMB

Tender seasoned minted lamb.

Indos | Sides

PAO DE ALHO 310 KCAL
GARLIC BREAD

ABACAXI 50 KCAL
PINEAPPLE WITH CINNAMON

Crianças | Childrens

CHILDRENS RODIZIO

CHILDREN UP TO 4 YEARS FREE

5 - 8 years £8.95 | 9-13 years £14.95

EVENING MENU

SERVED DAILY FROM 4PM ONWARDS

A SELECTION OF 15 MEATS INCLUDES ALL 8 LUNCHTIME MEATS
AND 7 ADDITIONAL CHOICES

SUN - THUR 32.95 | FRI - SAT 34.95

Carne | Beef

FILÉ

MIGNON 173 KCAL

FILLET STEAK

A first class cut of meat, tender and full of flavour.

PICANHA - ALHO 310 KCAL

CAP OF RUMP - WITH GARLIC

Tender and full of flavour coated in Garlic Butter.

BIFE

PICANTE 217 KCAL

CHILLI BEEF

Tender and full of flavour smothered in Chilli Oil.

BIFE DO LOMBO 209 KCAL

SIRLOIN STEAK

Delicious cut, juicy and meaty in flavour.

FRALDINHA 205 KCAL

BEEF SKIRT

Juicy and flavoursome cut of Beef.

Frango | Chicken

FRANGO COM TOUCINHO 310 KCAL

CHICKEN & BACON

Beautifully cooked Chicken & Bacon.

CORAÇÃO DE FRANGO 154 KCAL

CHICKEN HEART

A delicious & tender Brazilian delicacy.

Extras

HALLOUMI 110 KCAL

CHEESE

FRIES 201 KCAL

VEGETARIAN & FISH MENU

VEGETARIAN OPTION

LUNCH: 17.95 DINNER: 22.95

FISH OPTION

LUNCH & DINNER: 22.95

Vegetariano | Vegetarian

RISSOTTO DE ABÓBORA 613 KCAL

BUTTERNUT SQUASH RISSOTTO

A risotto full of flavour with a vegetarian Hard Cheese.

PASTA

RECHEADA 770 KCAL

RIGATONI GIARDINEIRA

Beautifully cooked in a Garlic and Chilli Cheese

Peixe | Fish

FISHERMAN'S BASKET 967 KCAL

A mixture of fried chunky cod bites, prawn twisters, charcoal prawns, red velvet prawns, squid rings and dusted calamari.