



How it works

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.*



LUNCH MENU

Daily 12pm - 4pm | £19.95

A selection of 8 meats

Carne | Beef

PICANHA

CAP OF RUMP

Flavoursome cut which melts in the mouth.



ALCATRA

RUMP

Rumpsteak cut with a delicious meaty flavour.



MAMINHA

BOTTOM SIRLOIN

Marbled cut with strong flavour.



Frango | Chicken

SOBRECOXA DE FRANGO

CHICKEN THIGHS

Cooked to perfection by our Chefs!



Porco | Pork

BARRIGA DE PORCO

PORK BELLY

Delicious succulent Pork Belly Meat.



LINGUIÇA (G) (D)

PORK SAUSAGE

Cured Beef & Pork Sausage.



PRESUNTO

GAMMON

Our twist on the classic Gammon cut.



Cordeiro | Lamb

CARNEIRO

LAMB

Tender seasoned minted lamb.



Extras

ABACAXI

PINEAPPLE WITH CINNAMON



PÃO DE ALHO

GARLIC BREAD



EVENING MENU

from 4pm - 10pm | £29.95

A selection of 7 meats

Carne | Beef

FILÉ MIGNON

FILLET STEAK

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



PICANHA - ALHO

CAP OF RUMP - WITH GARLIC

Tender and full of flavour coated in Garlic Butter.



BIFE PICANTE

CHILLI BEEF

Tender and full of flavour smothered in Chilli Oil.



BIFE DO LOMBO

SIRLOIN STEAK

Delicious cut, juicy and meaty in flavour.



FRALDINHA

BEEF SKIRT

Juicy and flavoursome cut of Beef.



Frango | Chicken

FRANGO COM TOUCINHO

CHICKEN & BACON

Beautifully cooked Chicken & Bacon.



CORAÇÃO DE FRANGO

CHICKEN HEART

A delicious & tender. Brazilian delicacy.



Extras

HALLOUMI
CHEESE

FRIES

LIKE YOUR MEAT COOKED A SPECIFIC WAY?

Let us know how you prefer your meat cooked, rare all the way
through to well done.

We are happy to serve all our cuts to your taste.



VEGETARIAN & FISH OPTION

VEGETARIAN OPTION
LUNCH: **13.95** DINNER: **18.95**

FISH OPTION
LUNCH & DINNER: **20.95**

Vegetariano | Vegetarian

RISSOTTO DE ABÓBORA

BUTTERNUT SQUASH RISSOTTO

A risotto full of flavour with a vegetarian Hard Cheese.

PASTA RECHEADA

RIGATONI GIARDINEIRA

Beautifully cooked in a Garlic and Chillli Cheese



Peixe | Fish

FISHERMAN'S BASKET

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

CHILDRENS RODIZIO PRICES

Children up to 4 years **FREE**
5 - 8 years **£8.50** | 9-13 years **£15.50**





Desserts | sobremesa

STICKY TOFFEE PUDDING

6.29

A classic British dessert consisting of a dark, soft, dense sponge cake made with Medjool dates that is topped with a sweet warm toffee sauce served with delicious vanilla ice cream. Cosy, comforting, indulgent.

WHITE CHOCOLATE & ORANGE LUXURY CHEESECAKE

6.29

An elegant dessert that combines luxury and flavour. White Belgian chocolate created with the sublime Creamy Dreamy Cheesecake, finished with a full flavour orange glaze with white chocolate shavings.

LOTUS CHEESECAKE

6.29

Made with the unique Lotus Biscuit Crumb topped with utterly sublime creamy dreamy cheesecake finished with marbled Biscoff Biscuit spread and a sprinkle of crumb.

TRIPLE BERRY CRISP

6.29

A flavorful, fresh berry, apple and cranberry base it's adorned with the most delicious crispy, buttery and decadent oat crumble finished with a generous scoop of rich vanilla ice cream.

CHOCOLATE CHIC

6.00

Dark chocolate mousse on a chocolate sponge base with a dark chocolate glaze and chocolate shavings.

FERRERO ROCHER CHEESECAKE

6.29

Rich, creamy cheesecake on a digestive base swirled with Nutella finished with nibbed peanuts and a decadent Ferrero Rocher

VEGAN COCONUT ICE CREAM

6.29

A unique blended luxurious taste. Highly recommended.

KIDS MEGA MANGO POT ICE CREAM

3.49

A delicious deserved treat for kids.

SELECTION OF ICE CREAMS

6.25

Choose 3 from Chunky Belgian Chocolate, Strawberry, Vanilla and Banoffee Crunch

SINGLE SCOOP 2.35

SORBET SELECTION

4.29

Lemon & Raspberry

SINGLE SORBET 2.25



Hot drinks | bebidas quentes

ESPRESSO	2.20
DOUBLE ESPRESSO	3.30
AMERICANO	2.50
LATTE	2.80
CAPPUCCINO	2.80
CORTADO	2.50
MOCHA	2.80
BOMBON	2.80

Espresso with condensed milk.

LIQUEUR COFFEE	6.50
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Please ask for your favourite, or ask for our liqueur selection.

TEA	2.50
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Choose from: English breakfast, Earl Grey, Camomile, Pure green, Lemon, Lemon & Ginger or Peppermint.

After Dinner Cocktails

ESPRESSO MARTINI	7.50
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The Espresso Martini has been the classic evening pick-me-up since its creation in the 1980s. Made with Absolut vanilla, Kahlua, Vanilla syrup, 1 shot of espresso and garnished with coffee beans.

ALEXANDER	7.50
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A silky smooth and indulgent cocktail of cream. Made with Hennessy cognac, creme de cacao, and sprinkle with fresh ground nutmeg or cocoa powder.

MANHATTAN	7.50
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The greatness of the Manhattan cocktail was recognized while it was still in its hot youth, back in the 1880s, and its acclaim lasted long into the 21st Century. Made with Bourbon, Martini Rosso and Angostura Bitter.

GRASSHOPPER	7.50
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This is a delicious green martini that is light on the alcohol and heavy on the sweet flavor. It is a pure chocolate-mint delight. Made with Creme De Menthe, Creme De Cacao, Double Cream and topped with Chocolate sprinkles.

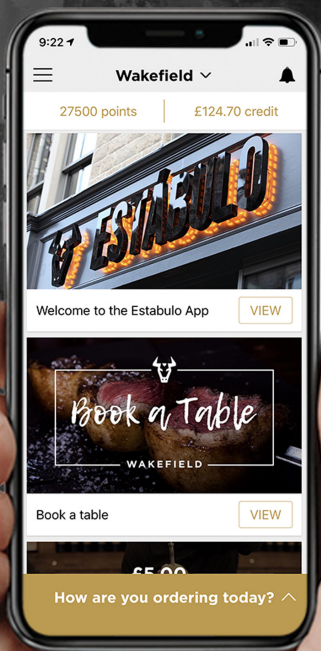
ORDER
FOOD & DRINKS
FROM YOUR TABLE

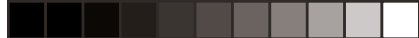


SCAN THE QR
CODE OR
DOWNLOAD OUR
APP

Available on the
App Store

GET IT ON
Google Play





THE MEAT EXPERIENCE.



ESTÁBULO
RODIZIO BAR & GRILL

Estabulo takes the safety of their customers as their ultimate priority, with this in mind we feel it is important to let all customers know our position on Allergens on our premises. Please scan the QR code below to view our full allergens list.

If you have any further questions, please don't hesitate to contact a member of staff

