

MENU

  
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TRADITIONAL  
CUISINE  
OF ARMENIA





ԼԱՎԱՇ  
LAVASH



PADARIA

# BAKERY

## **TRADITIONAL CHEESE BREAD WITH EGG 7,5 €** **KHACHAPURI BOAT**

Traditional Caucasian stuffed cheese bread with egg yolk and butter

## **CHEESE PASTRY 7 €** **KHACHAPURI**

Typical cheese bread

## **LAVASH 2,5 €**

This bread leaf is typical of Armenia, it`s just bread made from wheat flour, without yeast, which allows producing very thin bread like “tortilla”, but larger. The leaves of Lavash become dry in a short time and can be stored for several months.

To consume them, just splash them with water, wrap in a cloth, and in half an hour Lavash is ready to be used in various ways.

It can be heated to go on with meals or stuffed with some vegetables, cheese or other things – just follow your imagination.

## **MATNAKÁSH 2 €**

Fermented traditional Armenian bread, similar to Naan. The word Matnakash means “pull with your finger”, referring to the way this bread is made. It can be oval or round, with cross-stitch. Its specific golden crust is obtained by covering its surface with sugary tea essence before putting it to the oven.

## **HOMEMADE BREAD BASKET 2,5 €**

## **KHACHAPURI BOAT**

### **TRADITIONAL CHEESE BREAD AND AGG**

7,50€

Traditional Caucasian pastry in the form of a boat, stuffed with cheese; egg yolk and butter are put in the middle at the end of baking.

The word "Katchapuri" can be literally translated as "Bread with cheese", this pastry is to be eaten by hand



**KHACHAPURI**  
**CHEESE PASTRY**

7€





  
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# APPETIZERS

## SOUPS AND SALADS

**CHEF SURPRISE TRIO** 3€

Couvert

**CHICKEN SOUP** 3,5€

**CELERY SOUP** 3€

**COLD SALAD CHOBAN** 6,5€

Tomato, cucumber, peppers, onions, aromatic herbs and sunflower oil

**BULGUR SALAD TABULÉ** 6€

Bulgur salad with chopped tomatoes, parsley and lettuce leaves

**BEET SALAD WITH  
HOMEMADE CHEESE** 7,5€

Sugar beet smoked on firewood, lettuce, homemade cheese and aromatic herbs

**GRILLED VEGETABLE SALAD  
HAMEST TATY** 7,5€

Vegetables grilled on coal (eggplants, tomatoes, green peppers), then fried in butter ghee with onions and coriander

\*Salad can be eaten cold or hot

## CHOBAN COLD SALAD

Simple salad made of tomatoes, cucumbers, peppers, onions, aromatic herbs and sunflower oil.

Choban is a shepard that spends days on the mountain pastures, cooking his own food, sleeping on foot, caring for his flock and eating simple but healthy food. On a Choban salad it's possible to find both

6,5€



## **TABULÉ**

### **BULGUR SALAD**

This salad is very popular in the Caucasian part and in the Middle East. Tabulé is made of smashed wheat (Bulgur) with fresh tomatoes, parsley and chives, it's served on lettuce leaves

6€



## BEET SALAD WITH HOMEMADE CHEESE

Salad is made of beet roasted on firewood,  
lettuce, homemade cheese and aromatic herbs

7,5€



## HAMEST TATY

### GRILLED VEGETABLE SALAD

Vegetables are grilled on coal (eggplant, tomatoes, peppers), then fried in butter ghee with onions and coriander

Salad can be eaten cold or hot

7,5€



## EGGPLANT CAVIAR

Grilled eggplant and peppers, smashed and mixed with spices and aromatic herbs

6,5€



  
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PÉTISCOS

# APPETIZERS

## TAPAS & STARTERS

### **TRADITIONAL SAUSAGES BOARD 15€/ 9,5€**

Duck breast flakes, calf's tongue, basturma, sudjuk

### **HOMEMADE CHEESE BOARD 9,5€**

### **MEAT BOARD KAURMÁ 8,5€**

Veal slices preserved in butter ghee accompanied with crispy pickled cauliflowere

