

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.

15.95 MONDAY - FRIDAY 16.95 SATURDAY - SUNDAY

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

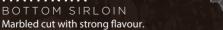
Brazilian special cut, using only the best part of the rump steak - the king of all steaks in Brazil.



RUMP

Rump steak cut with a delicious meaty flavour.

MAMINHA



FRANGO I CHICKEN SOBRECOXA DE FRANGO

CHICKEN THIGHS

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

PORGO | PORK BARRIGA DE PORCO

PORK BELLY

Delicious succulent pork belly meat.

LINGUICA

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.

CORDEIRO I 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**

GARNE | BEEF FILE MIGNON

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



FRANGO | CHICKEN FRANGO COM TOUCINHO

CHICKEN & BACON A Brazilian combination.



A premium cut, very popular in Brazil.



CORAÇÃO DE FRANGO

CHICKEN HEART A delicious & tender.



CARNE COM CHILI

CHILLI BEEF
Tender and full of flavour smothered in chilli oil



GRILLED HALLOUMI

MILD CYPRIOT CHEESE

BIFE COM ALHO

GARLIC STEAK A delicious combination.



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.

FRALDINHA

BEEF SKIRT Juicy and flavoursome cut of Beef.



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 RECHEADA

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.