



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

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

13.95

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.

Porco | Pork

BARRIGA DE

PORCO

PORK BELLY

Delicious succulent Pork Belly Meat.

LINGUIÇA

PORK SAUSAGE

Cured Beef & Pork Sausage,

PRESUNTO

GAMMON

Our twist on the classic Gammon cut.

Frango | Chicken

SOBRECOXA

DE FRANGO

CHICKEN THIGHS

Cooked to perfection by our Chefs!

Cordeiro | Lamb

CARNEIRO

LAMB

Tender seasoned minted lamb.

Indos | Sides

PAO DE ALHO

GARLIC BREAD

ABACAXI

PINEAPPLE WITH CINNAMON

Crianças | Childrens

CHILDRENS

RODIZIO

CHILDREN UP TO 4 YEARS FREE

5 - 8 years £6.50 | 9-13 years £11.50

EVENING MENU

SERVED DAILY FROM 4PM ONWARDS

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

23.95

Carne | Beef

FILE 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

VEGETARIAN & FISH MENU

VEGETARIAN OPTION

LUNCH: **10.95** DINNER: **15.95**

FISH OPTION

LUNCH & DINNER: **15.95**

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 Chilli 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.