

THE MEAT EXPERIENCE



# ESTÁBULO

RODIZIO BAR & GRILL

## FOOD MENU

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

# LUNCH MENU

A SELECTION OF 7 MEATS  
SERVED DAILY FROM 12PM – 4PM  
MON - FRI 26.95 | SAT - SUN 29.95

## PICANHA

*CAP OF RUMP*

Flavoursome cut which melts in the mouth.

209 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*

Rump steak 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



## SIDES

### PAO DE ALHO

*GARLIC BREAD*

310 KCAL

### ABACAXI

*PINEAPPLE WITH CINNAMON*

50 KCAL

### FRIES

*CLASSIC FRENCH FRIES*

210 KCAL



## CHILDRENS RODIZIO

CHILDREN UPTO 4 YEARS (FREE) | 5 TO 8 YEARS 8.95 | 9 TO 13 YEARS 11.95



## VEGETARIAN

15.95

### SPINACH AND RICOTTA RAVIOLI

Creamy egg pasta filled with spinach and ricotta 257 KCAL

### VEGETARIAN LASAGNE

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



## FISH OPTION

23.95

### SALMON PICOIOLI

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

257 KCAL

# DINNER MENU

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

SERVED DAILY FROM 4PM

SUN - THUR 39.95 | FRI - SAT 42.95

## 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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## MAMINHA

BOTTOM SIRLOIN

Marbled cut with strong flavour. 151 KCAL  
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## ASAS DE FRANGO

SPICY CHICKEN WINGS

Marinated the Estábulo way and finish with mild Peri Peri sauce. 78 KCAL  
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## CORAÇÃO DE FRANGO

CHICKEN HEART

A delicious & tender Brazilian delicacy. 154 KCAL



## SIDES

### PAO DE ALHO

GARLIC BREAD  
310 KCAL

### ABACAXI

PINEAPPLE WITH CINNAMON  
50 KCAL

### FRIES

CLASSIC FRENCH FRIES  
210 KCAL



## CHILDRENS RODIZIO

CHILDREN UPTO 4 YEARS (FREE) | 5 TO 8 YEARS 8.95 | 9 TO 13 YEARS 11.95



## VEGETARIAN

20.95

### SPINACH AND RICOTTA RAVIOLI

Creamy egg pasta filled with spinach and ricotta 257 KCAL

### VEGETARIAN LASAGNE

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



## FISH OPTION

24.95

### SALMON PICOIOLI

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

257 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