

Lunch • Dinner • Happy Hour



ANTENA GRILL

"The Flavor that Connects São Paulo"

RUMP STEAK



you Boss

SERVES
PEOPLE

4 239,90

GRILLED CHEESE, WHITE RICE,
TROPEIRO BEANS WITH PORK
CRACKLING, FRIES,
VINAIGRETTE, AND FAROFA.

+ Jug of juice +
4 scoops of ice
cream





CUTE YARN

Parmesan style



DELICIOUS AND TENDER
FILET MIGNON, SERVED
WITH FLUFFY RICE,
SALAD, AND FRIES.

124,90

SERVES 2 PEOPLE



FEIJOADA

FULL OR LIGHT
SERVES 2 PEOPLE

RICE, KALE, FAROFA
(TOASTED CASSAVA
FLOUR), PORK CRACKLING,
PORK CHOP, AND
BREADED BANANA.

109,90

SERVED EVERY DAY



illustrative photos





BOVINE

SERVES 2 PEOPLE



Chef's Picanha

CHEF'S PICANHA

SERVES 4 PEOPLE

239^{,90}

Grilled cheese, rice, "tropeiro" beans with pork rinds, fries, vinaigrette, and farofa.

+ Jug of juice + 4 scoops of ice cream

PICANHA À MINEIRA

SERVES 4 PEOPLE

199^{,90}

Rice with broccoli, "tropeiro" beans with pork crackling, vinaigrette, and fried cassava.

GRILLED PICANHA

169^{,90}

Rice with meat, beans with bacon and pork rinds, vinaigrette, and fried polenta.

BEEF RIBS IN SAUCE

84^{,90}

Rice, polenta, kale, and tutu (a type of bean stew).

MINAS GERAIS-STYLE MIXED DISH

109^{,90}

Mixed dish: sun-dried beef, rice, kale, beans, and egg. Tutu (a type of bean stew), pork ribs, and breaded banana.



Minas Gerais Mix

SIRLOIN STEAK WITH FRIED EGG

107^{,90}

Rice, tutu (a type of bean stew), fries, and fried eggs.

SHREDDED SUN-DRIED BEEF

95^{,90}

Rice, kale, beans, and fried cassava.

STUCK COW

84^{,90}

Beef ribs stewed with cassava. Rice, kale, and beans.

FILET MIGNON PARMESAN

124^{,90}

Rice, salad, and fries.

GRILLED FILET MIGNON

114^{,90}

Rice, "tropeiro" beans with pork rinds, collard greens, and fries.

CHEF'S FILÉ MIGNON

119^{,90}

Rice with meat, tutu (a type of bean stew), kale, and fried cassava.

SUN-DRIED BEEF CASSEROLE

89^{,90}

Mashed cassava, rice, melted cheese, and fries.



Stuck Cow



PIGS

SERVES 2 PEOPLE

BRAZILIAN-STYLE PORK RIBS 79.90

Pork ribs, sausage, rice, kale, and tutu (a type of bean stew).

FARM-STYLE PORK LEG 84.90

Rice, farofa, kale, and tutu.

(Complete or light)

MINAS GERAIS-STYLE FEIJOADA 109.90

Rice, kale, farofa (toasted cassava flour), pork crackling, steak, and breaded banana.

SERVED EVERY DAY

PORK RIBS WITH OKRA 94.90

Rice, kale, and cornmeal mush.



Farm-style pork leg

CHICKEN



SERVES 2 PEOPLE

CHICKEN PARMESAN 89.90

Rice, salad, and fries.

CHICKEN WITH OKRA (FROM MINAS GERAIS) 84.90

Rice, kale, and cornmeal mush.

MINAS GERAIS WHIM 98.90

Chicken fillet with catupiry cheese, rice, salad, and fries.

TROPEIRO CHICKEN 87.90

Grilled chicken fillet, "tropeiro" beans with pork crackling, rice, and kale.



Chicken Parmesan



Chicken with Okra

GARRISONS

Rice – 11.90

Rice with Meat and Vegetables – 18.90

Farofa (toasted cassava flour) – 6.90

Vinaigrette – 6.90

Collard Greens – 7.90

Tutu (mashed beans) – 11.90

Beans – 10.90

Tropeiro Beans (beans with bacon and sausage) – 14.90

Fried Egg (each) – 5.90

Mashed Potatoes – 9.90

Banana (each) – 6.90

Individual Salad – 9.90

Chicken Steak – 15.90

Sirloin Steak – 19.90

Filet Mignon Steak – 29.90

Picanha Steak – 32.90

Tilapia Fillet – 18.90



SALADS

SIMPLE SALAD 24.90

Lettuce, tomato, and onion.

SUMMER SALAD 34.90

Lettuce, carrot, beetroot and mozzarella.



EXECUTIVES



They all come with beans or tutu (a type of bean stew).



