

# PER MANGIARE



## ANTIPASTO

-  **COUVERT ESTI! EST!! EST!!!** R\$ 32  
A basket of Italian artisan bread with tomato dip, black olive spread, and herb butter.
- CARPACCIO DI MANZO** R\$ 72  
*Beef carpaccio* on a bed of arugula, topped with *parmigiano reggiano* cheese. Served with a bread basket.
-  **SUPPLÌ AL TELEFONO** R\$ 48  
A classic **Roman** dish. *Risotto* croquettes stuffed with *mozzarella in tomato sauce*.
- MIX AFFETTATI** R\$ 72  
Assorted sliced artisan cold cuts. Served with a bread basket.
-  **BURRATA** R\$ 72  
Fresh *buffalo mozzarella* with a creamy texture inside, baked tomato and arugula. Served with a bread basket.
- BANDIERA** R\$ 82  
Fresh *Mozzarella di bufala fresca*, *Prosciutto di Parma*, baked tomato and arugula. Served with a bread basket.
- FRITTURA DI PARANZA** R\$ 82  
Typical fried seafood of **San Benedetto del Tronto**. Breaded and fried squid, prawns, and sardines.
- GAMBERI IN GUAZZETTO** R\$ 84  
Shrimp sautéed in garlic and olive oil with fresh tomato sauce, served with fried Tuscan bread.
-  **STRANGOLAPRETI AL FORNO** R\$ 63  
Strangolapreti aka “Priest Chokers” are bread and spinach meatballs, oven-baked with tomato sauce and *parmigiano reggiano* cheese.
- POLPETTE DELLA NONNA** R\$ 68  
Oven-baked beef meatballs in tomato sauce with peas and *parmigiano reggiano*. Served with a bread basket.
- OLIVE ALL’ASCOLANA** R\$ 59  
Olives filled with meat, breaded and fried **Ascoli Piceno** style.
- FORMAGGIO GRATINATO** R\$ 72  
Oven-baked *Camembert* cheese topped with bacon. Served with a bread basket.
-  **GNOCCHI ALLA ROMANA** R\$ 56  
Typical **Roman** gnocchi. Made with milk, eggs, semolina, and a touch of nutmeg. Oven-baked with butter, sage, and *pecorino romano* cheese.
-  **POLENTA CON FUNGHI E CREMA DI GORGONZOLA** R\$ 74  
Italian polenta with *parmigiano reggiano* cheese and butter, in a sauce of Italian mushrooms, finished off with *gorgonzola* cream.
-  **BRUSCHETTA AL POMODORO** R\$ 48  
Oven-roasted tomato bruschetta.
-  **BRUSCHETTA ALLA STRACCIATELLA** R\$ 58  
Baked tomatoes and burrata cream bruschetta.
- CROSTINI DI PARMA E FUNGHI** R\$ 72  
Oven-toasted Tuscan bread with *provolino affumicato* (smoked cheese), a mix of Italian mushrooms, arugula, *Parma ham*, and honey.
-  **CESTINO DI PANE** R\$ 22  
A basket of Italian artisan bread.

# PER MANGIARE



## PRIMO PIATTO

### PASTA ASCIUTTA {TYPICAL ITALIAN PASTA}

#### SPAGHETTI ALLA CARBONARA R\$ 92

The traditional **Carbonara Romana!** Spaghetti with creamed eggs, *pecorino* cheese, black pepper, and artisan *guanciale* (cured pork).

#### SPAGHETTI ALL'AMATRICIANA R\$ 89

Spaghetti in tomato sauce, with artisan *guanciale* (cured pork), and *pecorino* cheese.

#### RIGATONI ALLA GRICIA R\$ 89

Rigatoni sautéed with artisan *guanciale* (cured pork), *pecorino* cheese and black pepper.

#### RIGATONI ALLA ZOZZONA R\$ 92

Rigatoni in tomato sauce, with sausage, *guanciale* (cured pork), and creamed eggs with *pecorino* cheese.

#### SPAGHETTI ALLA PUTTANESCA R\$ 89

Spaghetti in tomato sauce, with anchovies, capers, and black olives.

#### SPAGHETTI ALLA PESCATORA R\$ 108

Spaghetti with seafood in tomato sauce.

#### SPAGHETTI MARE E MONTI R\$ 108

Spaghetti with shrimp and Italian mushrooms sautéed in olive oil.

#### RIGATONI ALLA CAPRESE R\$ 75

Rigatoni in fresh cherry tomato sauce with fresh *mozzarella* cheese and basil.

