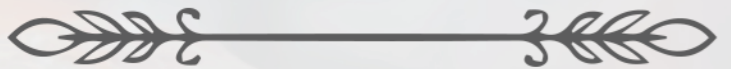


# STEPS FOR ENJOYING THE CHURRASCO RODIZIO CUISINE



### 1. Start Light: Warm Up with Salads

Begin your meal by exploring the salad bar located on our artistically designed salad market on a truly created cart by Mophyz.

### 2: Select smart sides!

Complement your meal with a few select sides such as roasted vegetables, steamed rice, or a small serving of our signature black beans.

### 3: Pace Yourself: Slow and Steady

Enjoy each cut of meat slowly. Take time to savor the flavours and textures of each piece, Rodizio is a marathon, not a sprint, so don't rush!

### 4: Stay Hydrated: Drink water, especially our fruit-fused water

Keep hydrated throughout your meal with fruit-fused and naturally flavoured water. It helps cleanse your palate between different cuts of meat and aids digestion.

### 5: Try a variety of meats

Experience the full churrasco variety by sampling different cuts. From juicy picanha, beef ribs, ramp steaks, to tender chicken and chicken, explore the unique flavours each offers.

### 6: Control Portions: Take small servings

Since the meats keep coming, it's easy to overeat. Start with small portions of each cut to avoid getting full too quickly. Therefore, remember to use your **GREEN** (Yes) and **RED** (No) cards on your table.

### 7: Listen to your Heart: Know When to Stop

It's tempting to keep going as long as the meat keeps coming but know when you have had enough.

### 8. Cleanse Your Palate: Try our grilled signature pineapple

At intervals, cleanse your palate with our delicious grilled pineapple. Its natural sweetness and slight acidity are perfect for refreshing your taste buds and aiding digestion.

### 9. Save room for dessert

If you have a sweet tooth, save some space for dessert. A light dessert like fresh fruit or a small scoop of ice cream can be the perfect way to round off your meal.

### 10. Enjoy the atmosphere: Take Your Time

Lastly, remember that fine dining is not just about eating - it's about the experience. Take your time to enjoy the Mophyz Churrasco Rodizio ambiance, the music, and the company of friends or family.

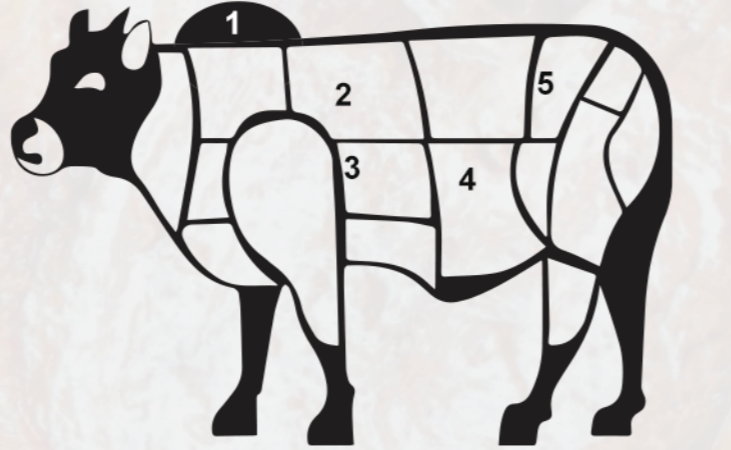
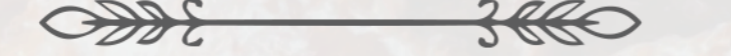
## "A FOGO GAUCHO TRADITION - the CHURRASCO EXPERIENCE

"Continuous Tableside Service of ALL-YOU-CAN-EAT Signature Cuts of fire roasted meat." – "Rodizio"

**UGX 120,000.00 (USD 35.00) PER PERSON**

All You Can Eat and One Soft Drink (Soda/Water) per person. FREE for children less than 5 years and a half price for children less than 10 years.

### BRAZILIAN CUTS of BEEF

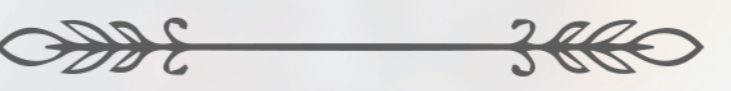


1. Beef Hump
2. Sirloin Steak
3. Beef Ribs
4. Top Sirloin
5. Rump Steak - Picanha

### BRAZILIAN TERMINOLOGIES

1. Rodizio (pronounced as Hodizio): Means rotation of the waiters serving around and around.
2. Churrasco (pronounced as Hurrasco: Means barbecue on skewers.
3. Fogo de Chao (pronounced as Fogo de Cho): Means fire on the ground.
4. Passadores: Men and women serving meat in a rotation.
5. Gaucho (pronounced as gaúcho): Means a skilled horseman, reputed to be brave and unruly – look again at our Logo and see the logic of the horse and the man on top of it carrying meat on a skewer.

