



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

ADULTS REQUIRE AROUND 2000 CALORIES PER DAY

LUNCH MENU

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

13.95

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.

lados | 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 £8.50 | 9-13 years £15.50

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

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: **20.95**

Vegetariano | Vegetarian

RISSOTTO DE ABÓBORA 613 CAL
BUTTERNUT SQUASH RISSOTTO
A risotto full of flavour with a vegetarian Hard Cheese.

PASTA RECHEADA 770 CAL
RIGATONI GIARDINEIRA
Beautifully cooked in a Garlic and Chilli Cheese

Peixe | Fish

FISHERMAN'S BASKET 967 CAL

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