### **EGGPLANT CAVIAR 6,5€**

Eggplants and peppers grilled on coal, crushed and mixed with spices

### **TURKEY IN WALNUT SAUCE SATSIVI 7€**

Pieces of turkey stewed at low temperature in the walnut sauce with garlic and spices

### **STUFFED VINE LEAVES WITH VEAL**

### **DOLMÁ 9,5€**

Minced meat with rice, onions, vegetables and spices, wrapped in vine leaves with matsun sauce and garlic

### **LAMB WITH AROMATIC HERBS CHACAPULI**

7,5€

Pieces of lamb prepared at low temperature with white wine, herbs and garlic

### **LAMB GIBLETS STEW TJVJIK 6,5€**

Liver, heart and lungs of lamb stewed with onions and tomato sauce

### **CAUCASIAN DUMPLINGS KHINKALI 6€**

Dumpling made of twisted knobs of dough, stuffed with meat and spices (3 UND)

\*unidade - 2 euros

## TRADITIONAL SAUSAGES BOARD

**SUDJUK  
BASTURMA**

15€

9,5€

Basturma and sudjuk are traditional meat sausage starters that are usually served at the beginning of Armenian meals

What is the difference between them?

Sujuk is a hard dry type of sausages made with minced meat and a bit of lard and spices.

Basturma is a dry fillet mignon wrapped in spices. It's a type of ham, but is made of beef loin. As is the case of ham, the meat for Basturma is not exposed to any thermic treatment and this helps preserve all vitamins and minerals that disappear during normal cooking. Meat is cut into very thin slices not more than 2mm thick.



## HOMEMADE CHEESE BOARD

Cheese ripened in grapes of vine, wine cheese - cheese is kept for 5 days in wine, cheese with smoked peppers, spicy cheese with Armenian aromatic herbs

9,5€



## KAURMÁ

### MEAT BOARD

8,50€

Kurma is a kind of typically Armenian meat preserve. Caucasians bake the most delicate parts of the meat and then put the meat into Ghee butter. The meat is then buried in fresh soil in clay pots, so it stays fresh for a period of about 6 months. It is a millenary tradition that still finds its use very often today. For you we prepare fresh Kurma served with purple onions and crushed cauliflower pickles.



## **DOLMÁ**

### **STUFFED VINE LEAVES WITH VEAL**

9,50€

Dolma is one of the greatest gastronomic symbols of Armenia. This traditional dish that goes back to antiquity has chopped calf or lamb with rice as stuffing. Wrapped in bundles on vine leaves, it is served with matsoun and garlic, but even without any delights, the grape leaves confer softness to the meat with their acidity and provide an unpredictable flavor. The vine leaves are strong, which allows them to withstand high temperatures without problems of undoing during the cooking. Here you can taste the best dolmá of veal, prepared with kind feelings and love from the best ingredients



## SATSIVI

### TURKEY IN WALNUT SAUCE

Pieces of turkey in walnut sauce with garlic and spices from the Caucasus are cooked at low temperature. There are dozens of sauces used to make this dish. Here we use the most traditional one

7€



## **CHACAPULI** **BORREGO COM ERVAS AROMÁTICAS**

7,5€

Chackapuli - is lamb stewed in aromatic herbs of the mountains. It is a true symbol of spring for Caucasians. It begins to be prepared as soon as fresh aromatic herbs appear on meadows and plum trees start producing an essential ingredient for this divine repast – green plums tkemali. It is traditional Easter food that is prepared on fire in large cauldrons so that the dish gets that special taste. A true spring song!



