



## **FESTIVE MENU**

All our options come with our unlimited  
gourmet salad bar & sides.  
Including the vegetarian and fish options.

# FESTIVE LUNCH MENU

A SELECTION OF 9 MEATS  
SERVED DAILY FROM 12PM – 4PM

MON - FRI 25.95 | SAT - SUN 27.95

## PICANHA

CAP OF RUMP

Flavoursome cut which melts in the mouth.

209 KCAL

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## MAMINHA

BOTTOM SIRLOIN

Marbled cut with strong flavour.

151 KCAL

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## LINGUIÇA

PORK SAUSAGE

Cured Beef & Pork Sausage.

280 KCAL

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## SOBRECOXA DE FRANGO

CHICKEN THIGHS

Cooked to perfection by our Chefs!

209 KCAL

## ALCATRA

RUMP

Rumpsteak cut with a delicious meaty

flavour. 180 KCAL

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## BARRIGA DE PORCO

BELLY PORK

Delicious succulent Pork Belly Meat.

470 KCAL

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## PRESUNTO

GAMMON

Our twist on the classic Gammon cut.

149 KCAL

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## CARNEIRO

MINTED LAMB

Tender seasoned minted lamb.

182 KCAL



## FESTIVE EXTRAS & SIDES

### PAO DE ALHO

GARLIC BREAD

310 KCAL

### ABACAXI

PINEAPPLE WITH CINNAMON

50 KCAL

### FRIES

CLASSIC FRENCH FRIES

210 KCAL

### GRAVY

391 KCAL

### PIGS IN BLANKETS

261 KCAL

### YORKSHIRE PUDDINGS

245 KCAL

### TURKEY AND GRAVY

109 KCAL

### CRANBERRY SAUCE

141 KCAL



## CHILDRENS RODIZIO

CHILDREN UPTO 4 YEARS (FREE) | 5 TO 8 YEARS 12.95 | 9 TO 13 YEARS 18.95



## VEGETARIAN

21.95

## FISH OPTION

26.95

### SPINACH AND RICOTTA RAVIOLI

Creamy egg pasta filled with spinach and ricotta 257 KCAL

### SALMON PICCOILI

Grilled salmon seasoned with salt and pepper with asparagus and roast potatoes

### VEGETARIAN LASAGNE

Three layered lasagne interleaved with tomato and vegetable sauce topped with creamy cheese bechamel sauce and cheese. 107 KCAL

# FESTIVE DINNER MENU

A SELECTION OF 16 MEATS INCLUDES ALL 9 LUNCHTIME MEATS AND 7 ADDITIONAL CHOICES SERVED DAILY  
FROM 4PM

SUN - THUR 37.95 | FRI - SAT 39.95

## FILE MIGNON

FILLET STEAK

A first class cut of meat, tender and full of  
flavour. 173 KCAL

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## PICANHA – ALHO

CAP OF RUMP WITH GARLIC

Tender and full of flavour coated in Garlic  
Oil. 310 KCAL

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## FRALDINHA

BEEF SKIRT

Juicy and flavoursome cut of Beef.

205 KCAL

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## FRANGO COM TOUCINHO

CHICKEN & BACON

Cooked to perfection by our Chefs!

209 KCAL

## BIFE PICANTE

CHILLI BEEF

Tender and full of flavour smothered in Chilli  
Oil. 217 KCAL

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## BIFE DO LOMBO

SIRLOIN STEAK

Delicious cut, juicy and meaty in flavour.  
209 KCAL

209 KCAL

## FRANGO COM TOUCINHO

CHICKEN HEART

A delicious & tender Brazilian delicacy.

154 KCAL

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### ABACAXI

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### FRIES

CLASSIC FRENCH FRIES

210 KCAL

### GRAVY

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### PIGS IN BLANKETS

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pepper with asparagus and roast  
potatoes

### VEGETARIAN LASAGNE

Three layered lasagne interleaved with  
tomato and vegetable sauce topped with  
creamy cheese bechamel sauce and cheese.  
107 KCAL



**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