



Merry Christmas

CHRISTMAS MENU 2022

Christmas rodizio extras

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

Christmas menu from 25th November until 31st December

Complimentary glass of prosecco or soft drink
& complimentary assorted dessert

ADULT RODIZIO
£70.00

A selection of 16 meats.
Served daily from 12pm - 10pm

VEGETARIAN MENU
£30.00

FISH MENU £30.00

CHILDREN'S RODIZIO LUNCH & DINNER

(UNDER 4 YEARS - FREE | 5 - 8 YEARS - 20.00 | 9 - 13 YEARS - 30.00)

THE MEAT EXPERIENCE

ESTÁBULO
RODIZIO BAR & GRILL

CHRISTMAS MENU 2022

A SELECTION OF 16 MEATS | 4 BOOKING SLOTS AVAILABLE BETWEEN 12PM - 1PM & 3PM - 4PM

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.

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.

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.

LINGUIÇA - 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 291 kcal • Pigs in Blankets 362 kcal • Yorkshire Pudding 100kcal • Gravy 13 kcal • Cranberry Sauce 110kcal

Lados | Sides

PAO DE ALHO - GARLIC BREAD 310 KCAL

ABACAXI - PINEAPPLE WITH CINNAMON 310 KCAL

HALLOUMI 110 KCAL

FRIES 201 KCAL

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

RISOTTO 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 £20.00 - 9 - 13 years £30.00