



Merry Christmas

FESTIVE MENU 2022

Festive rodizio extras

Ribeye • Pigs in Blankets • Yorkshire Pudding • Gravy • Cranberry Sauce

Festive menu from 15th November until 31st December

LUNCH MENU

£22.95

A selection of 9 meats. Served daily from 12pm - 4pm

DINNER MENU

£32.95

A selection of 16 meats. Served daily from 4pm - 10pm

VEGETARIAN LUNCH MENU

£13.95

VEGETARIAN DINNER MENU

£18.95

FISH LUNCH & DINNER MENU

£19.95

CHILDREN'S RODIZIO LUNCH & DINNER

(UNDER 4 YRS - FREE | 5-8 YRS - £6.50 | 9-13 YRS - £11.50)

***Excludes Christmas Day & New Years Eve from 4pm**

At Estabulo you really are the one in charge of your dining experience. Start by visiting our gourmet salad bar and hot buffet, where you will be able to choose from our stunning range of fresh salads, vegetables, breads and hot dishes.



Lunch Menu

A CHOICE OF 9 MEATS

Carne | Beef

PICANHA - CAP OF RUMP 209 KCAL

Flavoursome cut which melts in the mouth.

ALCATRA - RUMP 180 KCAL

Rumpsteak cut with a delicious meaty flavour.

MAMINHA - BOTTOM SIRLOIN 151 KCAL

Marbled cut with strong flavour.

Frango | Chicken

SOBRECOXA DE FRANGO

CHICKEN THIGHS

209 KCAL

Cooked to perfection by our chefs!

Porco | Pork

PRESUNTO - GAMMON 149 KCAL

Our twist on the classic gammon cut.

LINGUICA -

PORK SAUSAGE 280 KCAL

Cured beef & pork sausage.

BARRIGA DE PORCO- PORK BELLY 470 KCAL

Delicious succulent pork belly meat.

Cordeiro | Lamb

CARNEIRO - LAMB 182 KCAL

Tender seasoned minted lamb.

Rodizio festive extras • Ribeye • Pigs in Blankets • Yorkshire Pudding • Gravy • Cranberry Sauce

Lados | Sides

PAO DE ALHO - GARLIC BREAD 310 KCAL

ABACAXI - PINEAPPLE WITH CINNAMON 310 KCAL

ALL LUNCH MEATS PLUS AN ADDITIONAL 7 MEATS

Dinner Menu

Carne | Beef

FILÉ MIGNON - FILLET STEAK 173 KCAL

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

PICANHA ALHO - CAP OF RUMP WITH GARLIC 310 KCAL

Tender and full of flavour coated in garlic butter.

BIFE PICANTE - CHILLI BEEF 217 KCAL

Tender and full of flavour smothered in chilli oil.

BIFE DO LOMBO - SIRLOIN STEAK 209 KCAL

Delicious cut, juicy and meaty in flavour.

FRALDINHA - BEEF SKIRT 205 KCAL

Juicy and flavoursome cut of beef.

Frango | Chicken

FRANGO COM TOUCINHO

- CHICKEN & BACON 310 KCAL

Beautifully cooked chicken & bacon.

CORAÇÃO DE FRANGO

- CHICKEN HEART 154 KCAL

A delicious & tender Brazilian delicacy.

Lados | Sides

HALLOUMI 110 KCAL

FRIES 201 KCAL

Rodizio festive extras • Ribeye 291 kcal • Pigs in Blankets 362 kcal • Yorkshire Pudding 100kcal • Gravy 13 kcal • Cranberry Sauce 110kcal

Fish & Vegetarian

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.

Vegetariano | Vegetarian

RISSOTTO DE ABOBORA BUTTERNUT SQUASH RISSOTTO 613 KCAL

A risotto full of flavour with a vegetarian Hard Cheese.

PASTA RECHEADA RIGATONI GIARDINEIRA 770KCAL

Beautifully cooked in a Garlic and Chilli Cheese.

Crianças | Childrens

CHILDRENS RODIZIO LUNCH & DINNER

Children up to 4 years FREE | 5/8 years £6.50 - 9/13 years £11.50