

FOGO.COM



Brazil

United States

Mexico

Middle East



Health Benefits of Brazilian Cuisine



Our Market Table

The centerpiece of Brazilian eating is a colorful palate of natural, fresh and flavorful ingredients from South America. Explore the health benefits of these offerings inspired by the farm tables and open markets of Brazil, served to you with pride in our country's nutritious cuisine.

This nutrition information is based on **standard recipes and product formulations**, however, variations may occur due to differences in preparation, serving sizes, ingredients, or special orders.

A 2000 calorie diet is used for general nutrition advice; individual calorie needs, however, may vary. The recommended daily values for a 2000 calorie diet are 20 grams of saturated fat, 2400 milligrams of sodium and 300 grams of Total Carbohydrates. Saturated fat numbers include trans fat.

Items may vary by location and season.

Charcuterie & Aged Cheeses

Buffalo Mozzarella

A few slices of Buffalo mozzarella are a great source of calcium, and a no-carb, calorie dense addition to a well-rounded diet.

HEALTH BENEFIT	NUTRIENTS
Calcium builds and maintains bones, and helps heart, muscles and nerves function properly.	Calcium, Low Carb, Nutrient Rich

Caper Berries

This grape-sized fruit from the caper plant is high in powerful antioxidants, like rutin and quercetin, which have been shown to decrease inflammation in the body.

HEALTH BENEFIT	NUTRIENTS
Antioxidants like rutin and quercetin have been shown to have antibacterial and anti-inflammatory properties.	Flavonoid compounds rutin and quercetin, Vitamins A and K, niacin

Cured Meats

Cured meats are high in protein and fiber, which are critical to digestive, heart and skin health. Certain cuts are also rich in minerals and vitamins like B-12, B-6, iron, zinc and niacin (e.g. Parma ham has over 25 percent of the recommended daily amount of vitamin C).

HEALTH BENEFIT	NUTRIENTS
Niacin balances cholesterol levels and helps with brain function. Zinc may help control diabetes and reduce stress.	Vitamin B Complex, Niacin, Iron, Zinc

Smoked Salmon

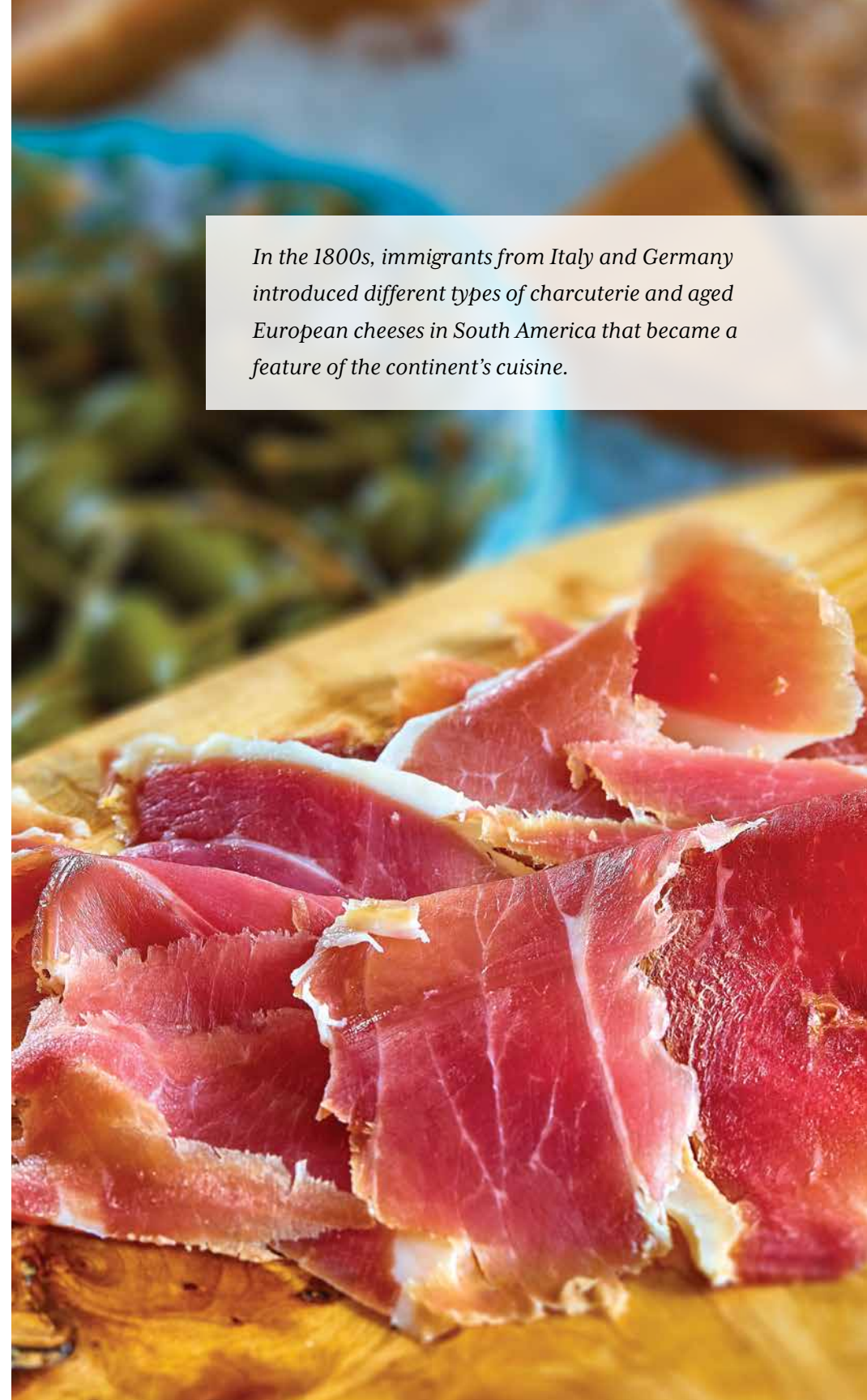
The omega 3 fatty acids in salmon are good types of fat that can help lower the risk of heart disease, depression and dementia.

