

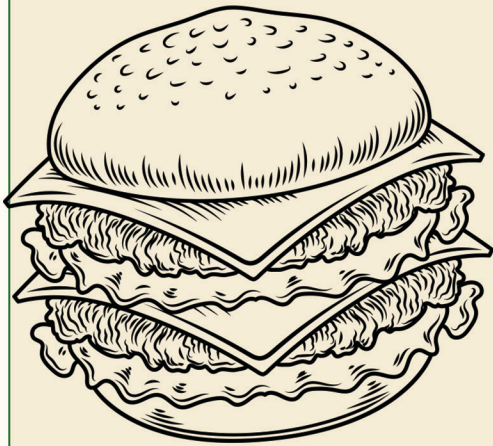
SIDE ORDERS/  
PORÇÕES EXTRAS

Rice Mixed with Vegetables ..... \$7.00	Yucca Flour ..... \$4.00
Arroz à Grega	Toasted Cassava or Corn Flour Mixture
White Rice ..... \$5.00	French Fries ..... \$5.00
Arroz Branco	Fritas
Beans ..... \$5.00	Fried Yucca ..... \$7.00
Feijão de Caldo	Mandioca Frita
Whipped Beans ..... \$7.00	Pork Loin with Onions ..... \$5.00
Tutu	Bife de Porco Acebolado
Beans “Trapeiro” ..... \$10.00	Grilled Chicken Breast ..... \$5.00
Feijão Trapeiro	Bife de Frango
Sauteed Collard Greens ..... \$5.00	Sirloin Steak ..... \$5.00
Couve Refogada	Bife de Picanha
Potato Salad ..... \$8.00	Beef Ribs ..... \$5.00
Salada de Maionese	Costela
Brazilian Chicken Salad ..... \$10.00	Skirt Steak ..... \$5.00
Salpicão	Fraldinha

BURGERS & SANDWICHES

Served with Lettuce, Tomato, Sliced Pickles and Fries

Grilled Chicken Sandwich .....	\$9.45
Classic 10oz Hamburger .....	\$10.00
Cheese Steak .....	\$10.00
Vegetarian Burger .....	\$10.00
Fish Sandwich .....	\$11.00
Impossible Burger .....	\$10.00
100% Plant Based Burger	
California .....	\$12.00
Bacon, Cheese, Lettuce, Tomato, Onion, Avocado	



**X Tudo** ..... \$12.00  
6oz Burger, Bacon, Cheese, Egg, Ham, Corn, Lettuce, Tomato, Mayo  
6oz Burger, Bacon, Queijo, Ovo, Presunto, Milho, Alface, Tomate, Maionese

**X Picanha** ..... \$15.00  
Sirloin Steak, Bacon, Cheese, Egg, Ham, Corn, Lettuce, Tomato, Mayo  
Picanha, Bacon, Queijo, Ovo, Presunto, Milho, Alface, Tomate, Maionese

**X Frango** ..... \$12.00  
Grilled Chicken Breast, Arugula, Cheddar, Tomato  
Filé de Frango, Rúcula, Queijo Cheddar, Tomate

**Pernil Assado** ..... \$10.00  
Fresh Sliced Ham with Lettuce, Tomato and Onions  
Com Alface, Tomate e Cebola

**Mata Fome** ..... \$10.00  
Chicken Breast, Egg, Bacon, Cheese, Lettuce, Tomato & Onion  
Filé de Frango, Ovo, Milho Verde, Bacon, Queijo, Alface, Tomate e Cebola

**Reuben Sandwich** ..... \$7.75  
With sliced Corn Beef or Pastrami, Sauerkraut and Swiss Cheese on Rye Bread

COMBOS

Served with French Fries, Rice and Beans

1/2 Chicken and 1/2 Pork Ribs .....	\$20
1/2 Chicken and 1/2 Beef Ribs .....	\$21
1/2 Pork and 1/2 Beef Ribs .....	\$23
Sirloin Steak, Skirt Steak, Beef Ribs, Sausage .....	\$65

LUNCH SPECIAL ..... \$10.00

BRAZILIAN STREET FOOD

**Pastel Frito (Empanadas)** ..... \$4.00  
Pastéis are a Brazilian street food delicacy. These fried pastries are filled with various savory fillings like cheese, chicken, shrimp, heart of palm, ground beef, ham and cheese... pastel dough is crispy more like a spring roll, typically deep fried.  
Ingredients: Wheat flour, eggs, oil, salt and sugar cane alcohol

**Coxinha (Brazilian Chicken Croquette)** ..... \$3.00  
Is a popular street food snack in Brazil. A savory dough shaped into a drumstick around a creamy chicken salad filling then battered and fried.  
Ingredients: Bleached Wheat Flour, Butter, Adobo and Breadcrumbs

**Risoles (Brazilian Croquettes)** ..... \$3.00  
Risoles are like breaded empanadas, the dough is rolled out and filled, breaded then deep-fried. It can have many types of fillings. Chicken, beef, corn and cheese, pizza, ham and cheese

**Enroladinho** ..... \$5.00  
Found in both fried and baked versions, the most wide spread enroladinhos are ham and cheese, sausage and hot dog. It is a very soft and fluffy bread. Ingredients: Bleached Wheat Flour, Yeast, Butter, Eggs, Milk, Salt and Sugar.

