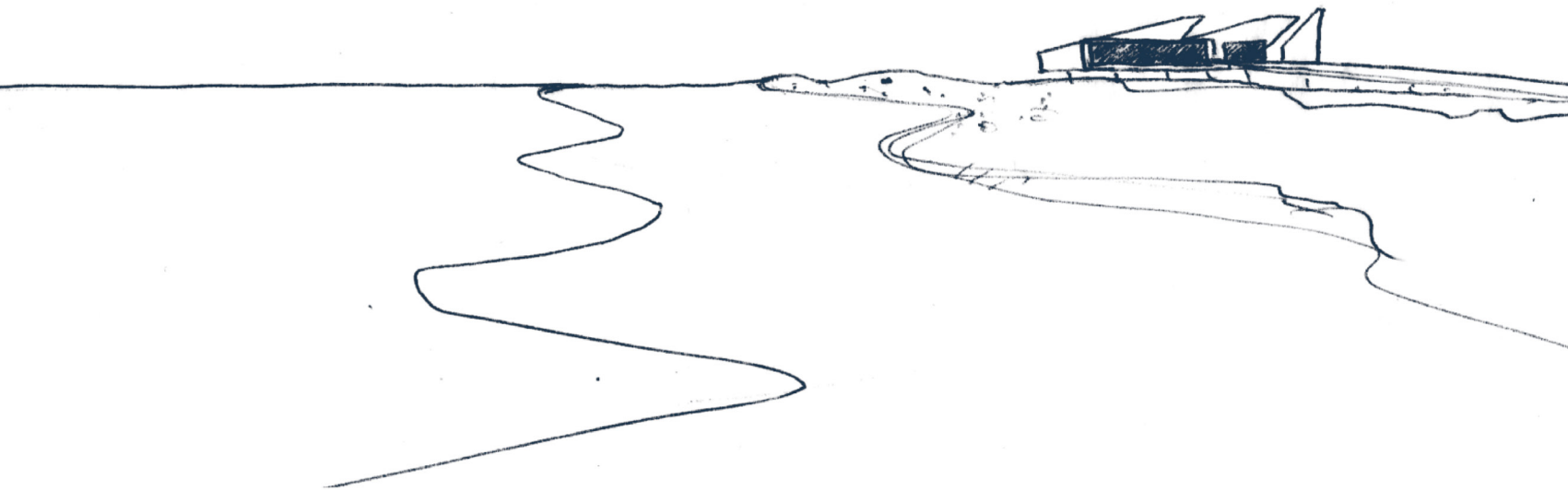




# ESTAMINÉ

ILHA DESERTA



ENGLISH MENU



# *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, butter, olive oil and olives with carrots "Algarve" style . 3,50€ / person

Extra Portion (Price per unit) . Bread Roll 0,80€ / Gluten free bread roll 2,80€ / Butter 0,6€ / Olives 2,50€ / Extra virgin olive oil 1€

## Our Appetisers

---

### Cockle Rissole

2,50€ / 2 units

### "Cavalinhas"

Brined mackerel fillets dressed with olive oil and lemon, a local favorite

9,50€

### Tuna "Muxama"

Paper-sliced dried tuna dressed with olive oil

9,50€

### "Island" Calamari

Sliced fresh cuttlefish lightly breaded and deep fried

19€

### Octopus Salad

Tender octopus salad dressed with vinaigrette and coriander

9,50€

### Pickled Tuna

Homemade pickled tuna, onion and olive oil, another local favorite

10,50€

### Sand Shrimps

Small local shrimps, breaded and crispy

16€

### Goey Cheese

Local cheese roasted in the oven to perfection

8€

### Gaspacho

Cold creamy tomato-based soup dressed with olive oil and oregano

7€ / vegan

### Fish Soup

Seafood broth and fish pulp

8€

WHEN CHOSING IS  
THE HARDEST PART...