## HOW MOPHYZ WAS BORN



### BRAZILIAN BBQ ALL YOU CAN EAT

In the heart of Brazil, centuries ago, the tradition of churrasco, or barbecue, began. It was a simple yet profound way of cooking meat over an open flame, where gauchos (cowboys) would skewer various cuts of meat and roast them slowly to perfection. As time passed, this culinary artistry evolved, spreading across Brazil and beyond. In the early days, churrasco was a rustic affair, with gauchos using only coarse salt to season the meat and a knife to carve it straight from the skewer onto a plate. In the mid-20th century, this tradition found its way into the bustling cities, where churrascarias (steakhouses) began to flourish. These restaurants offered a unique dining experience, where servers, known as passadores, would move from table to table, offering a variety of meats carved directly onto diners' plates. One particular style of churrasco that gained immense popularity was the Rodizio Churrasco. Originating in the southern region of Brazil, Rodizio Churrasco is a continuous table-side service of various grilled meats, served skewer by skewer until the diner is satisfied. As the popularity of Rodizio Churrasco grew, so did the variety of meats offered. Today, a typical Rodizio Churrasco experience includes an array of meats such as picanha (top sirloin), fraldinha (flank steak), costela (beef ribs), linguica (sausage), and chicken, all seasoned and grilled to perfection. The experience of dining at a Rodizio Churrasco restaurant is not just about the food; it is also about the ambiance and the camaraderie. Diners are encouraged to take their time, savoring each bite and enjoying the company of their friends and family. In modern times, Rodizio Churrasco has become a symbol of Brazilian culture, celebrated not just in Brazil but also around the world. It is a culinary experience that embodies the spirit of Brazil – vibrant, flavorful, and full of life.

### TALK TO US

**For reservations:**  
 Visit [www.mophyz.com](http://www.mophyz.com) for more offers and reservations.  
 Grand Imperial Hotel Building (Opp. Bank of Uganda)  
 Call: +256 700 891455



## MOPHYZ CHURRASCO RODIZIO

Your third meeting place between home and work





# 16 CUTS OF MEAT

1



**Costela de Boi  
(Beef Ribs)**

3



**Picanha  
(Top Sirloin)**

5



**Fraldinha  
(Flank)**

7



**Acém/capa de  
contra-filé  
(Chuck/Neck Steak)**

9



**Pernil de Cordeiro  
(Lamb Leg)**

11



**Linguiças  
(Sausages/Spiced)**

13



**Sobrecoxas de Frango  
(Chicken Thighs/Garlic)**

15



**Filé de Tilápia  
(Tilapia Fish-Fillet)**

2



**Contra-filé  
(Sirloin Steak)**

4



**Alcatra  
(Rump Steak)**

6



**Filé Mignon  
(Tenderloin)**

8



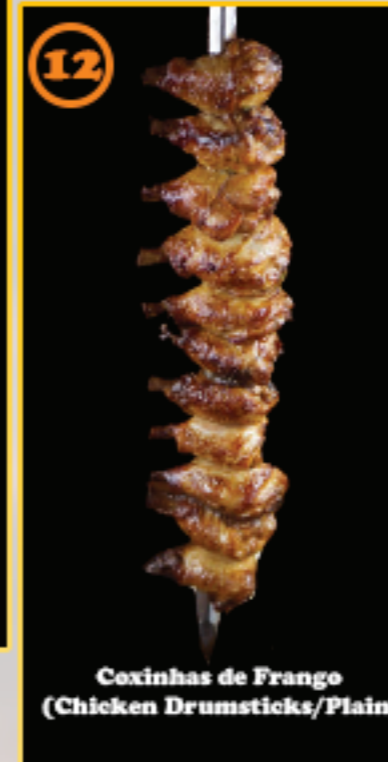
**Maminha  
(Bottom Sirloin/  
Garlic Beef)**

10



**Pernil de Cabrito  
(Goat's Leg)**

12



**Coxinhas de Frango  
(Chicken Drumsticks/Plain)**

14



**Perú  
(Turkey)**

16



**Abacaxi Assado  
(Roasted Signature  
Pineapple)**