HEALTH BENEFIT	NUTRIENTS
Omega 3 may lower risk of heart disease and dementia.	Omega 3 Fatty Acids, Vitamin D, Vitamin B Complex

More Options

- Baby Swiss Cheese
- Calabrese Salami
- Cornichons
- Fig Preserves
- Finocchiona Salami
- Imported Manchego Cheese
- Imported Parmesan Reggiano Cheese
- Imported Prosciutto
- Tuscan Salami
- Monte Caputo Cheese
- Parma Ham Leg (Prosciutto de Parma)
- Parmesan Cheese
- Smoked Provolone
- Spanish Chorizo
- Whole Grain Mustard

In the 1800s, immigrants from Italy and Germany introduced different types of charcuterie and aged European cheeses in South America that became a feature of the continent's cuisine.



Antipasti

Hearts of Palm

This Brazilian delicacy is low fat, cholesterol free and a substantial source of fiber and antioxidants.

HEALTH BENEFIT	NUTRIENTS
Fiber benefits digestive health. Potassium regulates blood pressure and heart rate.	Cholesterol Free, Low Fat, High Fiber, Potassium rich

Malagueta Peppers

A bit of this Brazilian hot pepper goes a long way to add vitamin C and some extra heat to any dish.

HEALTH BENEFIT	NUTRIENTS
Protects against immune system deficiencies and promotes building of collagen.	Vitamin C

Marinated Mushrooms

Mushrooms are a micronutrient powerhouse, and an excellent option for non-meat eaters because they are low in carbohydrates while rich in fiber, selenium and potassium, which help reduce blood pressure.

HEALTH BENEFIT	NUTRIENTS
Selenium may boost immunity and fight inflammation and the aging process	Selenium, High Fiber, Potassium Rich

Sundried Tomatoes

One cup of this heart-healthy topping for salads contains over a third of your recommended daily intake of potassium

HEALTH BENEFIT	NUTRIENTS
Potassium is good for the heart and helps to lower blood pressure	Vitamin C, potassium, iron, magnesium

Sweet Drops

These Peruvian peppers add a touch of sweet without the sugar, and are packed with vitamin A, which helps boost immunity.

