

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

## LUNCH MENU

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

**MON – FRI 23.95 | SAT – SUN 25.95**

### 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.

### Indos | Sides

**PAO DE ALHO** 310 KCAL  
GARLIC BREAD

**ABACAXI** 50 KCAL  
PINEAPPLE WITH CINNAMON

### Crianças | Childrens

**CHILDRENS RODIZIO** ALL DAY  
CHILDREN UP TO 4 YEARS **FREE**  
5 - 8 years **£8.95** | 9-13 years **£14.95**



# EVENING MENU

SERVED DAILY FROM 4PM ONWARDS

A SELECTION OF 15 MEATS INCLUDES ALL 8 LUNCHTIME MEATS  
AND 7 ADDITIONAL CHOICES

SUN – THUR 35.95 | FRI – SAT 37.95

## Carne | Beef

**FILE  
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 Oil.

**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: 19.95 DINNER: 24.95

FISH OPTION  
LUNCH & DINNER: 24.95

## Vegetariano | Vegetarian

**RISOTTO DE  
ABÓBORA** 613 KCAL  
BUTTERNUT SQUASH RISOTTO  
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.