



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 RISOLE

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

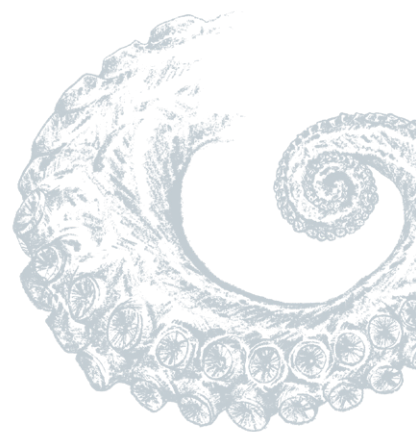
Seafood broth and Fish pulp
9,50€ / *slightly spicy*

*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*

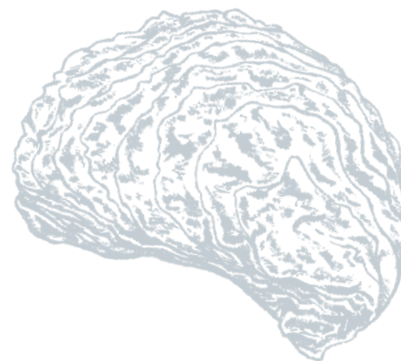
a premium selection...

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

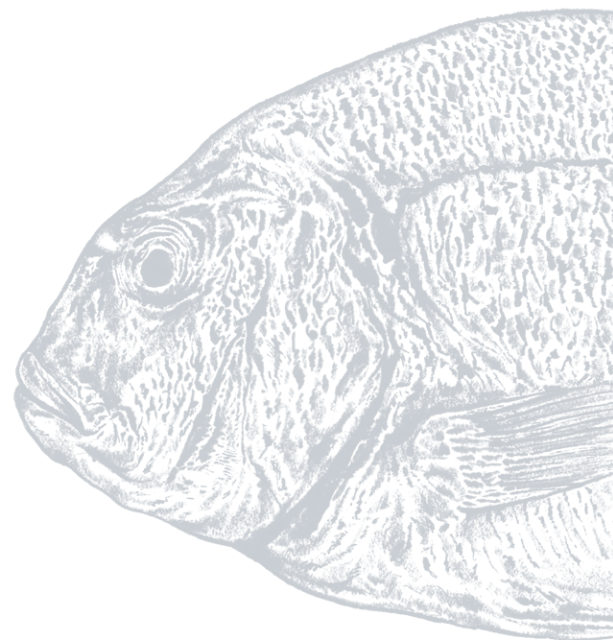
25€

CHOQUINHOS FRIED IN BLACK INK

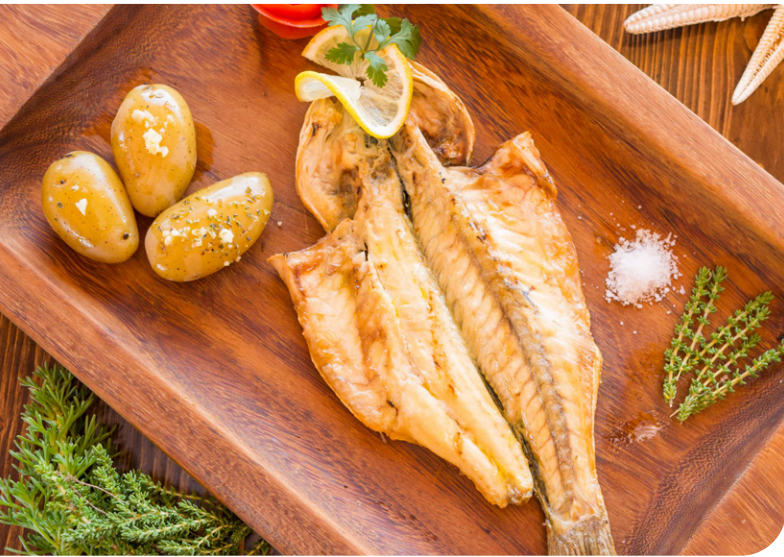
Small Ria Formosa Cuttlefish sautéed in black ink

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 tilled 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.