**TJVJIK****LAMB GIBLETS STEW**

Originally, tjvjik was made by frying pieces of beef liver with large amounts of onions that have been seasoned only with salt and pepper. Today, the dish is made with additional ingredients that include tomatoes (grated or pureed), a variety of vegetables, various fresh herbs, as well as other offal such as hearts, lungs and kidneys

6,5€



## **KHINKALI**

### **CAUCASIAN DUMPLINGS**

Khinkali is a caucasian dumpling. Varieties of khinkali spread from there across different parts of the Caucasus. The fillings of khinkali vary with the area. The original recipe, the so-called khevsuruli, consisted of only minced meat, onions, chili pepper and salt

Khinkali is eaten plain or with ground black pepper. The meat filling is uncooked when khinkali is assembled, so when it is cooked, the juices of the meat are trapped inside the dumpling. Khinkali is typically consumed first by sucking the juices while taking the first bite, in order to prevent the dumpling from bursting. The top, where the pleats meet, is tough, and is not supposed to be eaten, but discarded to the plate so that those eating can count how many they have consumed.

There is a widespread etiquette in Caucasus to use only one's bare hands while consuming these dumplings; the using of utensils, like a fork, is considered impolite

6€



## TROUT

Roasted trout with Armenian  
aromatic herbs

14€



  
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# STEWED & STUFFED

## **STURGEON STEW KCHUCH** 19€

Rich soup of two kinds of fish with peppers, potatoes and carrots, served in a clay pot with toasts

## **LAMB STEW CHANÁKH** 18€

Lamb stewed in white wine with onions, eggplants, peppers, potatoes, tomatoes, garlic and aromatic herbs from Armenia

## **CALF STEW KHASLAMA** 18€

Calf stewed in its own juices with potatoes, peppers, tomatoes, onions, parsley and coriander

## **CHICKPEAS SOUP PUTUKH** 16€

Lamb stew with chickpeas, potatoes, onions and tomatoes served in a clay pot, topped with bread crust

## **STUFFED VINE LEAVES WITH VEAL DOLMÁ** 16€

Minced meat with rice, onions, vegetables and spices, wrapped in vine leaves with matsun sauce and garlic

## **GRILLED OR ROASTED TROUT** 14€

Trout roasted in Armenian aromatic herbs or grilled on coal

## PUTUK CHICKPEAS STEW

This is soup that occupies a special place in the Armenian gastronomy. It is only cooked on special occasions for a large group of family and friends. Putuk carries lamb's loin, grain, bulgur and juicy vegetables. All this is served in a small clay pot topped with flat bread.

16€



## **CHANÁKH** **LAMB STEW**

18€

Borrego stuffed with onions, eggplants, peppers, potatoes, tomatoes, garlic, wine and Armenian aromatic herbs. It is nutritious "male soup". The main ingredient of the Chanakh is tender lamb meat that is slowly stewed with vegetables in a clay casserole until you get thick and rich soup. Chanakh surprises with its aroma, and satisfies hunger by joining in the same dish starters, soup and main course.



## **KCHUCH** **STURGEON STEW**

Rich soup of two kinds of fish (sturgeon and trout) with peppers, potatoes and carrots, served in a clay pot with toast

19€



## **KHASLAMA**

### **CALF STEW**

18€

Khashlama is a favorite for Armenian food lovers who enjoy natural, plain flavors. It is a generic name for any dish of boiled meat. The word Khashlama comes from the Armenian word “khashel” which means “to boil” in English. In its basic version, it is boiled beef (lamb or mutton) with salt and herbs.

The ingredients and the recipe of the dish may seem rather simple, but all these is just not enough. For tasty Khashlama you need to know some peculiar secrets of cooking this dish which will make that dish extremely delicious.

Each Armenian family has its own favorite version.

Kashlama is appropriate for serving at glad occasions like wedding. For this occasions, tomato and peppers are added to make it more lively and colorful.