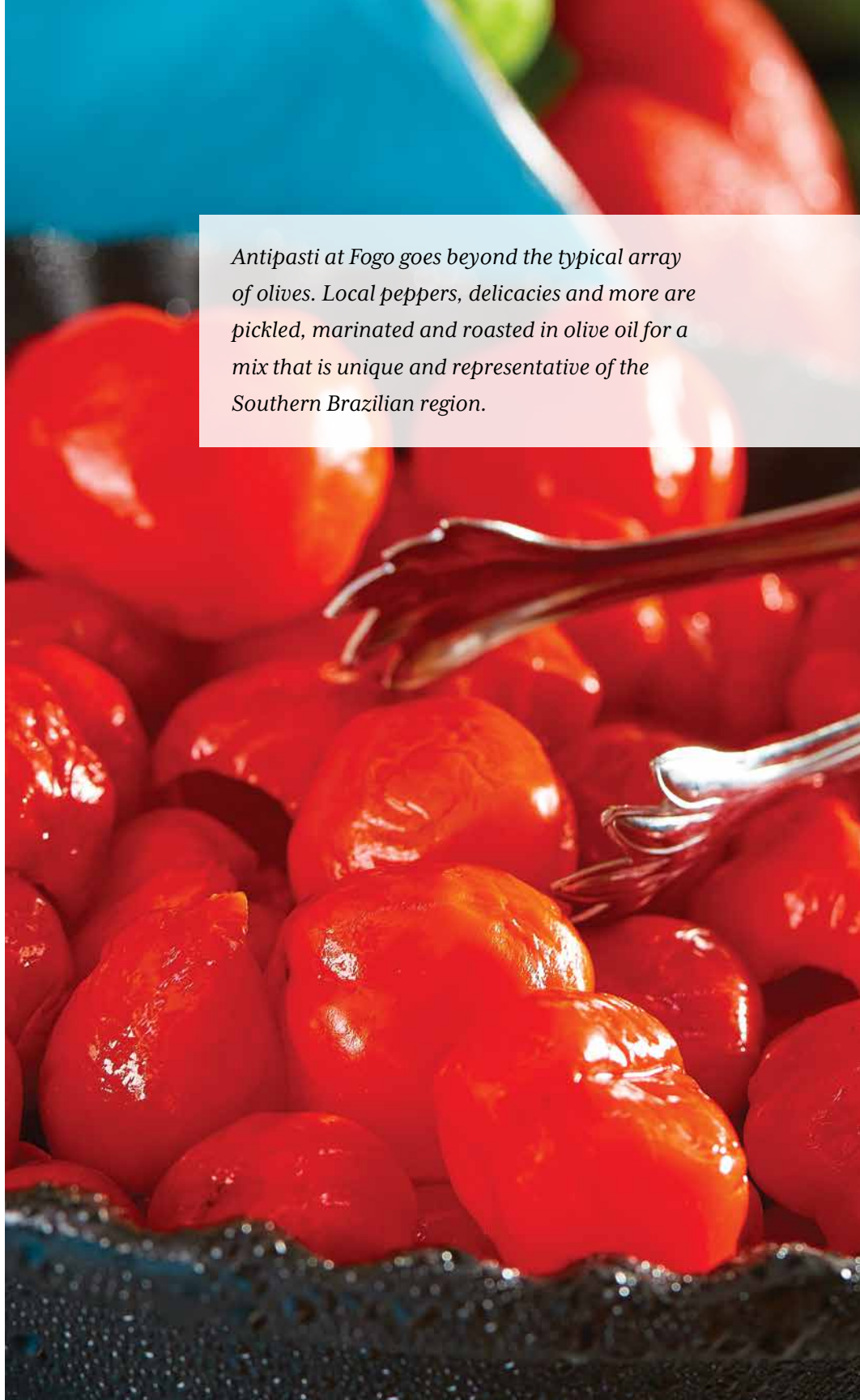
HEALTH BENEFIT	NUTRIENTS
Vitamin A plays role in healthy bone growth and eye health	Vitamin A

More Options

Artichoke Hearts
Cherry Peppers
Dedo de Moca
Jalapenos

Marinated Onions
Mixed Olives
Peppadew Peppers
Pepperoncini

Roasted Bell Peppers
Roasted Garlic Cloves



Antipasti at Fogo goes beyond the typical array of olives. Local peppers, delicacies and more are pickled, marinated and roasted in olive oil for a mix that is unique and representative of the Southern Brazilian region.

Salads & Leafy Greens

Apple Salad

Our light mix of apples, celery, raisins and pineapple is rich with important antioxidants and fiber to help improve digestion.

HEALTH BENEFIT	NUTRIENTS
Fiber can help lower cholesterol. Antioxidants may reduce the risk of developing hypertension, diabetes and heart disease.	Soluble Fiber, Antioxidants

Arugula

This crisp, peppery salad green contains antioxidants that can help your body fight heart disease, strengthen the brain and relieve joint pain.

HEALTH BENEFIT	NUTRIENTS
Folates may decrease occurrences of mental defects in newborns, helping to promote pre-natal health. B-Complex aids energy production and fat synthesis, while calcium promotes strong bone health.	Folic Acid, B-Complex, calcium, magnesium

Brazilian Kale and Orange Salad

Kale, a heart healthy green, contains bile acids known to lower cholesterol and help reduce the risk of heart disease. Kale is a good daily source of vitamins A and K.

