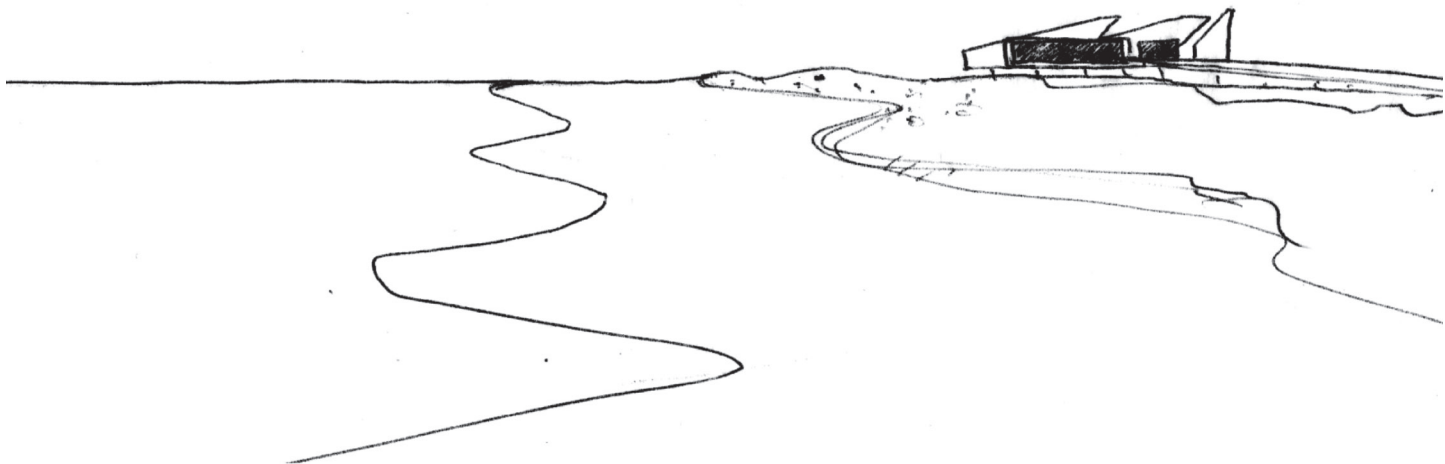




ESTAMINÉ

ILHA DESERTA



MENU



RIA FORMOSA

AUTHENTIC FLAVOURS

*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 & Zé





Ria Formosa Oysters



Tuna "Muxama"



"Island" Calamari



Clams "Bulhão Pato-Style"



"Beach" Prawns



"Cavalinhas"

Starters to share...



	€
COUVERT per person	3,5
Bread roll, butter, olive oil and olives with carrots "Algarve" style	
Glúten free Bread rol unit	2,5
Extra portion unit	
Bread roll 0,8€ Butter 0,6€ Olives 2,5€ Extra virgin Olive oil portion 1€	
RIA FORMOSA OYSTERS unit	2,5
Served raw, straight from the sea	
CLAMS "BULHÃO PATO-STYLE"	23
From "Ria Formosa" in olive oil, garlic and coriander	
"BEACH" PRAWNS	19
Peeled prawns breaded and deep fried in our secret spice	
"CAVALINHAS"	9,5
Brined mackerel fillets dressed with olive oil and lemon, a local favorite	
TUNA "MUXAMA"	9,5
Paper-sliced dried tuna dressed with olive oil	
"ISLAND" CALAMARI	18
Sliced fresh cuttlefish lightly breaded and deep fried	
OCTOPUS SALAD	10
Tender octopus salad dressed with vinaigrette and coriander	
GARLIC PRAWNS	19
Peeled prawns sautéed in garlic butter	
PICKLED MACKEREL OR TUNA	9,5
Homemade pickled tuna or mackerel, onion and olive oil, another local favorite	
COASTAL PRAWNS	15
Approx. 160g - Local prawns steamed, served chilled. Subject to availability	
COCKLE RISSOLE 2 units	2,5
Homemade deep fried small pockets of cockle	
GASPACHO VEGAN 	6
Cold creamy tomato-based soup dressed with olive oil and oregano	
GOOEY CHEESE	8
Local sheep milk cheese roasted in the oven to perfection	

"PETISCOS" TASTING MENU (assortment of starters) 2 pax 22

Oyster, "Beach" Prawns, Rissol, "Cavalinha", Octopus salad, "Muxama".

When chosing is the hardest part...



Fish of the Day Charcoal-Grilled



Choquinhos



"Island" Tuna



Fish of the Day - Baked in the Oven

Fish



Ask us what is the catch of the day!