#### LINGUINE AL PESTO DI NOCI R\$ 76

Flat spaghetti with green sauce made with basil, garlic and nuts.

#### SPAGHETTI AGLIO, OLIO E PEPERONCINO R\$ 68

Spaghetti with garlic, olive oil, and chili pepper.

#### PENNE AL SUGO / ALL'ARRABIATA R\$ 68

Penne in tomato sauce **or** in spicy tomato sauce.

### PASTA FRESCA {ARTISAN PASTA MADE AT EST! EST!! EST!!!}

#### TAGLIATELLE ALLA CHITARRA GAMBERI E POMODORINI R\$ 108

Tagliatelle *alla chitarra* in fresh cherry tomato sauce with shrimp, sautéed in olive oil.

#### CAVATELLI AL POLIPO R\$ 118

Typical Abruzzese short pasta in the shape of a shell sautéed with fresh tomatoes, black olives and octopus.

#### CAVATELLI PROVOLA E SALSICCIA R\$ 87

Typical Abruzzese short pasta in the shape of a shell, with potato cream, smoked provola cheese and artisan sausage.

#### SPAGHETTI ALLA CHITARRA ALLA NORMA R\$ 82

Spaghetti *alla chitarra* in fresh cherry tomato sauce, with fried eggplant, basil and *ricotta salata*.

#### MALTAGLIATI AI FUNGHI R\$ 82

"Poorly cut" (irregular-shaped), beet-colored pasta with Italian mushroom sauce sautéed in olive oil.

#### TAGLIATELLE ALLA CHITARRA QUATTRO FORMAGGI R\$ 87

Ribbon-shaped egg pasta *alla chitarra* in a four-cheese sauce.

#### TAGLIATELLE ALLA CHITARRA ALLA BOLOGNESE R\$ 79

Tagliatelle *alla chitarra* in a sauce of minced beef and pork, with tomato, carrots, celery, and *parmigiano reggiano* cheese.

#### GARGANELLI ALLA BOSCAIOLA R\$ 88

Giant penne-shaped, egg pasta in artisan sausage sauce, with Italian mushrooms and cream.

## PRIMO PIATTO

### PASTA RIPIENA {ARTISAN STUFFED PASTA MADE AT ESTI! ESTI! ESTI!!!}

 **RAVIOLI DI RICOTTA E SPINACI AL SUGO / AL BURRO** R\$ 76

Egg pasta filled with *ricotta di bufala* and spinach in tomato sauce **or** in butter and sage.

**RAVIOLI DI AGNELLO ALLA STRASCICATA** R\$ 106

Egg pasta filled with lamb in tomato sauce, with *parmigiano reggiano* cheese.

**PLIN DI SALMONE E MASCARPONE AL LIMONE** R\$ 92

Beet-colored egg pasta filled with salmon and *mascarpone* in a cream sauce with Sicilian lemon.

 **FAGOTTINI DI ZUCCA AI QUATTRO FORMAGGI** R\$ 87

Egg pasta filled with pumpkin and *parmigiano reggiano* cheese, in four-cheese sauce.

**CASONCELLI AL GORGONZOLA** R\$ 87

Egg pasta filled with artisan sausage in fresh cherry tomato sauce, with *gorgonzola* cheese.

**AGNOLOTTI DI PARMA** R\$ 94

Egg pasta filled with *Parma ham* and *ricotta di bufala* in a sauce of sautéed Italian mushrooms.

**You can buy our artisan pastas at our Est! Est!! Est!!! Emporium**

### LASAGNA E GNOCCHI

#### GNOCCHI

Potato gnocchi.

Ask your waiter about available sauces and prices.

**LASAGNA ALLA BOLOGNESE** R\$ 87

Flat sheets of artisan egg pasta stacked with layers of bolognese sauce (minced beef and pork, tomato, carrots, and celery) and bechamel sauce with *parmigiano reggiano* cheese.

 **MELANZANE ALLA PARMIGIANA** R\$ 78

Eggplant lasagna with tomato sauce, *buffalo mozzarella*, bechamel sauce, and *parmigiano reggiano* cheese.

### RISOTTO

**RISOTTO ALLA MILANESE** R\$ 132

Carnaroli rice, butter,, saffron, *parmigiano reggiano* e *ossobuco di vitello*.

**RISOTTO ALL'ISOLANA** R\$ 87

Risotto in the style of **Isola della Scala (Veneto region)**. Carnaroli rice, beef and pork tenderloin, butter, *parmigiano reggiano*, rosemary, and a pinch of cinnamon.

**RISOTTO AI FRUTTI DI MARE** R\$ 108


Carnaroli rice, butter, and seafood.

