



# ESTÁBULO

WWW.ESTABULO.CO.UK



At Estabulo you really are the one in charge of your dining experience!

Start by visiting our gourmet salad and hot buffet, featuring our stunning range of fresh salads, vegetables, breads, cured meats, cheese selection 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 open flame grilled meats one by one.

Once 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 bringing the meats back around.

## LUNCH MENU

A selection of 8 meats.

**MONDAY - FRIDAY | 15.95**

**SATURDAY - SUNDAY | 16.95**

Lunch served daily from 12pm - 4pm

Children up to 4 years **FREE** | 5 - 8 years **5.50** | 9-13 years **10.50**

### CARNE | BEEF

#### PICANHA

CAP OF RUMP

Brazilian special cut, using only the best part of the rump steak - the king of all steaks in Brazil.



#### ALCATRA

RUMP

Rump steak cut with a delicious meaty flavour.



#### MAMINHA

BOTTOM SIRLOIN

Marbled cut with strong flavour.



### FRANGO | CHICKEN

#### SOBRECXA DE FRANGO

CHICKEN THIGHS

Skinless and boneless, marinated and cooked in a Brazilian way.



### PORCO | PORK

#### BARRIGA DE PORCO

PORK BELLY

Delicious succulent pork belly meat.



#### LINGUIÇA

PORK SAUSAGE

Brazilian pork sausage, a powerful flavour!



#### PRESUNTO & ABACAXI

GAMMON & PINEAPPLE

Our twist on the classic gammon & pineapple.

A perfect combination of sweet & salty flavours.



### GORDEIRO | LAMB

#### CORDEIRO

LAMB

Tender lamb seasoned & delivered to your table.



#### PÃO DE ALHO

GARLIC BREAD



# DINNER MENU

A selection 15 meats

Includes the Lunch Menu plus a selection of 7 meats.

**MONDAY - THURSDAY | 27.95**

**FRIDAY - SUNDAY | 28.95**

Dinner served daily from 4pm - 10pm

Children up to 4 years **FREE** | 5 - 8 years **5.50** | 9-13 years **10.50**

## CARNE | BEEF

### FILE MIGNON BEEF TENDERLOIN

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



## CONTRA - FILE

### SIRLOIN STEAK

A premium cut, very popular in Brazil.



## CARNE COM CHILI

### CHILLI BEEF

Tender and full of flavour smothered in chilli oil.



## BIFE COM ALHO

### GARLIC STEAK

A delicious combination.



## FRALDINHA

### BEEF SKIRT

Juicy and flavoursome cut of Beef.



## FRANGO | CHICKEN

### FRANGO COM TOUCINHO

CHICKEN & BACON

A Brazilian combination.



## CORAÇÃO DE FRANGO

CHICKEN HEART

A delicious & tender.



## GRILLED HALLOUMI

MILD CYPRIOT CHEESE

**LIKE YOUR MEAT COOKED**  
in a specific way?

Let us know how you prefer your meat cooked;  
rare all the way through to well-done.

We are happy to serve all our cuts to your specific taste.

## VEGETARIAN & FISH OPTION

Freshly made gluten free pasta is available on request.

**VEGETARIAN OPTION | LUNCH:12.95 DINNER:13.95**

**FISH OPTION | LUNCH&DINNER:16.95**

## VEGETARIANO | VEGETARIAN RISOTTO

BUTTERNUT SQUASH RISOTTO

A risotto full of flavour with a vegetarian hard cheese.

## PASTA RECHEADADA

RIGATONI, GARDEN PASTA

Beautifully cooked in a garlic and chili cheese.

## ALLERGY INFORMATION

If you require any specific information on any of  
our products please ask a member of staff.

## PEIXE | FISH

### FISHERMAN'S BASKET

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

Give someone the gift of the real Rodizio experience.

## GIFT VOUCHERS

**£10.00 - £100.00**

Ask a member of staff for more details.