

PER MANGIARE



ANTIPASTO

	COUVERT EST! EST!! EST!!!	R\$ 32
	A basket of Italian artisan bread with tomato dip, black olive spread, and herb butter.	
	CARPACCIO DI MANZO	R\$ 72
	<i>Beef carpaccio</i> on a bed of arugula, topped with <i>parmigiano reggiano</i> cheese. Served with a bread basket.	
	SUPPLÌ AL TELEFONO	R\$ 48
	A classic Roman dish. <i>Risotto</i> croquettes stuffed with <i>mozzarella in tomato sauce</i> .	
	MIX AFFETTATI	R\$ 72
	Assorted sliced artisan cold cuts. Served with a bread basket.	
	BURRATA	R\$ 72
	Fresh <i>buffalo mozzarella</i> with a creamy texture inside, baked tomato and arugula. Served with a bread basket.	
	BANDIERA	R\$ 82
	Fresh <i>Mozzarella di bufala fresca</i> , <i>Prosciutto di Parma</i> , 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 GUZZETTO	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 <i>parmigiano reggiano</i> cheese.	
	POLPETTE DELLA NONNA	R\$ 68
	Oven-baked beef meatballs in tomato sauce with peas and <i>parmigiano reggiano</i> . 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 <i>Camembert</i> 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 <i>pecorino romano</i> cheese.	
	POLENTA CON FUNGHI E CREMA DI GORGONZOLA	R\$ 74
	Italian polenta with <i>parmigiano reggiano</i> cheese and butter, in a sauce of Italian mushrooms, finished off with <i>gorgonzola</i> 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 <i>provolino affumicato</i> (smoked cheese), a mix of Italian mushrooms, arugula, <i>Parma ham</i> , and honey.	
	CESTINO DI PANE	R\$ 22
	A basket of Italian artisan bread.	

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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 PEPPERONCINO 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 SALICCIA 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.

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PRIMO PIATTO

PASTA RIPIENA {ARTISAN STUFFED PASTA MADE AT EST! EST!! EST!!!}

	RAVIOLI DI RICOTTA E SPINACI AL SUGO / AL BURRO	R\$ 76
Egg pasta filled with <i>ricotta di bufala</i> 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 <i>parmigiano reggiano</i> cheese.		
	PLIN DI SALMONE E MASCARPONE AL LIMONE	R\$ 92
Beet-colored egg pasta filled with salmon and <i>mascarpone</i> in a cream sauce with Sicilian lemon.		
	FAGOTTINI DI ZUCCA AI QUATTRO FORMAGGI	R\$ 87
Egg pasta filled with pumpkin and <i>parmigiano reggiano</i> cheese, in four-cheese sauce.		
	CASONCELLI AL GORGONZOLA	R\$ 87
Egg pasta filled with artisan sausage in fresh cherry tomato sauce, with <i>gorgonzola</i> cheese.		
	AGNOLOTTI DI PARMA	R\$ 94
Egg pasta filled with <i>Parma ham</i> and <i>ricotta di bufala</i> 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 *osso buco 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 SALSISSIA E FUNGHI

R\$ 92

Carnaroli rice, butter, artisan sausage,

Italian mushrooms, and *parmigiano reggiano* cheese.

RISOTTO ALLA STRACCIALETTA

R\$ 92

Carnaroli rice, butter, tomato sauce, basil, with *stracciatella*(*burrata* filling)

and *parmigiano reggiano* cheeses.



Vegan



Vegetarian

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SECONDO PIATTO

STRACCETTI AL GORGONZOLA

R\$ 98

Tiras de filé 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.

CANNOLI 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

R\$ 16

Energy Drink

Sugarfree

Tropical

Melancia

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 BERÉ



COCKTAIL ALCOLICI

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

COCKTAIL ANALCOLICO

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

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

tripadvisor.com.br

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.