HEALTH BENEFIT	NUTRIENTS
Iron helps transport oxygen, promote cell growth and liver function. Calcium prevents bone loss and osteoporosis.	Fiber, Iron, Calcium, Vitamins A and K

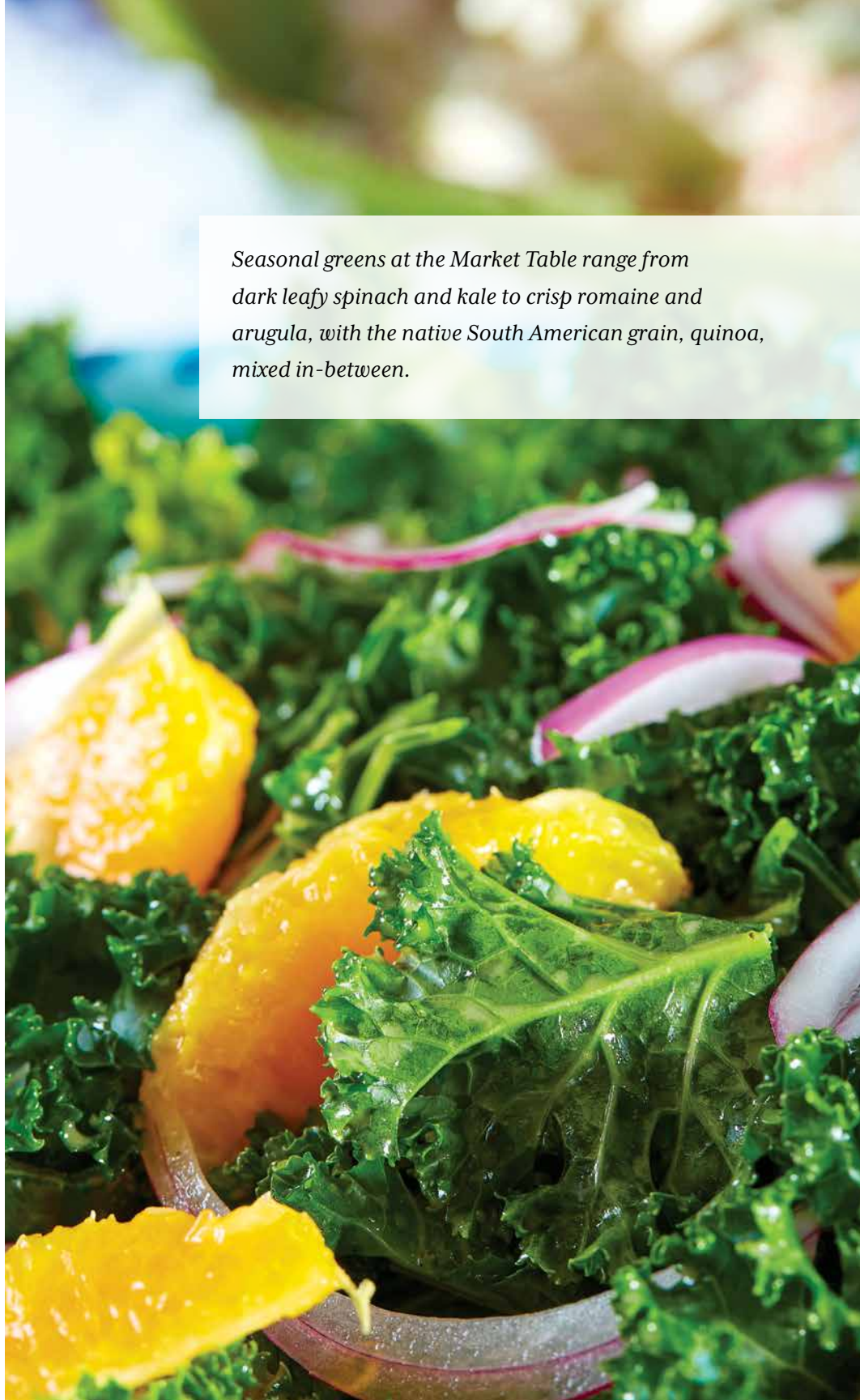
Quinoa Tabouleh

Quinoa contains all nine amino acids, making it a complete protein that helps promote tissue growth throughout the body.