### "Petiscos" Tasting Menu

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

Ria Formosa Oysters, "Beach" Prawns,  
Cockle Rissole, Pickled Tuna, Octopus Salad  
and Tuna "Muxama"

24€ / 2 pax

*"Island" Calamari*



*Cockle Rissole*



*Sand Shrimps*



*Tuna "Muxama"*

*Goopy Cheese*



*Pickled Tuna*



*"Petiscos" Tasting Menu*

# Shellfish

---

## Ria Formosa Oysters

Served raw, straight from the sea

2,80€ / unit

## Atlantic Lobster

Charcoal-Grilled. Choose yours from our aquarium

Variable Price - €/kg

## Carabineiro

Giant red prawn, served with white rice

20€ / 100gr

## Coastal Prawns

Approx. 150g - Local prawns steamed, served chilled

16€ / subject to availability

## Spider Crab

In the shell

25€

## Clams “Bulhão Pato-Style”

From Ria Formosa in olive oil, garlic and coriander

26,50€

Suggestion: Serve with homemade chips

## “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



## Shellfish Platter

Shellfish Platter from Ria Formosa (Spider Crab, Whelks, Clams, Oysters), Sand Shrimps, “Beach” Prawns, Coastal Prawns, Cockle Rissole and Homemade Pickled Tuna

150€ / 2 pax



## RICE FROM THE SEA

Shellfish dishes made with rice.

Ask our staff about the cooking time for these dishes.

## Lobster Rice

Atlantic lobster from the aquarium, cooked in rice and coriander

75€ / 2 pax

## Clam Rice

Fresh Ria Formosa clams cooked in rice with coriander

45€ / 2 pax

## Razor Clam Rice

Fresh Ria Formosa razor clams cooked in rice with coriander

42€ / 2 pax

## Traditional Shellfish “Xarém”

Maize porridge with local shellfish of the day and coriander

23€ / individual portion

*Carabineiro*



*Ria Formosa Oysters*



*Atlantic Lobster*

*"Beach" Prazons*



*Clams "Bulhão Pato-Style"*



*Razor Clam Rice*



*Traditional Shellfish "Xarém"*



# Fish

---

## FISH FROM OUR COAST



### Charcoal Grilled

Whole fish grilled butterfly style portioned at the table. Sides not included\*

Variable Price - €/kg

### Baked in the Oven

Roasted whole fish served with vegetables and our famous baked potatoes

Variable Price - €/kg

---

\*Complete your fish dish with the side orders on the next chapter.



### Grilled Sea Bass

Served with roasted potatoes

26€ / individual portion

### Fish in the Pot

Stewed with onions, tomatoes, peppers and potatoes

60€ / 2 pax

### “Island” Tuna

Tuna loin baked in olive oil and onion, served with perfectly roasted potatoes

22€

### Grandma’s Squid Stew

Stewed with tomato, peppers, onions and garlic, served with white rice

24€

### Fried Small Sole Fish

Served with coriander rice

22€

### “Choquinhos” fried in Black Ink

Small Ria Formosa cuttlefish sautéed in black ink, served with chips

28€ / subject to availability

### Lulinhas à “Algarvia”

Small Ria Formosa squids sautéed in black ink - Algarve style, served with chips

26€ / subject to availability

### Oven-baked Octopus Rice

Octopus from our coast and rice with peppers, toasted in the oven

26€ / subject to availability

*Fish of the day Charcoal Grilled*



*Fish of the day Baked in the Oven*



*"Island" Tuna*

*Grandma's Squid Stew*



*"Choquinhos" fried in Black Ink*



*Fried Small Sole Fish*



*Oven-baked Octopus Rice*

## SIDE ORDERS

---

### “MONTANHEIRA” SALAD

Tomatoes, green peppers, onion dressed with vinaigrette and oregano

6€

### GREEN SALAD

Mixed greens, onion and vinaigrette

3€

### ROASTED PEPPERS SALAD

3€

### ROASTED VEGETABLES

6€

### PORTUGUESE POTATOES

Traditional small potatoes boiled and seasoned with olive oil, garlic and oregano