All fish bought fresh daily in our local fisherman markets
and subject to availability

	€
FISH FROM OUR COAST Choose your favorite confection:	68/Kg
CHARCOAL GRILLED Whole fish grilled butterfly style portioned at the table - <i>sides not included*</i>	
BAKED IN THE OVEN Roasted whole fish served with vegetables and our famous baked potatoes	
GRILLED SEA BASS (individual portion 350g) Served with boiled potatoes	23
FISH IN THE POT <i>Serves 2 people</i> Stewed with onions, tomatoes, peppers and potatoes	49
"ISLAND" TUNA Tuna loin baked in olive oil and onion, served with perfectly roasted potatoes	19
GRANDMA'S SQUID STEW Stewed with tomato, peppers, onions and garlic, served with white rice	22
FRIED SMALL SOLE FISH Served with coriander rice	20
"CHOQUINHOS" FRIED IN BLACK INK Small cuttlefish sautéed in black ink, served with chips. Subject to availability	26
"LULINHAS Á ALGARVIA " Small squids sautéed in black ink - Algarve style, served with chips. Subject to availability	24

*Side Orders

TRADITIONAL "MONTANHEIRA" SALAD Tomatoes, green peppers, and onion dressed with vinaigrette and oregano	7
GREEN SALAD Mixed greens and onion, dressed with vinaigrette	3
PORTUGUESE POTATOES Traditional small potatoes boiled and seasoned with olive oil, garlic and oregano	3
HOMEMADE CHIPS / FRENCH FRIES	6
CORIANDER RICE Rice cooked with coriander and carrots	4



Traditional Shellfish Xarém



Razor Clam Rice



Grilled Atlantic Lobster



Carabineiro

Shellfish



All our shellfish dishes are made with fresh products and are subject to availability.

	€
ATLANTIC LOBSTER	114/Kg
Choose your Atlantic lobster from the aquarium, charcoal - grilled or boiled	
"CARABINEIRO" (each 100g)	16
Giant red prawn, served with white rice	
CLAMS BULHÃO PATO-STYLE	27
From "Ria Formosa" in olive oil, garlic and coriander, served with chips	
"BEACH" PRAWNS	23,5
Peeled prawns breaded and deep fried in our secret spice, served with montanheira salad	
BUTTER PRAWNS	23,5
Peeled prawns sautéed in garlic butter, served with coriander rice	

LOBSTER RICE <i>Serves 2 people ☉ ± 45min</i>	69
Atlantic lobster (weight 500g) from the aquarium, cooked in rice and coriander	
CLAM RICE <i>Serves 2 people ☉ ± 45min</i>	43,5
Fresh clams cooked in rice with coriander	
RAZOR CLAM RICE <i>Serves 2 people ☉ ± 45min</i>	39,5
Local razor clams cooked in rice with coriander	
TRADITIONAL SHELLFISH "XARÉM" <i>Serves 1 person ☉ ± 45min</i>	19
Maize porridge with local shellfish of the day and coriander	

Rice from the sea



Ribeye Steak



Mushroom linguini



Black Cuttlefish Linguini



Traditional Pork with Clams

Meat

		
		€
TRADITIONAL PORK WITH CLAMS		22
Fried Iberian pork tenderloin, cooked with fresh local clams, served with chips		
ANGUS STRIPLOIN STEAK (280g)		29
Served with french fries		
SIRLOIN STEAK (150g)		21
Served with french fries		
OXTAIL		21
Slow-cooked in wine reduction and served with white rice with sultanas and almonds		

Pasta

		
SHELLFISH LINGUINI*		19,5
Shellfish and prawns in tomato sauce, served with linguini		
MUSHROOM LINGUINI* VEGAN 		18
Mushrooms sautéed in soy cream, served with linguini		
BLACK CUTTLEFISH LINGUINI		19,5
Cuttlefish slices cooked in black ink, served with black linguini		

* Gluten-free options available

Salad

		
PRAWN AND PINEAPPLE		16
Mixed greens with prawns and pineapple, dressed with balsamic glaze and dried coconut		
CHICKEN AND ORANGE		13
Mixed greens with grilled chicken and orange, dressed with balsamic glaze and almonds		
CHEESE AND APPLE VEGETARIAN 		13
Mixed greens with goat cheese, apple, and tomato, dressed with balsamic glaze		



"Keké"



"Fatia de St.ª Clara"



Rice Pudding



Pineapple Flambé



"Pandelozinhe"