HEALTH BENEFIT	NUTRIENTS
Fiber can aid in weight management, help you feel fuller for longer, and is low in calories.	Amino Acids, High Fiber Iron, Complete Protein

More Options

- | | | |
|----------------|--------------------------|---------|
| Belgian Endive | Cucumber and Onion Salad | Romaine |
| Bibb Lettuce | Mixed Greens | Spinach |
| Caesar Salad | Mozzarella Caprese Salad | |
| Chicken Salad | Potato Salad | |



Seasonal greens at the Market Table range from dark leafy spinach and kale to crisp romaine and arugula, with the native South American grain, quinoa, mixed in-between.

Fruits

Papaya

Rich in vitamins, papaya is known to provide relief from symptoms of arthritis. It also contains an enzyme that helps with protein digestion.

HEALTH BENEFIT	NUTRIENTS
Nutrients may be helpful in prevention of colon cancer. Papain lowers inflammation and improves healing from burns.	Antioxidants, Vitamin C, Digestive enzyme Papain, Fiber

Pineapple

This deliciously healthy treat is rich in vitamins C, A, B1 and B6. It's naturally sweet and ripe with juicy flavor.

HEALTH BENEFIT	NUTRIENTS
Antioxidants and Vitamin C may help reduce the risk of macular degeneration and fighting against heart disease and joint pain.	Vitamins A, B1, B6, and C, Antioxidants

Pomegranate

The super fruit seeds of a pomegranate, called arils, are packed with antioxidants that reduce inflammation, help your body fight infection and illness, and can also reduce breast cancer and colon cancer cells.

HEALTH BENEFIT	NUTRIENTS
Punicalagins have anti-inflammatory properties that can reduce inflammation in the digestive tract. Flavonoids can aid the body in fighting cancer and may reduce PSA levels.	Fiber, Flavonoid, Vitamin A, and punicalagins