**Enroladinho de Salsicha** ..... \$3.00  
The dough is rolled out and filled with a hot dog, breaded and deep-fried. Ingredients: Bleached Wheat Flour, Butter, Adobo and Bread crumbs.

**Quibe (Meat Croquette)** ..... \$5.00  
This traditional Middle Eastern dish has been fully assimilated into our culture, being easily found anywhere. Ingredients: (bulgur Wheat), Ground Beef And Fresh Herbs Such As Mint And Parsley.

**Esfiha** ..... \$4.00  
A savory originated in the Middle East. Dough is like a soft bread baked in the oven with fillings such as beef, cheese and chicken. Ingredients: Bleached Wheat Flour, Yeast, Oil, Eggs and Sugar

**Empada** ..... \$4.00  
Shaped like quiches and look like teeny tiny pies. Can be filled with just about anything meat, cheese, heart of palm, fish, shrimp. Ingredients: Bleached Wheat Flour, Butter, Eggs and Milk.

**Bolinho de Bacalhau (Codfish Croquette)** ..... \$1.25  
This Portuguese delicacy made its way into the hearts of Brazilians, it is today also part of our daily lives. Its ingredients include potato or yuca, cod fish and many fresh herbs/spices.  
Ingredients: Bleached Wheat Flour, Yeast, Oil, Eggs and Sugar

**Pão de Queijo (Brazilian Cheese Bread)** ..... \$0.75  
Brazil is famous for its pão de queijo – cheese rolls with soft chewy centers. These traditional snacks and breakfast treats come from the State of Minas Gerais in Southeastern Brazil.  
Ingredients: Cassava Flour (tapioca flour), The Ground Root Of The Manioc Plant.

**Torresmo (Chicharrón)** ..... \$5.00  
Fried Pork Belly



**Brazilian Hot Dog \$8**  
Served w/ Meat Sauce, Corn, Potato Stick, Ketchup and Mayo.

**Sabrett Hot Dog \$8**  
Served w/ Onions, Sauerkraut, Mustard



**minas**  
GRILL & MARKET

732.997.3111 / 732.997.3163

128 Wyckoff Rd  
Eatontown, NJ 07724  
Breakfast, Lunch, Dinner  
Catering, Private Parties

### BAGEL OR ROLL

With Cream Cheese/Butter ...	\$2.00
With Peanut Butter .....	\$2.00
With Lox Spread Cream Cheese .	\$6.95

### BREAKFAST PLATTERS

Two Egg any Style

Bacon, Ham or Sausage .....	\$4.95
Turkey Sausage .....	\$5.95
Turkey, Pastrami (or roast beef) ..	\$6.95
Turkey Bacon or Beef Sausage .	\$5.99

Low Fat Platter .....	\$5.99
6 Egg White, Sliced Turkey, Tomato, Whole Wheat Toast	

- All Platters Served with Home fries and Toast
- Add Croissant .....
- Add Bagel, Roll, French Roll, .....
- Add Cheese, Egg White, Sausage ....
- Add Side Order of Bacon .....

### BREAKFAST SANDWICHES

Add Cheese \$1.00

Pork Roll & Cheese .....	\$6.00
Two Egg on a Roll .....	\$3.00
Three Egg White .....	\$3.00
Bacon, Ham or Sausage .....	\$4.50
Beef Sausage / Turkey Bacon/ Turkey Sausage .....	\$5.00
Grilled Cheese .....	\$3.95
add Bacon \$1.00	
BLT .....	\$4.95
Quesadilla .....	\$4.95
Egg, Pepper and Onion	
Wrap/ Quesadilla .....	\$8.00
Egg White, Tomato, Spinach, Mozzarella	

### OATMEAL

Plain Oatmeal .....	\$3.95
Grits .....	\$3.00
Hash Brown .....	\$2.00

### PANINI

Served with French Fries, Cole Slaw & Pickle

Pesto Chicken Panini .....	\$8
w/ Roasted Peppers & Mozarella Cheese	
Pastrami Panini .....	\$8
w/ Bacon, Tomato & Melted Swiss Cheese	
Create your own Panini .....	\$8

### OMELETTE PLATTERS

Served with Toast and Home Fries

Plain Omelette (4 eggs) .....	\$6.99
American or Swiss .....	\$7.99
Feta Cheese .....	\$7.99
Broccoli, Spinach or Mushroom .....	\$8.99
Bacon, Ham or Sausage .....	\$8.99
Turkey or Pastrami .....	\$8.99
Spinach and Feta .....	\$8.99
Western .....	\$8.99
Ham, green pepper and onion.	