Island Cheese



Summer Figs



Chocolate Mousse



Strawberry Mousse



Peanut Mousse

Desserts

Home made on the Island



	€
“KEKÉ”	7,5
Petit Gateau and vanilla ice cream	
+ Quinta Noval LBV Unfiltered	8,5 €
SUMMER FIGS	7,5
Perfect combination of Algarvian dried figs and almonds, served with vanilla ice cream	
+ Quinta do Vallado 10y old Tawny	9,5 €
RICE PUDDING	6,5
Traditional portuguese rice pudding	
+ Moscatel Roxo Horácio Simões	7 €
PINEAPPLE FLAMBÉ	7,5
“Flambé” pineapple served with vanilla ice cream	
+ Secret Spot Petit Manzeng Late Harvest	10,5 €
"PANDELOZINHE"	7,5
Light and fluffy cake tilled with eggs cream, topped with roasted almonds and cinnamon	
+ Royal Tokaji Late Harvest	8 €
ISLAND CHEESE	7
Cheese from S.Jorge Island (Azores) served with red fruits jam	
+ Taylors Select Reserve	7 €
"FATIA DE ST.ª CLARA"	7,5
Sponge cake covered with a traditional eggs cream, roasted almonds and cinnamon	
+ Madeira Cossart Gordon 5y Bual	8,5 €
MOUSSES	7
Choose from: Chocolate / Strawberry / Peanut	
+ Quinta do Vallado 10y old Tawny	9,5 €
ICE CREAM SCOOP	3,5
Choose your flavour	
FRUIT OF THE SEASON	5
Ask what we have today!	

ESTAMINÉ

ESTAMINÉ – NOTES OF A FALLEN AND... REBORN STAR

If we were to tell our story in a few words, it would come down to: Love, Respect and Resilience. A family story, with distinct chapters spanning over 30 years.

In 1987 the first “Estaminé” was born: the result of our dream and courage to build from scratch... It was no more than a humble cabin, located a little further north from where we are now. It was the scene of many meals, laughs, and happy moments, which we and our customers will never forget.

The second “Estaminé” came into existence in 2007, reinvented with sustainability in mind. We strove to preserve the environment, the well-being, and the magic of Ilha Deserta by creating a structure that coexisted with the landscape. For 14 years Estaminé and Ilha Deserta were one, an oasis for all.

Then the unthinkable happened.

Late on the 2nd of March 2021 we were delivered a piece of news that left us in shock - our Estaminé was burning. Fire had taken every bit of the hard work that so many had put in for so many years, an image tattooed into our minds never to be forgotten.

On the next day, the sun rose and with it our conviction that Estaminé must be born again. It wasn't easy, but with the collaboration of dozens of people and the support of so many more - we did it!

Our oasis is back.

Estaminé was reborn in 2021, a phoenix rising from the ashes, akin to its predecessor but injected with a lifetime of knowledge and experience. We want to express our deep gratitude for the countless messages of both grief and hope we received from our clients, friends, local community, and institutions - you provided us with the motivation and strength to continue this journey and to be able to offer you the same paradise as always: the ESTAMINÉ in ILHADESERTA.

A big thank you to all of you,

The Vargas Family



ESTAMINÉ
ILHA DESERTA

1987



2007



2021



DESERT ISLAND

AN INTACT ECOSYSTEM

Ilha Deserta is part of the five barrier islands of the Ria Formosa Natural Park, one of the 7 wonders of Portugal.

Also known as Barreta, the island where the “Estaminé” restaurant is located is also home to the most varied species of animals and plants. With an emphasis on the dune plants and birds, it is a privilege to observe the dynamics of nature that surround us at the rhythm of the tides, winds and moons.

The shape of Deserta looks like an arrow pointing south, between the Atlantic Ocean and the Ria Formosa.

On Deserta Island, due to little human intervention, we can observe nature in its purest state. Wild. A place where birds feel safe to nest and coexist, dune plants thrive and chameleons infiltrate the dunes. One of the most striking features of Ilha Deserta is the fresh breeze presenting us with an aroma of curry and thyme. Each season of the year brings a new colour to the island: during the warmer months shades of yellow and lilac and in the cold season grey. and dry green.

The biological diversity of the Ria Formosa is beyond imagination.

The Audouin's gulls chose Santa Maria's Cape - the most southern geographical point of the Portuguese mainland on Deserta Island - to set up their colony, unique in Portugal.

An attentive observer will note coarsely camouflaged nests in the sand, erected by chirlets (or dwarf tern) and plovers with shells from the surrounding beach.