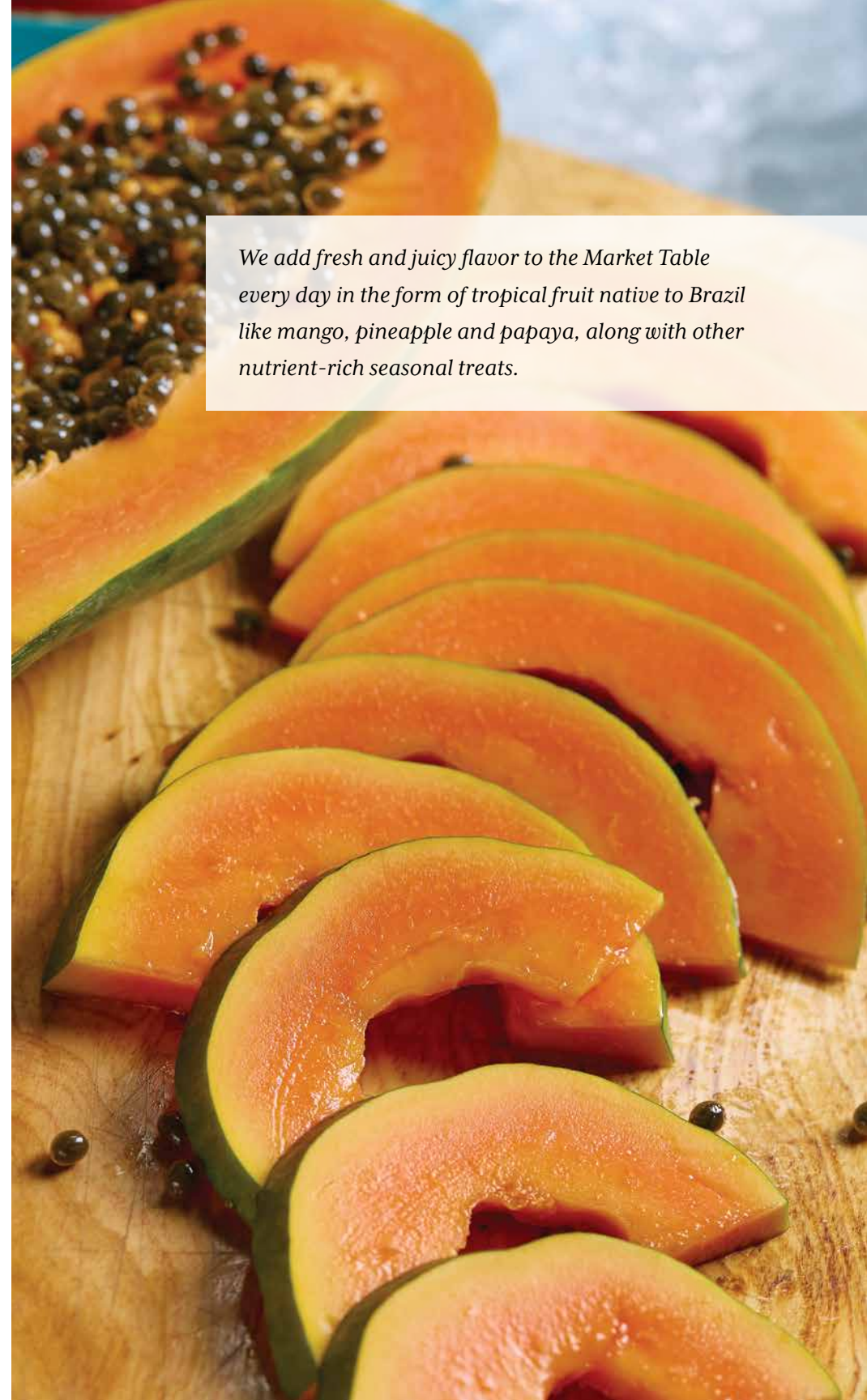
Watermelon

Like its name says, this water dense fruit helps with hydration and complexion, and is an excellent source of healthy antioxidants.

HEALTH BENEFIT	NUTRIENTS
Diets rich with Lycopene can help protect against heart disease and decrease the risk of prostate cancer.	Vitamins A, B6, C, amino acids, lycopene

More Fruits and Salads

Apples	Blueberries	Kiwi
Bananas	Cantaloupe	Raspberries
Blackberries	Dragon fruit	Strawberries



We add fresh and juicy flavor to the Market Table every day in the form of tropical fruit native to Brazil like mango, pineapple and papaya, along with other nutrient-rich seasonal treats.

Fresh Vegetables

Asparagus

Fresh asparagus is rich in vitamins K and B, which are known for preventing blood clots and assisting with cell metabolism, respectively.

HEALTH BENEFIT	NUTRIENTS
Vitamin K plays a vital role in blood clotting and preventing heart disease.	Vitamins K and B, Folate, High Fiber

Edamame

As a cash crop of Brazil, young soybeans are a popular high-protein snack, and are naturally gluten free.

HEALTH BENEFIT	NUTRIENTS
Soy protein may lower cholesterol levels and prevent heart disease.	High Fiber, Low Sugar, Whole Protein, all essential Amino Acids

Garbanzo Beans

One serving of Garbanzo beans, or chickpeas, is high in protein, fiber and B6 vitamins. This anti-inflammatory food can both lower stress and boost your mood.

HEALTH BENEFIT	NUTRIENTS
Folate plays a role in DNA repair and may reduce risk of stroke and cardiovascular problems.	High Fiber, Protein rich, Magnesium, Potassium, Folate