Greek .....	\$8.99
Spinach, Kalamata Olives, Feta Cheese and Tomato	

Minas Omelette .....	\$12.00
Bacon, Ham, Cheese, Onion, Tomato, Mushrooms	

Mexican .....	\$8.99
Tomato, Onion & Japaleno	

- Bagel, Roll, French Roll, extra .....
- Egg White extra .....

### SOUPS

Soup of the Day .. Small \$3 Large \$5	
Soup Of the Day/ Ask Server	
Chicken Noodle Soup .....	\$5.95
Chicken with Fresh Vegetables in Broth with Pasta.	
Beans Soup .....	\$5.95
Brown Beans with Bacon	
Lentil Soup .....	\$5.95
Lentil in a Vegetable Broth, Onions, Carrots, Garlic, Tomato, Collard Greens.	
Manioc Soup .....	\$5.95
Yucca Soup with Sausage, Bacon, Scallions	

### FRENCH TOAST OR PANCAKES

Served with Butter and Hot Syrup

Plain .....	\$4.99
With Bananas or Strawberries .....	\$5.99

### STARTERS

Fries .....	\$5.00
Add Cheese \$2.00	

Crispy Fries .....	\$10.00
Topped with Smoky Bacon, Jalapeño, Mozzarella and Cheddar Cheese. Oven Baked and Served with Ranch	

Chicken Tenders .....	\$9.95
Served with Either BBQ Or Honey Mustard	

Mozzarella Sticks .....	\$8.95
Served with Marinara Sauce	

Fried Calamari .....	\$12.00
Served with Marinara Sauce	

Garlic Bread .....	\$4.95
Fresh Garlic, Olive Oil, Parmesan with Cheese \$8.00	

Jumbo Wings (6) .....	\$8.95
Choice Of BBQ Or Hot Sauce Served with Sticks of Celery, Bleu Cheese .... (10) \$10.45	

Brazilian Sausage .....	\$11.00
(Fried Manioc Pieces) Linguça com Mandioca	

Fried Pork Belly w/ Yucca .....	\$11.00
Torresmo com Mandioca	

Beef or Pork Strips .....	\$16.00
Sauteed with Onions Picadinho de Carne Acebolado (Bife ou Porco)	

Onion Rings .....	\$7.95
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### SALADS

House Salad .....	\$6.45
Mixed Greens with Tomatoes, Cucum- bers, Onions, Carrots, Olives	

Caesar Salad .....	\$7.45
Romaine Lettuce, Parmesan Cheese, and Croutons with Caesar Dressing	

Grilled Chicken Salad .....	\$9.45
Grilled Chicken, Mixed Greens with To- matoes, Cucumbers, Onions, Olives	

Buffalo Chicken Salad .....	\$9.45
Fried Chicken Tossed in Buffalo Sauce over Lettuce, Tomatoes, Red Onions, Cu- cumbers, Bleu Cheese Dressing	

Apple Walnut Salad .....	\$8.45
Mixed Greens, Apples, Toasted Almonds, Crumbled Bleu Cheese, with Homemade Vinaigrette Dressing	

Chef Salad .....	\$10.95
Lettuce, Tomatoes, Cucumbers, Onions, Olives, Roasted Beef, Turkey, Ham, Swiss Cheese, Hard-Boiled Egg	

Cold Italian .....	(Small / Large)
Antipasto .....	\$10.75 / \$16.75
Fresh Mozzarella, Sundried Tomatoes, Prosciutto, Soppressata, Provalone over Mesclun Mixed Greens with Roasted Red Peppers, Olives	

Broccoli Rabe .....	\$11.45
Fresh Broccoli Rabe Sauteed in Olive Oil, Fresh Garlic	