**RISOTTO LIMONE E GAMBERETTI** R\$ 108

Carnaroli rice, butter, Sicilian lemon, and shrimp.

 **RISOTTO ZUCCA E ZOLA** R\$ 87

Carnaroli rice, butter, pumpkin cream, *gorgonzola* and *parmigiano reggiano*.

 **RISOTTO AI FUNGHI** R\$ 87

Carnaroli rice, butter, Italian mushrooms, and *parmigiano reggiano* cheese.

**RISOTTO SALSICCIA E FUNGHI** R\$ 92

Carnaroli rice, butter, artisan sausage,

Italian mushrooms, and *parmigiano reggiano* cheese.

 **RISOTTO ALLA STRACCIATELLA** R\$ 92

Carnaroli rice, butter, tomato sauce, basil, with *stracciatella*(*burrata* filling) and *parmigiano reggiano* cheeses.

# PER MANGIARE



## SECONDO PIATTO

### STRACCETTI AL GORGONZOLA R\$ 98

Tiras de file sautéed in olive oil with garlic and rosemary, in *gorgonzola* cheese sauce. Served with roasted potatoes and Tuscan bread farofa.

### ANATRA ALL'ARANCIA R\$ 152

Duck legs stuffed with fig and fennel in fermented orange syrup. Served with roasted potatoes and Tuscan bread farofa.

### SALTIMBOCCA ALLA ROMANA R\$ 108

Beef escalope sautéed in butter with *Parma ham* and sage. Served with roasted potatoes and Tuscan bread farofa.

### SCALOPPINE AL LIMONE R\$ 105

Beef escalope in Sicilian lemon sauce. Served with roasted potatoes and Tuscan bread farofa.

### TAGLIATA DI FILETTO AI TRIFOLATI R\$ 108

Filet mignon roasted on the outside and rare on the inside, sliced and topped with sautéed Italian mushrooms.

Served with roasted potatoes and Tuscan bread farofa.

### TAGLIATA DI FILETTO ALL'ITALIANA R\$ 108

Filet mignon roasted on the outside and rare on the inside, sliced and topped with arugula, roasted tomato, and shavings of *parmiaggiano regiano* cheese. Served with roasted potatoes and Tuscan bread farofa.

### SALMONE AL FORNO R\$ 105

Baked salmon, served with mashed potatoes of the day, peas, Tuscan bread farofa and artisan mayonnaise.

### BACCALÀ ALLA NAPOLETANA R\$ 164

Breaded cod fish fried in a sauce of cherry tomatoes, black olives, and capers.

Served with roasted potatoes and Tuscan breadcrumbs.



### MELANZANA ALLA MILANESE R\$ 84

Breaded eggplant steak fried, finished in the oven with tomato sauce and smoked *provolino* cheese. Served with rustic fried potatoes and homemade mayonnaise.

### COTOLETTA ALLA VALDOSTANA R\$ 84

Chicken milanese filled with *Parma ham* and *provolino affumicato (smoked cheese)*. Served with potato wedges and artisan mayonnaise.

### BRASATO DI AGNELLO R\$ 118

Braised lamb shanks in red wine and served with polenta with sautéed Italian mushrooms and Tuscan bread crumbs

## DOLCE

### SEMIFREDDO DI PISTACCHIO R\$ 32

Pistachio ice cream mousse. With a white chocolate ganache base with cornstarch biscuits and a layer of rum-soaked sponge cake. Finished with red fruit jelly.

### PANNA COTTA R\$ 26

Typical dessert from **Piemonte**, made with cream and served with chocolate **or** salted caramel **or** red fruit syrup.

### TIRAMISÙ R\$ 28

A traditional dessert from **Veneto**, made with ladyfingers dipped in *Amaretto dell'Orso* and coffee, layered with mascarpone.

### SALAME DI CIOCCOLATO R\$ 28

Chocolate and biscuit salami, served with a scoop of ice cream. Finished with pistachio and nuts praline.

### CANNOLO SICILIANO R\$ 26

A typical dessert from **Sicily**. Possibly one of the most famous desserts in the world. Tube-shaped shell of fried pastry dough, filled with *ricotta di bufala* cream, orange puree, sugar, and chocolate chips **or** *Nutella* and *mascarpone*. Finished with pistachio and nuts praline.