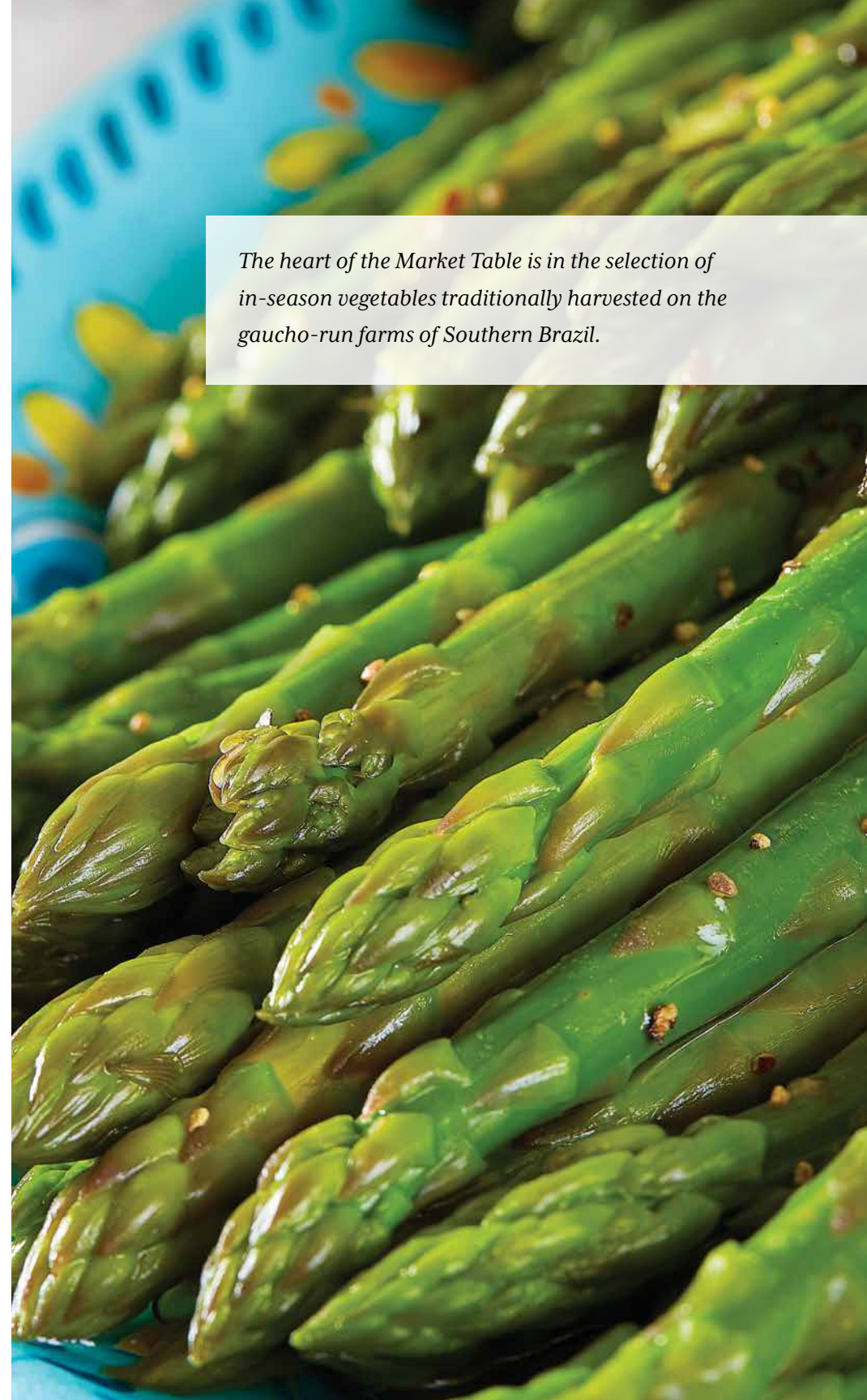
Roasted Zucchini

Zucchini contains 50 percent of the suggested daily amount of vitamin C, so stock up on this vegetable for an antioxidant and immune system boost.

HEALTH BENEFIT	NUTRIENTS
Potassium helps reduce blood pressure. Vitamin A can enhance vision and prevent macular degeneration.	Omega 3 Fatty Acids, Vitamins A and C, Potassium

Other Fresh Vegetables

Cherry Tomatoes Grape Tomatoes Roasted Beets
Cucumbers Green Beans with Carrots Vine Ripened Tomatoes



The heart of the Market Table is in the selection of in-season vegetables traditionally harvested on the gaucho-run farms of Southern Brazil.

NUTRITIONAL FACTS

MARKET TABLE	PORTION	SERV SIZE (oz.)	CALORIES (kcal)
Apple Salad	Spoon	2.0	110
Artichoke Hearts	Spoon	1.0	10
Arugula	Tongs	1.0	5
Asparagus	2 Each	1.9	20
Baby Swiss Cheese	Wedge	0.7	80
Basil Dressing	Spoon	0.9	80
Belgian Endive	6 Each	1.0	0
Bibb Lettuce	2 Leaves	1.1	5
Broccoli	2 Florets	2.5	25
Brown Sugar & Black Pepper Bacon	Slice	0.5	75
Butter	Each	0.2	35
Caesar Dressing	Spoon	0.9	110
Caesar Salad	Tong	2.0	50
Calabrese Salami	4 Slices	0.8	90
Cantaloupe	1/2 Cup	3.2	30
Caper Berries	Tbsp	0.5	0
Cherry Peppers	Each	1.2	5
Cherry Tomatoes	Each	1.0	5
Chicken Salad	Spoon	2.4	190
Cornichons	Each	0.02	0
Cucumber and Onion Salad	Spoon	1.9	10
Cucumbers	1/4 Cup	0.9	0
Dedo de Moca	Ounce	1.0	5
Edamame	1/4 Cup	1.4	45
Fig Preserve	Tbsp	0.6	50
Fresh Mozzarella Cheese	Each	1.0	80
Fresh Vinaigrette	Spoon	0.9	5
Garbanzo Beans	Ounce	2.0	80
Grain Mustard	Tbsp	0.5	25
Grape Tomatoes	5 Each	3.0	15
Green Beans with Carrots	Spoon	1.8	35
Imported Hearts of Palm	Each	1.4	0
Imported Manchego Cheese	Slice	0.7	80
Imported Parmesan Reggiano Cheese	Slice	0.5	60
Imported Prosciutto	Slice	0.6	35
Imported Salami	2 Slices	0.7	50
Italian Bread	Slice	1.0	80
Italian Dressing	Spoon	0.9	70
Jalapenos	Spoon	0.7	25
Malagueta Peppers	Ounce	.25	15
Marinated Mushrooms	Spoon	1.9	40
Marinated Onions	Spoon	1.9	30
Mixed Greens	Tong	0.8	0
Mixed Olive Mix w/ Citrus	Spoon	2.0	120
Monte Caputo Cheese	Ounce	1.0	110
Mozzarella Caprese Salad	Spoon	2.0	85
Orange and Kale Salad	Spoon	2.0	60
Pão de Queijo Croutons	1/4 Cup	1.0	120
Papaya	1/4 Cup	1.3	15
Parma Leg	Ounce	1.0	60
Parmesan Cheese	Tbsp	0.2	25
Peppadew Peppers	Each	0.7	20
Pepperoncini	Each	0.7	5
Pineapple	1/4 Cup	1.5	20
Pomegranate	1/4 Cup	1.6	35
Potato Salad	Spoon	2.9	190
Quinoa Tabouleh	Spoon	2.0	40
Ranch Dressing	Spoon	0.9	130
Roasted Beets	Spoon	1.4	15
Roasted Bell Peppers	Tong	2.0	45

