

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

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

MONDAY - FRIDAY 22.95 | SATURDAY - SUNDAY 26.95

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

**SOBRECOXA  
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 **£6.50** | 9-13 years **£11.50**



# HALAL EVENING MENU 34.95

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: 13.95 DINNER: 18.95

FISH OPTION

LUNCH & DINNER: 19.95

### Vegetariano | Vegetarian

#### RISSOTTO DE ABÓBORA 613 KCAL

BUTTERNUT SQUASH RISSOTTO

A risotto 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