# DA BERE



## SOFT DRINKS



COCA-COLA, COCA-COLA ZERO, GUARANÁ, GUARANÁ ZERO, TÔNICA, TÔNICA ZERO 350 ml	R\$ 8
RED BULL 250 ml Energy Drink Sugarfree Tropical Melancia	R\$ 16

## ACQUA

MINERAL WATER flat or sparkling 300 ml	R\$ 8
SAN PELLEGRINO sparkling 750 ml	R\$ 42
ACQUA PANNA flat 505 ml	R\$ 28

## SUCCO

NOBRE COLHEITA JUICE (100% FRUIT JUICE) 300 ml	R\$ 16
Red grapes   White grapes   Rosé grapes   Tangerine, apples, and acerola   Blackberries and grapes   Bilberries and grapes   Raspberries and white grapes	

## SODA ITALIANA

ITALIAN SODA FABBRI SYRUP + SODA WATER	R\$ 16
Pineapple   Cranberry   Raspberry   Ginger   Grenadine   Orange Sicilian Lemon   Green Apple   Mango   Passion Fruit   Tangerine Tropical Blue   Amarena Cherry Zero Sugar   Vanilla Zero Sugar	

## CAFFÈ

ESPRESSO ILLY	R\$ 12
CAFFÈ ILLY CORRETTO WITH GRAPPA “corrected” with grappa	R\$ 18
CAFFÈ ILLY CORRETTO WITH SAMBUCA “corrected” with sambuca	R\$ 18

## BIRRA

PAULANER MÜNCHNER HELL 500 ml	R\$ 32
PAULANER WEISSBIER DUNKEL 500 ml	R\$ 32
PAULANER WEISSBIER 500 ml	R\$ 32
WALLS COPO LAGOINHA 600 ml	R\$ 20
VERACE PILSEN 600 ml	R\$ 20
STELLA ARTOIS LONG NECK 330 ml	R\$ 14
ANALCOLICA	
PAULANER WEISSBIER ZERO 500 ml   Alcohol content: 0%	R\$ 32






# DA BERE



## COCKTAIL ALCOLICI

<b>SPRITZ APEROL</b>	Prosecco, Aperol, orange	R\$ 32
<b>SPRITZ CAMPARI</b>	Prosecco, Campari, orange	R\$ 32
<b>SPRITZ CYNAR</b>	Prosecco, Cynar, orange	R\$ 32
<b>AMERICANO</b>	Campari, Martini Rosso, tonic water	R\$ 28
<b>NEGRONI</b>	Gordon's Gin, Martini Rosso, Campari	R\$ 32
<b>NEGRONI SBAGLIATO</b>	Vodka Ketel One, Martini Rosso, Campari	R\$ 40
<b>PENICILLIN</b>	Johnnie Walker Red Label Whisky, Fabbri ginger syrup, lime juice and Johnnie Walker Double Black Whisky	R\$ 40
<b>DRY MARTINI</b>	Gordon's Gin, Martini Dry, olive	R\$ 40
<b>MANHATTAN</b>	Bourbon Bulleit, Martini Rosso, Angostura	R\$ 44
<b>ITALIAN CAIPIRINHA</b>	Grappa, Sicilian lemon, sugar	R\$ 36
<b>CAIPIRINHA</b>	Cachaça, lime, sugar	R\$ 28
<b>CAIPIVODKA</b>	Vodka Ketel One, lime, sugar	R\$ 44
<b>TANQUERAY GIN TONIC</b>	Tanqueray London Dry Gin, tonic water, lime	R\$ 42
<b>ROYALE GIN TONIC</b>	Tanqueray Royale Gin, tonic water, lime	R\$ 42
<b>GIN LIMONCELLO</b>	Limoncello Est!, Gordon's Gin, Fabbri mojito syrup, soda water, lime juice	R\$ 40
<b>SINGLETON TEA</b>	Singleton, peach tea, tonic water, orange	R\$ 42
<b>JOHNNIE BLONDE CITRUS</b>	Johnnie Walker Blonde Whisky, Citrus soda, lime juice	R\$ 34
<b>TROPICAL GIN</b>	Gordon's Gin, tropical and orange Red Bull	R\$ 44
<b>MELANCITA GIN</b>	Gordon's Gin, watermelon Red Bull, lime and mint	R\$ 44

## COCKTAIL ANALCOLICO

<b>APPLE</b>	Fabbri green apple syrup, whole apple juice and lime	R\$ 24
 <b>TWIST ENERGY DRINK</b>	Red Bull Energy Drink, lime juice, Fabbri green apple syrup, mint, and soda water	R\$ 34
 <b>TWIST AMARENA</b>	Red Bull Sugarfree, lime juice, Fabbri amarena sugar-free syrup, mint, and soda water	R\$ 34
 <b>TWIST VANILLA</b>	Red Bull Sugarfree, lime juice, Fabbri vanilla sugar-free syrup, mint, and soda water	R\$ 34

