



# ESTAMINÉ

ILHA DESERTA

**MENU**  
ENGLISH



*Welcome to*  
**ESTAMINÉ**

**AUTHENTIC FLAVOURS OF RIA FORMOSA**

Born and raised by the sea, the people of the Algarve have integrated the gifts of the ocean into cuisine for generations.

Our menu is a collection of flavours, aromas, and textures harvested from the waves and developed at the table with family and friends.

At Estaminé, we recognize that community is central to Portuguese cuisine, and hope to foster conversation with dishes designed to be discovered together.

Whether you are savouring local clams or selecting a fresh fish to be charcoal-grilled, you are seizing on an experience that Estaminé has been refining for over three decades.

We hope you enjoy the food, drink, and experience that Estaminé has to offer and come back to visit soon.

*Bom apetite!*

*Isabel e Zé*



## COUVERT

Bread roll, Herb Butter with Coriander, Olives with Carrots Algarve style . 3,50€ / person

**Extras** (Price per unit) . Bread Roll 0,80€ // Herb Butter with Coriander 0,60€ // Olives with Carrots Algarve Style 2,50€

## OUR APPETISERS

### VIOLET SHRIMP RISSOLE

2,80€ / *2 units*

### BRINED MACKEREL FILLETS

Brined Mackerel Fillets dressed with Olive Oil, Vinegar, Lemon and Ria Formosa Glasswort - a Local Favorite  
9,50€

### TUNA MUXAMA

Paper-sliced dried Tuna dressed with Olive Oil and Aragula  
11€

### ISLAND CALAMARI

Sliced fresh Cuttlefish lightly breaded and deep fried  
19€

### OCTOPUS SALAD

Tender Octopus Salad dressed with Vinaigrette and Coriander  
11€

### PICKLED TUNA

Homemade pickled Tuna, Onion and Olive Oil, served with Toasts  
10,50€

### SAND SHRIMPS

Small local Shrimps, breaded and crispy  
17€

### ISLAND CHEESE

From S.Jorge (Azores) served with Tomato Jam and Toasts  
9,50€

### GAZPACHO

Cold creamy Tomato-based Soup dressed with Olive Oil and Oregano  
8€ / *vegan*

### FISH SOUP

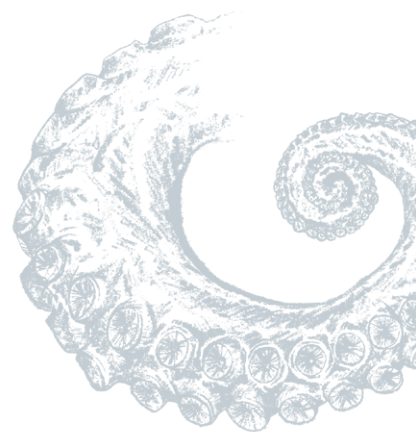
Seafood broth and Fish pulp  
9,50€ / *slightly spicy*

*when choosing is  
the hardest part...*

### PETISCOS TASTING MENU

**Created with our most iconic flavours in mind,  
in small doses:**

Ria Formosa Oysters, Beach Prawns,  
Violet Shrimp Rissole, Homemade Pickled Tuna,  
Octopus Salad and Tuna Muxama  
25€ / *2 persons*



VIOLET SHRIMP RISSOLE



BRINED MACKEREL FILLETS



TUNA MUXAMA



ISLAND CALAMARI



OCTOPUS SALAD



PICKLED TUNA



SAND SHRIMPS



ISLAND CHEESE



GAZPACHO



FISH SOUP



PETISCOS TASTING MENU



# SHELLFISH

## RIA FORMOSA OYSTERS

Served raw, straight from the Sea

3,20€ / *unit*

## OYSTERS COMBO

6 UNITS - 18,50€ // 12 UNITS - 36€ // 24 UNITS - 75€ // 36 UNITS - 110€

## ATLANTIC LOBSTER

Charcoal-Grilled. Choose yours from our Aquarium

Variable Price - €/kg

## CARABINEIRO

Giant Red Prawn, served with White Rice

25€ / *100gr*

## COASTAL PRAWNS

Local Prawns steamed, served chilled. Approx. 150g

17,50€ / *subject to availability*

## SPIDER CRAB

25€ / *in the shell*

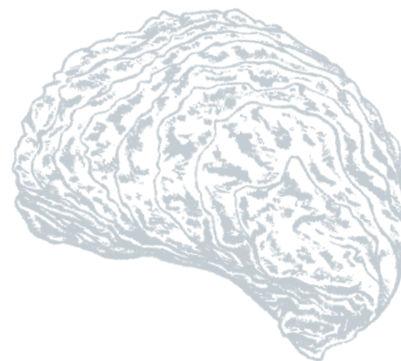
*a premium selection...*

## SHELLFISH PLATTER

SHELLFISH FROM RIA FORMOSA

Spider Crab, Clams, Oysters, Sand Shrimps,  
Beach Prawns, Coastal Prawns, Violet Shrimp Rissole  
and Homemade Pickled Tuna