## **KHOROVATS (SHASHLIK) MEAT SKEWERS**

One of the central places of Armenian gastronomy is occupied by meat and the central place among the meat dishes belongs to the Khorovats, also known as Shashlik. It is with great respect that we treat the old traditions and try to maintain the same technology in the preparation that was used fifteen hundred years ago. From the earliest times, shashlik is done, without exception, on open fire. In Armenia we can find more than twenty varieties of this dish, each of which has a special marinade. During the preparation the meat is impregnated with aromas of wood, acquiring a wonderful taste and smells.



# **SKEWERS**

GRILLED ON COAL

## **SKEWERS KHOROVATS**

**CALF** 17€

**LAMB** 16€

**LAMB CHOPS** 19€

**PORK** 13€

**PORK RIBS** 13€

**STURGEON** 21€

**TROUT** 14€

## **SKEWERS MINCED MEET KHABAB**

**CALF** 15€

**LAMB** 15€

**CHICKEN** 12€

\* All skewers go with garniture of potato or salad

## **GRILLED VEGETABLES**

SKEWERS POTATO «ARARATE» 3,5 €

TOMATOES, EGGPLANTS, PEPPERS 9,5 €

MUSHROOMS SKEWERS 4 €

\*nao inclui guarnição

## **EXTRA GARNITURES**

COLD SALAD

ADJAR

3,5 €

## KHABAB

### MINCED BEEF KHABABS

Kebab (or Lylah-kebab) is the common name for grilled meat dishes very typical of the Middle East and Central Asia region. The very word “kebab” in Persian means “grilled meat”. So it can be considered as the oldest dish in the world. Lyulya-kebab is basically MADE OF minced meat with the addition of onions baked in charcoal. Its peculiarity lies in kneading the meat over a long period of time, to give the meat a special shape so that it does not dissolve and remains firm on the spit. It is traditionally served with spices.



## GRILLED VEGETABLES



## ECLER

This French dessert has long been “naturalized” in Armenia and is one of the frequent attendances in any celebration. Sweetened sugar balls, known as choux, stuffed with cream to the taste of the Chef

5€



# DESSERT

## **ECLER 5€**

Sweet choux stuffed with cream to the Chef's taste

MOSCATEL ROXO 8.5 €

## **GATA 5€**

Puff pastry cake with butter and flour

MADEIRA BUAL 7.5 €

## **HONEY CAKE 5€**

Layered pastry cake with sour cream and honey

GRAHAMS 20 ANOS TAWNY PORTO 10.5 €

## **MERINGUE PIE 5€**

Meringue pie with cream to the Chef's taste

MADEIRA SERCIAL 5 €

## **PAKHLAVA PASTRY 6€**

Walnut pastry with cinnamon and cloves on filo pastry soaked in syrup

VALLADO LBV PORTO 8.5 €

## **FRUIT 4€**

Season fruit

QUINTA DA LAGOALVA LATE HARVEST 2015 10 €

## **HOMEMADE ICE CREAM 3 €**

Homemade ice cream ball with flavors of choice

## **TRILOGY OF ICE CREAM 7,5€**

Homemade ice cream balls with flavors to the Chef's taste

ERVIDEIRA COLHEITA TARDIA DOC 2017 7 €

## **HOMEMADE JAMS 1€**

SMALL BOTTLE 5 €

MEDIUM BOTTLE 7,5 €

## HONEY CAKE

Layered pastry cake with sour cream and honey

5€



## GATA

Gata is a typical Caucasian dessert. They are puff pastry dumplings with sugar filling. It is a party dish, whose quality of preparation demonstrates the talent of an Armenian woman. In the old days, during great festivities, women competed with one another in the art of preparing Gata, which occupied a prominent place at the table.

5€



## PAKHLAVA

Walnut pastry with cinnamon and cloves on filo pastry soaked in syrup

6€



## TRILOGY OF ICE CREAM

Homemade ice cream balls with flavors to the Chef's taste

7,5€



## MERINGUE PIE

Meringue pie with cream to the Chef's taste

5€





**COZINHA TRADICIONAL  
DA ARMENIA**

Avenida Conde Valbom, 70

1050-099, LISBOA