Spinach .....	\$11.00
Fresh Spinach Sauteed in Olive Oil, Fresh Garlic	

### COLD SUBS

	8"	16"
Ham, Cheese and Salami .....	\$7.75	\$14.95
With Lettuce, Tomatoes, Onions, Salt, Pepper, Oregano, Oil & Vinegar		
Ham and Cheese .....	\$7.25	\$14.95
Onions, Oregano, Salt, Pepper, Oil & Vinegar		
Cheese .....	\$7.25	\$14.95
With Lettuce, Tomatoes, Onions, Salt, Pepper, Oil & Vinegar		
Roast Beef .....	\$7.25	\$14.95
With Lettuce, Tomatoes, Onions, Salt, Pepper, Oil & Vinegar		
Turkey .....	\$7.25	\$14.95
With Lettuce, Tomatoes, Onions, Salt, Pepper, Oil & Vinegar		
Roast Beef and Turkey .....	\$7.25	\$14.95
With Lettuce, Tomatoes, Onions, Salt, Pepper, Oil & Vinegar.		
Buffalo Chicken Salad .....	\$7.25	\$14.95
Fried Chicken Tossed in Buffalo Sauce over Lettuce, Tomatoes, Red Onions, Cucumbers, Bleu Cheese Dressing		
Tuna Fish – Chicken – Egg Salad .....	\$7.25	\$14.95
With Lettuce, Tomatoes, Onions, Salt Pepper, Oil & Vinegar		

### PASTA/MASSAS

Penne Cacciatore .....	\$15
With Penne Pasta / Chicken cubes cooked with mushrooms, green peppers, onions in marinara sauce Peito de frango com cogumelo, pimentão e cebola em molho marinara	

Tortellini Pasta .....	\$13
With Pink Sauce / Tortellini cooked with mushrooms, green peas and ham Tortellini com cogumelo, ervilhas e presunto em molho rosé cremoso	

Fettuccine Carbonara .....	\$12
Egg noodles cooked with mushrooms and bacon in egg cream sauce Pasta com ovos em molho cremoso com cogumelo e bacon	

Fettuccine Bolognese .....	\$15
Egg noodles cooked in creamy meat sauce Pasta com ovos em molho de carne cremoso	

### BEEF/BIFE

Beef Parmigiana .....	\$20
Breaded beef cutlet topped with tomato sauce and smothered with mozzarella served with fries, rice and beans Bife empanado com molho de tomate e mussarela. Servido com fritas, arroz e feijão	

Beef Milanese .....	\$20
Breaded beef cutlet served with rice, beans, collard greens and mashed potato Bife empanado servido com arroz, feijão, couve e purê de batata	

Strip Loin Steak .....	\$25
Grilled Strip Loin Steak served with rice, beans, farofa and vinaigrette Fraldinha grelhada servido com arroz, feijão, farofa e vinagrete	

Sirloin Steak .....	\$26
Grilled Sirloin Steak served with rice, beans, banana, "farofa" and vinaigrette Picanha grelhada servido com arroz, feijão, banana frita, farofa e vinagrete	

Bife à Cavalo .....	\$19
Sauteed beef cutlet topped with egg, served with rice, beans, mashed potato and collard greens Bife de alcatra servido com arroz, feijão, ovo, purê e couve	

### FISH/PEIXES

Fish of the Day .....	\$19
Fish of the day (ask server) served with rice Greek style and "pirão" (manioc flour puree) Consulte garçon, acompanha arroz à Grega e pirão	

Moqueca de Peixe .....	\$24
Fish stew Brazilian style, served with rice Greek style and "pirão" (manioc flour puree) Peixe ao molho, servido com arroz à grega e pirão	

Camarão na Moranga (12) ....	\$25
Shrimp sautéed with herbs, fresh tomato sauce, served on acorn squash topped with melted cheese, with rice Greek style and "pirão" (manioc flour puree) Camarão com ervas, molho de tomate fresco, servido na abóbora com queijo derretido, acompanha arroz à grega e pirão	

### CHICKEN/FRANGO

Chicken Marsala .....	\$15
Chicken breast with mushrooms in marsala wine sauce, served with rice, beans and polenta Filé de frango em molho marsala com cogu- melos servido com arroz, feijão e polenta	

Chicken Francaise .....	\$15
Egg battered chicken breast cooked in lemon wine sauce, served with rice, beans and mashed potato Filé de frango em molho de vinho e limão servido com arroz, feijão e purê de batata	

Chicken Parmigiana .....	\$20
Breaded chicken cutlet topped with tomato sauce and smothered with mozzarella served with fries, rice and beans Filé de frango parmegiana, acompanha arroz, feijão e fritas	

Frango com Quiabo .....	\$15
Boned chicken stew with cut okra, served with rice, bean and polenta Frango com quiabo, acompanha arroz, feijão e polenta	

### HOT SUBS

	8"	16"
Meatball Parmigiana .....	\$7.75 - \$14.95	
Meatball Sub .....	\$7.75 - \$14.25	
Sausage Sub .....	\$7.75 - \$14.25	
Sausage Parmigiana Sub .....	\$7.95 - \$14.95	
Eggplant Parmigiana Sub .....	\$7.95 - \$14.95	
Chicken Parmigiana Sub .....	\$7.95 - \$14.95	
Pepper and Egg Sub .....	\$7.75 - \$14.25	
Grilled Chicken Sub .....	\$7.95 - \$14.95	
Sausage and Peppers Sub .....	\$8.95 - \$15.95	