170€ / *2 persons*



## CLAMS - BULHÃO PATO STYLE

Traditional Portuguese Recipe - Ria Formosa Clams in Olive Oil,  
with Garlic and Coriander

29€

*Suggestion: serve with homemade french fries*

## BEACH PRAWNS

Peeled Prawns breaded and deep fried in our Secret Spice

19,50€

*Suggestion: serve with traditional montanheira salad*

## GARLIC PRAWNS

Peeled Prawns sautéed in Garlic Butter

19,50€

*Suggestion: serve with coriander rice*





RIA FORMOSA OYSTERS



ATLANTIC LOBSTER



CARABINEIRO



COASTAL PRAWNS



SPIDER CRAB



CLAMS - BULHÃO PATO STYLE



BEACH PRAWNS



GARLIC PRAWNS



# FISH

## *Fish from our Coast*

### CHARCOAL GRILLED

Whole Fish grilled butterfly style and portioned at the table

Variable Price - €/kg

*sides not included*

### BAKED IN THE OVEN

Roasted whole Fish served with Vegetables and our famous baked Potatoes

Variable Price - €/kg

### GRILLED SEA BASS

Served with roasted Potatoes and Vegetables

29€ / *individual portion*

### FISH IN THE POT

Stewed with Onions, Tomatoes, Peppers and Potatoes

65€ / *2 persons*

### FISH IN THE OVEN

Roasted Fish for two, served with Vegetables and our famous baked Potatoes

65€ / *2 persons*

### ISLAND TUNA

Tuna loin baked in Olive Oil and Onion, served with perfectly roasted Potatoes

24€

### LULINHAS ALGARVE STYLE

Small Ria Formosa Squids sautéed in black ink

26€ / *subject to availability*

*sides not included*

### GRANDMA'S SQUID STEW

Stewed with Tomato, Peppers, Onions and Garlic, served with White Rice

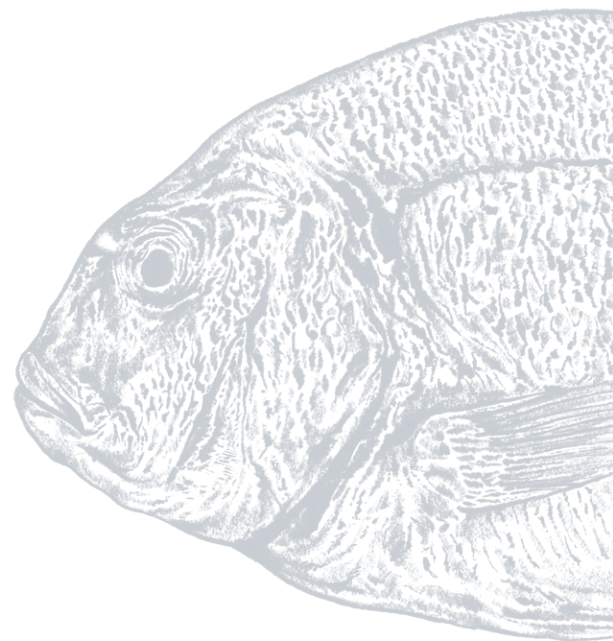
25€

### CHOQUINHOS FRIED IN BLACK INK

Small Ria Formosa Cuttlefish sautéed in black ink

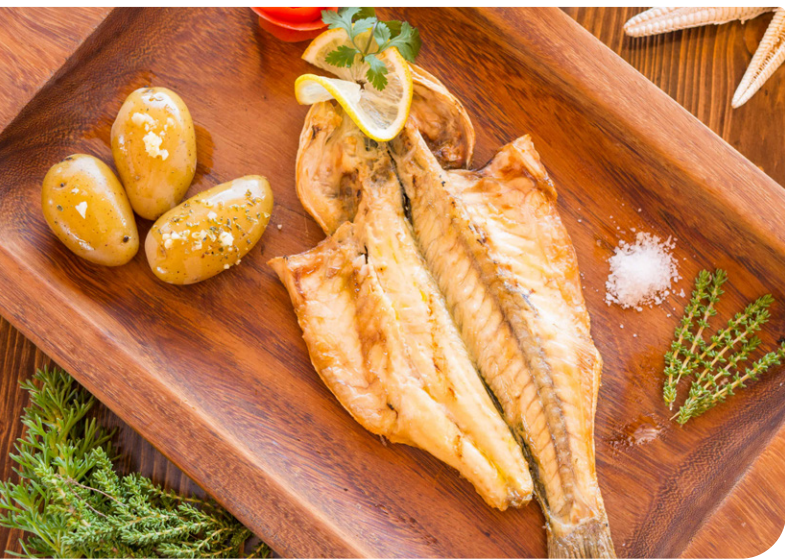
28€ / *subject to availability*

*sides not included*





FISH OF THE DAY CHARCOAL GRILLED



FISH BAKED IN THE OVEN



GRILLED SEA BASS



ISLAND TUNA



LULINHAS ALGARVE STYLE



CHOQUINHOS FRIED IN BLACK INK



GRANDMA'S SQUID STEW



## SIDE ORDERS

*please choose your preferred  
side dish to accompany  
your main course.*

**TRADITIONAL MONTANHEIRA SALAD . 6€**  
Tomatoes, Green Peppers and Onion dressed  
with Vinaigrette and Oregano

**GREEN SALAD . 4€**  
Mixed Greens, Onion and Vinaigrette

**ROASTED PEPPERS SALAD . 4€**

**ROASTED VEGETABLES . 7€**

**PORTUGUESE POTATOES . 3€**  
Traditional small Potatoes boiled and seasoned  
with Olive Oil, Garlic and Oregano

**ROASTED POTATOES . 6€**

**HOMEMADE FRENCH FRIES . 6€**

**HOMEMADE CHIPS . 4,50€**

**CORIANDER RICE . 4,50€**  
Rice cooked with Coriander

**WHITE RICE . 4,00€**





## MEAT

### ANGUS STRIPLOIN STEAK

Angus Striploin Steak (280g)