Estaminé is like a home for us, and these “neighbours” are the ones we most want to care for and help preserve. In turn, the barrier islands have a great responsibility to protect the Ria Formosa and adjacent cities. Without the dune cordon, the very existence of these cities as they are would be compromised.

How can you contribute to the preservation of the island?

Since you have joined us here at Estaminé, we invite you to take care of the island together: walk within the identified accesses, do not step on the dunes, and collect your garbage or any garbage that you find along the way. These are examples of small gestures and good practices that, if we manage to keep consistent, will help to conserve and maintain an environment favorable to the island's most regular inhabitants.

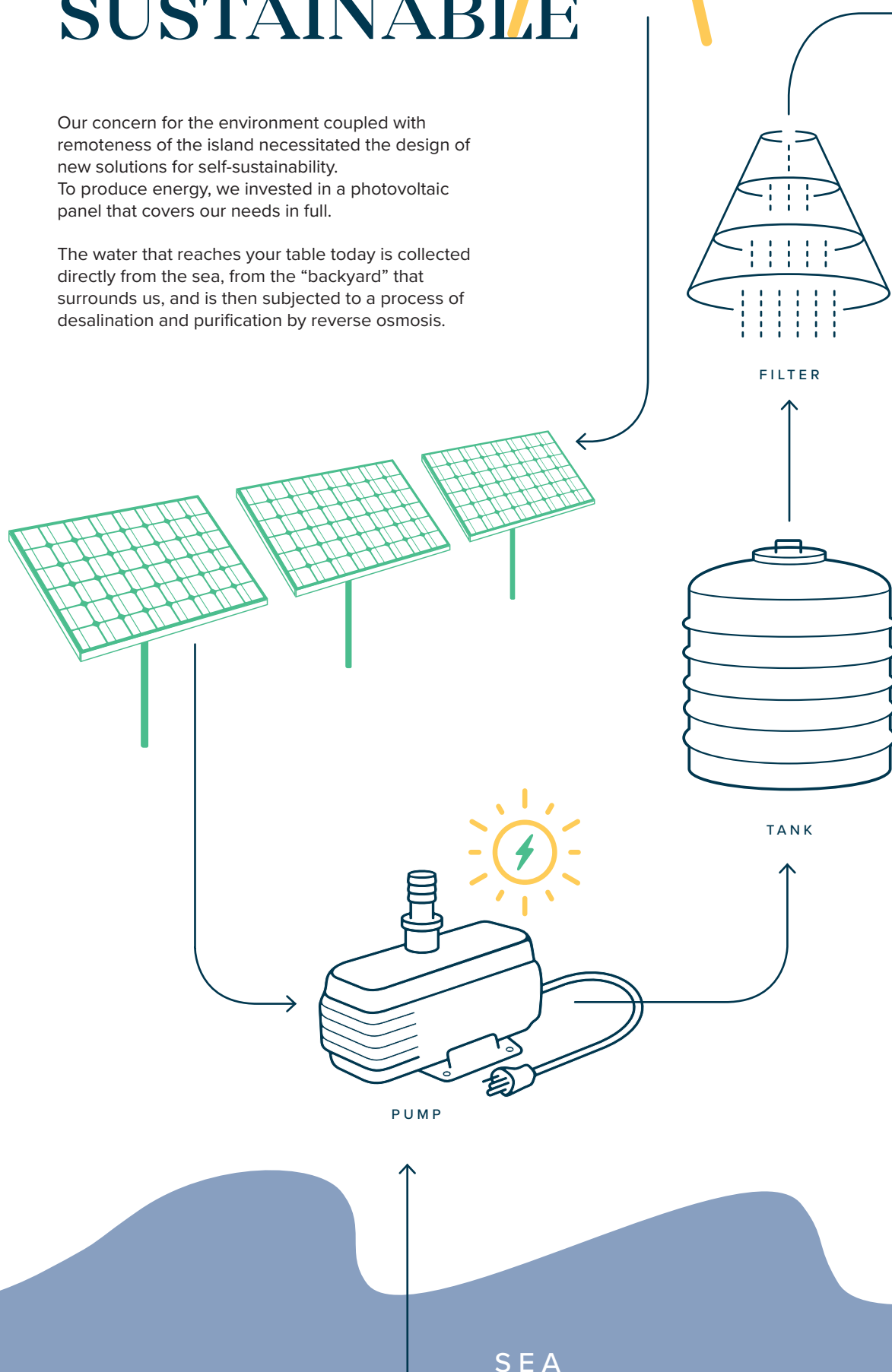


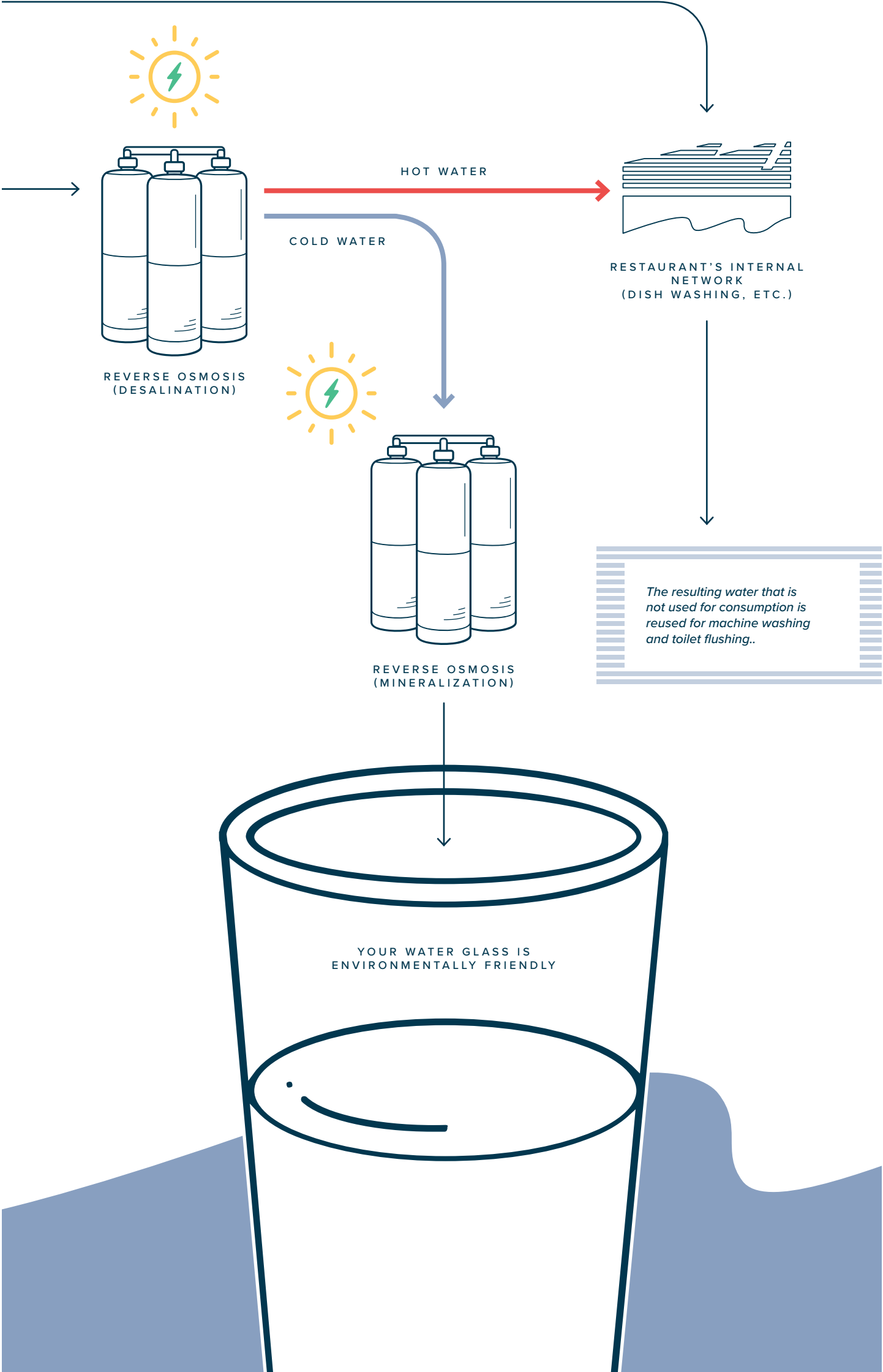
ESTAMINÉ

SELF-SUSTAINABLE

Our concern for the environment coupled with remoteness of the island necessitated the design of new solutions for self-sustainability. To produce energy, we invested in a photovoltaic panel that covers our needs in full.

The water that reaches your table today is collected directly from the sea, from the “backyard” that surrounds us, and is then subjected to a process of desalination and purification by reverse osmosis.







ANIMARIS

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.

THANKS FOR YOUR VISIT!