Ground Meat

29,90



Cheese Omelet

29,90



Grilled Chicken

29,90



Sausage

29,90



Chicken Stroganoff

29,90



Mixed Skewer

29,90



Breaded Chicken

31,90



Chopped beef plate

32,90



Chicken with Creamed Corn

33,90



Sirloin steak

35,90



Chicken Parmesan

35,90



Mexidinho

37,90



Grilled Tilapia

35,90



Breaded Tilapia

37,90



Antenna Pasta

37,90



Fish in Shrimp Sauce

39,90

INDIVIDUALS



They all come with beans or tutu (a type of bean stew).



Steak

32,90



Boneless Chicken Thigh

33,90



Farm-style pork leg

34,90



Pork Ribs

35,90



Paulista-style Turn

36,90



Pork loin

34,90



Shredded Sun-Dried Beef

38,90



Sun-dried Beef Casserole

39,90



Grilled Filet Mignon

59,90



Individual Feijoada

59,90



Chef's Picanha

61,90



Filet Mignon Parmesan Style

63,90

DRINKS



06.90 07.90 07.90 10.90 14.90 08.90 08.90 08.90 08.90 08.90 08.90



08.90 08.90 08.90 08.90 08.90 08.90 07.90 07.90



ITUBAÍNA
600 ML
11.90



EXPRESS
6.90



**JUICE
PITCHER**

1 FRUIT 22.90
2 FRUITS 27.90

JUICES:

Orange, acerola, lemon,
passion fruit, pineapple,
strawberry, and red berries.

1 FRUIT 10.90
2 FRUITS 13.90



**SWISS
LEMONADE**
13.90



DESSERTS



21.90
Cupcake



18.90
**Baked
Coconut
Candy**



12.90
Dutch Cake



11.90
Milk Pudding



09.90
**1 scoop of Vanilla
Ice Cream**

CAIPIRINHAS

HOUSE	19,90
CACHAÇA PITÚ	19,90
SMIRNOFF	31,90
SAKE, ABSOLUT	29,90
SAKE	39,90
CAIPIRINHA	31,90



Orange, acerola, lemon, passion fruit, pineapple, strawberry, and red berries.



APPETIZERS

DOMEÇO	19,90
CAMPARI	19,90
TEQUILA	24,90
SMIRNOFF	19,90
ABSOLUT	29,90
BALENA	25,90
JACK DANIEL'S	31,90
OLD PARR RED	31,90
LABEL BLACK	24,90
LABEL	29,90



CACHAÇAS



PITÚ SALINAS	07,90
BOAZINHA BUSCA	12,90
VIDA	11,90
CLAUDIONOR	14,90
GERMANA	13,90
CACHAÇA	15,90
MINEIRA ESPÍRITO	09,90
DE MINAS	16,90
SAGATIBA	10,90
SELETA	12,90

BEERS

600 ML

HEINEKEN	19,90
EISENBahn	16,90
AMSTEL	15,90
ORIGINAL	17,90
SPATEN	17,90
SERRAMALTE	18,90
TERESÓPOLIS	14,90

LONG NECK

HEINEKEN	13,90
HEINEKEN ZERO	13,90
EISENBahn PILSEN	12,90
SOL	13,90
SOL ZERO	12,90
STELLA	12,90
SPATEN	12,90
CORONA	14,90
SKOL BEATS	13,90



PORTIONS & Pinches

	Whole	Half
MIXED PORTION <i>Pork ribs, sausage, cassava, and crackling.</i>	74.90	52.90
CHICKEN PIECES	64.90	45.90
PASTELZINHO <i>Meat or cheese + vinaigrette.</i>	49.90	34.90
SIRLOIN STEAK <i>Onion-flavored appetizer. French fries, French bread, and mayonnaise.</i>	84.90	59.90
THE CAP OF THE MIGNON OPENS 15.90 <i>French fries, French bread, and mayonnaise.</i>	81.90	
PICANHA PLATE OPENS. 119.90 <i>Onions, fries, French bread, farofa (toasted cassava flour), vinaigrette, and mayonnaise.</i>	84.90	
CHICKEN FILLET PLATE 69.90 <i>Onion-flavored appetizer. French fries, French bread, bacon, and mayonnaise.</i>	48.90	
SHREDDED SUN-DRIED BEEF 75.90 <i>And fried cassava.</i>	53.90	
SAUSAGE WITH ONIONS 65.90 <i>It comes with bread and mayonnaise.</i>	46.90	
CALABRESE SAUSAGE WITH ONIONS AND FRIES. 68.90 <i>It comes with bread and mayonnaise.</i>	49.90	
CHICKEN BAIT	58.90	41.90
FISH BAIT	68.90	48.90
CRISPY PORK BELLY	42.90	30.90
FRIED CASSAVA	39.90	27.90
RICE CAKE	29.90	19.90
FRENCH FRIES	44.90	31.90
FRENCH FRIES WITH CHEDDAR AND BACON	54.90	38.90
FRIED POLENTA	43.90	30.90



illustrative photos





SKEWERS

STARTING AT 4 PM

MEAT	12,90	KAFTA	13,90
MEAT WITH BACON	13,90	CHICKEN	11,90
TUSCAN SAUSAGE	12,90	HEARTS	12,90
SPICY SAUSAGE	12,90	GARLIC BREAD	11,90
BEEF RIBS	12,90	PORK BELLY	12,90
COALHO CHEESE	13,90	MOZZARELLA	13,90
MIXED CHICKEN	12,90	TULIP	12,90
WITH BACON	12,90		

