



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

HALAL LUNCH MENU 21.95

A SELECTION OF 5 MEATS AND EXTRAS | SERVED DAILY FROM 12PM - 4PM

BEFORE YOU BEGIN **INFORM STAFF YOU REQUIRE HALAL MEATS** AND YOU WILL RECEIVE A HALAL DISC, YOU WILL THEN BE READY FOR THE ESTABULO EXPERIENCE...

LIKE YOUR MEAT COOKED A SPECIFIC WAY?

At Estabulo we cook all our food in the traditional way, pink and juicy! However we can cook the meat to your liking; rare all the way through to well done

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.

Cordeiro | Lamb

CARNEIRO 182 KCAL
LAMB

Tender seasoned minted lamb.

Frango | Chicken

**SOBRECAXA
DE FRANGO** 209 KCAL
CHICKEN THIGHS

Cooked to perfection by our Chefs!

Indos | 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 **£8.95** | 9-13 years **£15.50**

HALAL EVENING MENU 32.95

A SELECTION OF 8 MEATS INCLUDES ALL 5 LUNCHTIME MEATS AND EXTRAS
SERVED DAILY FROM 4PM ONWARDS

BEFORE YOU BEGIN INFORM STAFF YOU REQUIRE HALAL MEATS AND YOU WILL RECEIVE A HALAL DISC, YOU WILL THEN BE READY FOR THE ESTABULO EXPERIENCE...

Just turn your Halal disc yellow and you can let us know exactly when you are ready for more superb quality meats, and when you have had enough just flip it over to the red side.

LIKE YOUR MEAT COOKED A SPECIFIC WAY?

At Estabulo we cook all our food in the traditional way, pink and juicy! However we can cook the meat to your liking; rare all the way through to well done

Carne | Beef

PICANHA - ALHO 310 KCAL

CAP OF RUMP - WITH GARLIC
Tender and full of flavour coated in Garlic Butter.

FRALDINHA 205 KCAL

BEEF SKIRT

Juicy and flavoursome cut of Beef.

Frango | Chicken

CORAÇÃO DE FRANGO 154 KCAL

CHICKEN HEART

A delicious & tender Brazilian delicacy.

Extras

HALLOUMI 110 KCAL

CHEESE

VEGETARIAN & FISH MENU

VEGETARIAN OPTION

LUNCH: **17.95** DINNER: **22.95**

FISH OPTION

LUNCH & DINNER: **22.95**

Vegetariano | Vegetarian

RISSOTTO DE ABÓBORA 613 KCAL

BUTTERNUT SQUASH RISSOTTO

A rissotto full of flavour with a vegetarian Hard Cheese.

PASTA RECHEADA 770 KCAL

RIGATONI GIARDINEIRA

Beautifully cooked in a Garlic and Chilli Cheese

Peixe | Fish

FISHERMAN'S BASKET 967 KCAL

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

 **ESTÁBULO**
RODIZIO BAR & GRILL