



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

19.95

### 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 £11.95

# EVENING MENU

SERVED DAILY FROM 4PM ONWARDS

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

**29.95**

## 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: **13.95** DINNER: **18.95**

FISH OPTION

LUNCH & DINNER: **21.95**

## 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.