3€

### ROASTED POTATOES

6€

### HOMEMADE FRENCH FRIES

6€

### HOMEMADE CHIPS

4€

### CORIANDER RICE

Rice cooked with coriander

4€



## Meat

---

### Traditional Pork with Clams

Fried Iberian pork tenderloin, cooked with fresh Ria Formosa clams, served with chips  
26,50€

### Angus Striploin Steak

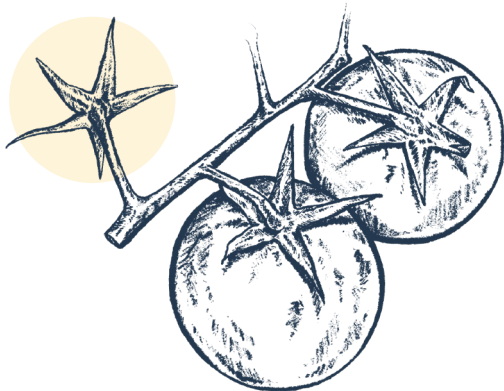
Angus Striploin steak (280g) served with homemade french fries  
32€

### Oxtail

Slow-cooked in wine reduction and served with white rice with sultanas and almonds  
25€

---

Complement your meat dish with the side orders on the previous page.



## Pasta

---

### Shellfish Linguini

Shellfish and prawns in tomato sauce, served with linguini  
20,50€ / gluten-free option available

### Mushroom Linguini

Mushrooms sautéed in soy cream, served with linguini  
19€ / gluten-free option available / vegan

### Black Cuttlefish Linguini

Cuttlefish slices cooked in black ink, served with black linguini  
20,50€

## Salad

---

### Prawn and Pineapple

Mixed greens with prawns and pineapple, dressed with balsamic glaze and dried coconut  
19€

### Chicken and Orange

Mixed greens with grilled chicken and orange, dressed with balsamic glaze and almonds  
16€

### Cheese and Apple

Mixed greens with goat cheese, apple, and tomato, dressed with balsamic glaze  
14€ / vegetarian

*Traditional Pork with Clams*



*Angus Striploin Steak*



*Shellfish Linguini*



*Black Cuttlefish Linguini*

# Desserts

---

## “Keké”

Petit Gateau and vanilla ice cream

8€

\*Quinta Noval LBV Unfiltered + 8,50€

## Summer Figs

Perfect combination of Algarvian dried figs and almonds, served with vanilla ice cream

8€

\*Quinta do Vallado 10 years old Tawny + 9,50€

## Rice Pudding

Traditional portuguese rice pudding

6,50€

\*Moscatel Roxo Horácio Simões + 7€

## Pineapple Flambé

“Flambé” pineapple served with vanilla ice cream

8€

\*Secret Spot Petit Manzing Late Harvest + 10,50€

## Cookie in the Skillet

American Cookie served with a scoop of ice cream

8€

\*Quinta Noval LBV Unfiltered + 8,50€

## “Pandelozinhe”

Light and fluffy cake tilled with eggs cream, topped with roasted almonds and cinnamon

7,50€

\*Royal Tokaji Late Harvest + 8€

## Island Cheese

Cheese from S.Jorge Island (Azores) served with red fruits jam

8€

\*Taylors Select Reserve + 7€

## Santa Clara Slice

Sponge cake covered with a traditional eggs cream, roasted almonds and cinnamon

8€

\*Madeira Cossart Gordon 5 years Bual + 8,50€

## Mousses

Chocolate or Peanut

7,50€

\*Quinta do Vallado 10 years old Tawny + 9,50€

## ICE CREAM

### Ice Cream Scoop

Choose your flavour from our ice cream menu

3,50€

## FRUIT

### Fruit of the Season

Ask what we have today

5€

---

\*Our suggestion of fortified wines to have with your dessert

*"Keké"*



*Summer Figs*



*Rice Pudding*



*Pineapple Flambé*



*Cookie in the Skillet*



*“Pandelozinhe”*



*Island Cheese*



*Santa Clara Slice*

*Thanks for your visit!*

---

#### 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.