32€ / *sides not included*

*Suggestion: serve with homemade french fries*

### OXTAIL

Slow-cooked in Wine reduction and served  
with White Rice with Raisins and Almonds

28€

### PORK KNUCKLE

Charcoal oven-roasted Pork Knuckle

27€ / *sides not included*

*Suggestion: serve with homemade chips*



## RICE AND PASTA

### LOBSTER RICE

Atlantic Lobster from the Aquarium and Prawns cooked  
in Rice with Coriander

79€ / *2 persons*

### CLAM RICE

Fresh Ria Formosa Clams cooked in Rice with Coriander

45€ / *2 persons*

### RAZOR CLAM RICE

Fresh Ria Formosa Razor Clams cooked in Rice with Coriander

42€ / *2 persons*

### OVEN-BAKED OCTOPUS RICE

Octopus from our Coast and Rice with Peppers, toasted  
in the oven

26€ / *subject to availability*

### TRADITIONAL SHELLFISH XARÉM

Maize Porridge with local Shellfish of the day and Coriander

24€

### SHELLFISH LINGUINI

Cream-based sauce, Peppers, Prawns, Shellfish and Basil

23€ / *gluten-free option available +2€*

### MUSHROOM LINGUINI

Mushrooms sautéed in Soy Cream with Basil

21€ / *vegan . gluten-free option available +2€*

### BLACK CUTTLEFISH LINGUINI

Cuttlefish slices cooked in black ink, served with black Linguini

23€



ANGUS STRIPLOIN STEAK



OXTAIL



PORK KNUCKLE



OVEN-BAKED OCTOPUS RICE



LOBSTER RICE



RAZOR CLAM RICE



TRADITIONAL SHELLFISH XARÉM



BLACK CUTTLEFISH LINGUINI



## DESSERTS

### KEKÉ

Petit Gateau and Vanilla Ice Cream

9€ / *gluten-free option available +2€*

### RICE PUDDING

Traditional Portuguese Rice Pudding

7€

### PINEAPPLE FLAMBÉ

“Flambé” Pineapple served with Vanilla Ice Cream

9€

### COOKIE IN THE SKILLET

American Cookie served with a scoop of Ice Cream

9€

### PANDELOZINHE

Light and fluffy Cake tilted with Eggs Cream,  
topped with roasted Almonds and Cinnamon

9€

### CHOCOLATE MOUSSE

7,50€

## FRUIT

### FRUIT OF THE SEASON

5€ / *ask what we have today*





KEKÉ



PINEAPPLE FLAMBÉ



COOKIE IN THE SKILLET



PANDELOZINHE



THANKS FOR YOUR VISIT



ANIMARIS

ILHA DESERTA



ESTAMINÉ

ILHA DESERTA



SANTA  
MARIA

PETISCARIA

*jamanta*

## COSTUMER INFORMATION

Seafood/shellfish allergy caution:

We try our best to avoid contamination of other foods with seafood products, but we cannot guarantee it 100%. Please inform your waiter of any allergies you might have. Allergen list available at request.

No course, food or drink, including couvert, may be charged if not requested by the customer or if unutilized.

VAT Included at legal rate.

Complaint book available.