MARKET TABLE	PORTION	SERV SIZE (oz.)	CALORIES (kcal)
Roasted Garlic Cloves	3 Cloves	0.3	30
Roasted Zucchini	Slice	1.6	20
Romaine	Tong	0.8	0
Smoked Provolone	2 Slices	1.5	150
Smoked Salmon	Slice	0.9	30
Spanish Chorizo	Ounce	0.5	68
Spinach	Tong	0.8	0
Sundried Tomatoes	Spoon	1.1	80
Sweet Drops	1 Pepper	0.5	5
Toscana Salami	Ounce	1.0	70
Vine Ripened Tomatoes	Slice	1.90	10
Watermelon	Wedge	4.0	35

CHURRASCO	PORTION	SERV SIZE (oz.)	CALORIES (kcal)
Alcatra - Top Sirloin	Slice	1.6	120
Beef Ancho - Rib Eye	Slice	1.6	120
Cordeiro - Lamb Chop	Chop	2.1	210
Cordeiro - Lamb Leg	Slice	1.6	110
Cordeiro - Lamb T-Bone Chop	Chop	2.4	240
Costela - Beef Ribs	Slice	1.6	210
Costela de Porco - Pork Ribs	2 Ribs	2.1	210
Filet Mignon	Piece	2.0	150
Filet Mignon with Bacon	Piece	2.2	180
Fraldina - Bottom Sirloin	Slice	1.6	100
Frango - Chicken Breast w/Bacon	Piece	1.5	80
Frango - Chicken Legs (Leg Portion)	Leg	1.7	110
Linguica - Pork Sausage	Piece	1.4	130
Lombo - Pork Loin w/Parmesan Cheese	Piece	1.9	90
Picanha	Slice	1.7	120
Picanha with Garlic	Slice	1.7	130

SEAFOOD	PORTION	SERV SIZE (oz.)	CALORIES (kcal)
Chilean Sea Bass	Serving	15.4	730
Jumbo Shrimp Cocktail	Bowl	8.0	180
Lobster Topper	2 Each	12.0	490
Seafood Tower	4 Each	15.0	620
Malagueta Cocktail Sauce	Bowl	1.5	50

BRUNCH	PORTION	SERV SIZE (oz.)	CALORIES (kcal)
Banana Cream	Tbsp	0.3	25
Bolo de Fubá Cake	Slice	3.0	280
Braised Beef Rib Hash	Plate	4.0	200
Pão de Queijo Egg Bake	Plate	4.0	170
Seasonal Fruit & Yogurt Parfait	Bowl	4.2	170

FEIJOADA BAR & BRAZILIAN SIDES	PORTION	SERV SIZE (oz.)	CALORIES (kcal)
Black Beans	Serving	3.0	50
Pão de Queijo Bread	2 Each	1.2	130
Farofa	Serving	2.0	210
Fried Banana	Each	3.9	190
Garlic Mashed Potatoes	Serving	3.0	80
Polenta	Serving	1.6	50
White Rice	1/2 cup	2.8	140

SAUCES	PORTION	SERV SIZE (oz.)	CALORIES (kcal)
Chimichurri Sauce	Spoon	0.9	80
Horseradish Sauce	Spoon	0.9	25
Mint Jelly	Spoon	0.9	60