SNACKS

CHICKEN	29,90
PORK	31,90
SIRLOIN STEAK	33,90
FILET MIGNON	35,90
PICANHA	37,90

STARTING AT 4 PM



BROTHS

STARTING AT 4 PM - SERVED WITH GARLIC BREAD



CASSAVA - 44.90
Cassava broth, shredded beef ribs, and fresh herbs.



GREEN BROTH 44.90
Smoked sausage, bacon, kale, potatoes, and parsley.



SPECIAL SOUP 39.90
Pasta with black bean broth.



COMMUTE 44,90

Shredded chicken with rice.



BEAN SOUP - 24.90

Black beans mashed with bacon (individual)

illustrative photos

ALL-YOU-CAN-EAT SKEWERS

 BEEF

 BEEF WITH BACON

 MIXED GRILL

 KAFTA

 BEEF RIBS

 SPICY SAUSAGE

 HEART

 SAUSAGE

 GARLIC BREAD

 CHICKEN

 PORK BELLY

 COALHO CHEESE

STARTING AT 4 PM

AT EASE



RULES: MAXIMUM STAY OF 3 HOURS. TAKE-OUT PROHIBITED. SERVED ONLY IF EVERYONE AT THE TABLE PARTICIPATES IN THE ALL-YOU-CAN-EAT OPTION.

SIDE DISHES:

Onion rings, french fries, fried cassava, fried polenta, farofa (toasted cassava flour), and vinaigrette.



BEER TASTING AND SOFT DRINKS WITH PORTIONS

Everything at your leisure!!!

- 🍗 FRIED CHICKEN PIECES
- 🐷 PORK CRACKLING
- 🍗 CHICKEN STRIPS
- 🍗 MEAT PASTRIES
- 🍗 CHEESE PASTRIES
- 🧅 ONION RINGS
- 🍟 FRENCH FRIES

- 🍷 FRIED CASSAVA 🍷 FRIED POLENTA 🍷 RICE BALLS 🐷 TUSCAN SAUSAGE 🍗 SLICED CALABRESE SAUSAGE WITH ONIONS 🌿 GREEN SAUCE

CHECK THE AVAILABLE BRAND.



Monday to
Friday from 4
PM.

Saturdays,
Sundays and
holidays from
12 PM onwards.

**RULES: MAXIMUM
STAY OF 3 HOURS.
TAKE-OUT
PROHIBITED. SERVED
ONLY IF EVERYONE AT
THE TABLE
PARTICIPATES IN THE
ALL-YOU-CAN-EAT
OPTION. CHILDREN
AGED 6 TO 10 YEARS
70% VALUE.**

**AFTER THIS TIME, ANY
CONSUMPTION WILL BE CHARGED
SEPARATELY.**



DRINKS



MOJITO
34,90



Sparkling water, rum, lemon juice, and mint.

NEGRONI
29,90



Campari, gin and vermouth.

SEX ON THE BEACH
34,90



Orange juice, raspberry syrup, peach liqueur, and vodka.

MOSCOW MULE
37,90



Vodka, lemon juice, ginger base, and sparkling water.

SPANISH
31,90



Fruit, condensed milk, wine, and ice.

BLUE LAGOON
33,90



Vodka, Blue Curaçao, lemon juice, and soda.

PIÑA COLADA
34,90



Rum, coconut milk, condensed milk, pineapple, and shredded coconut.

MARGARITA
32,90



Tequila, orange liqueur, and lemon juice.

SEAGERS GIN AND TONIC - 32,90



Seagers gin and tonic

TANQUERAY GIN AND TONIC - 39,90



Tanqueray gin and tonic.

ITALIAN SODA 19,90



Blue orange, blackberry, raspberry, and green apple.

DRINK ANTENNA
24,90



Fruit, condensed milk, and soda.

WINE LIST



Pergola
Cabernet Sauvignon
49,90



Muscatel
Moscato
69,90



Concha y Toro
Cabernet Sauvignon
69,90



Pata Negra Gold
Tempranillo
84,90



Benjamin
Nieto Suave
Malbec
99,90



Glass of Dry
Wine
14,90



Core Selection
Merlot
79,90



Almadén
Cabernet Sauvignon
59,90



Chalise
Cabernet Sauvignon
39,90



Casillero
del Diablo
Cabernet Sauvignon
89,90



Saint Helena
Cabernet Sauvignon
69,90



MENU



ENGLISH MENU



ANTENA
GRILL



(11) 4306-6439



anténagrill



*Minas Gerais Street, 476
Consolação*