# DA BERE



## SUPER ALCOLICI

---

ABSOLUT VODKA	R\$ 20
KETEL ONE VODKA	R\$ 29
BELVEDERE PURE VODKA	R\$ 29
CIROC VODKA	R\$ 29
ROBERTO CAVALLI VODKA	R\$ 32
GOUVEIA BRASIL AGUARDENTE	R\$ 27
SELETA AGUARDENTE	R\$ 10
GERMANA AGUARDENTE	R\$ 16
BALLANTINE'S 8-YEAR-OLD WHISKY	R\$ 18
BALLANTINE'S 17-YEAR-OLD WHISKY	R\$ 59
J. WALKER BLACK LABEL 12-YEAR-OLD WHISKY	R\$ 27
J. WALKER DOUBLE BLACK 12-YEAR-OLD WHISKY	R\$ 32
J. WALKER GOLD RESERVE 18-YEAR-OLD WHISKY	R\$ 42
CHIVAS 12-YEAR-OLD WHISKY	R\$ 22
JAMESON 8-YEAR-OLD WHISKY	R\$ 20
OLD PARR 12-YEAR-OLD WHISKY	R\$ 22
DIMPLE 15-YEAR-OLD WHISKY	R\$ 58
BUCHANAN'S 18-YEAR-OLD WHISKY	R\$ 68
SINGLETON SINGLE MALT 12-YEAR-OLD WHISKY	R\$ 32
BULLEIT BOURBON	R\$ 32
JACK DANIEL'S TENNESSEE WHISKY	R\$ 20
GENTLEMAN JACK TENNESSEE WHISKY	R\$ 26



# DA BERE

## GRAPPA

---

GRAPPA SELEZIONE CUORE PIAVE	R\$ 32
GRAPPA CASTAGNER FUORICLASSI BIANCA	R\$ 29
GRAPPA CASTAGNER FUORICLASSI BARRIQUE	R\$ 39
GRAPPA PÓ MOSCATO DI POLI	R\$ 30
GRAPPA QUAGLIA CLASSICA FINISSIMA	R\$ 28
GRAPPA FRANCOLI 12 SECCA	R\$ 30
GRAPPA RUSSO FALANGHINA	R\$ 30
GRAPPA NOBILUVAE MOSCATO	R\$ 37
GRAPPA BOTTEGA MORBIDA	R\$ 37
GRAPPA BOTTEGA BARRICATA	R\$ 43
GRAPPA POGGIO BASSO	R\$ 41
GRAPPA BERTA VILLA PRATO INVECCHIATA	R\$ 41
GRAPPA BERTA VALDAVI DI MOSCATO	R\$ 57
GRAPPA TENUTA DEGLI DEI	R\$ 55
GRAPPA BERTA UNICA	R\$ 64





# DA BERE



## APERITIVI ED AMARI CLASSICI ITALIANI

---

APEROL APÉRITIF	R\$ 14
CAMPARI APÉRITIF	R\$ 14
PUNT E MES APÉRITIF	R\$ 34
MARTINI APÉRITIF	R\$ 14
CYNAR APÉRITIF	R\$ 14
AMARO RAMAZZOTTI	R\$ 22
AMARO FERNET-BRANCA	R\$ 34
AMARO NERONE "L'AMARO DI ROMANO"	R\$ 28
AMARO LUCANO	R\$ 32
AVERNA AMARO SICILIANO	R\$ 28
GRAPPAMARO LUCANO	R\$ 32

## LIQUORI CLASSICI ITALIANI






---

AMARETTO DELL'ORSO LIQUEUR	R\$ 20
FRANGELICO LIQUEUR	R\$ 32
MASSA LIMONCELLO LIQUEUR	R\$ 28
SALVATORE LONGOBARDO COFFEE LIQUEUR	R\$ 32
STREGA LIQUEUR	R\$ 28
SAMBUCA LIQUEUR served with coffee beans	R\$ 32







## OUR CONTACT AND SOCIAL NETWORKS

---

-  ristorante@est-est-est.com.br
-  31 2526-5852 (reservations via whatsapp)
-  facebook/estristorantebh
-  instagram/estcucina
-  twitter/estristorantebh




## REVIEW WEBSITES

---

-  www.tripadvisor.com.br
-  www.yelp.com
-  pt.foursquare.com
-  kekanto.com.br

## USEFUL INFORMATION

---

-  We do not accept checks.
-  We accept cash, Pix, credit and debit card payments.
-  We charge gratuities. The gratuity amounts are only suggestions, and you are not required to pay them.