

MENU


ararate

TRADITIONAL
CUISINE
OF ARMENIA





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LAVASH

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| PADARIA

BAKERY

HERBS PASTRY JINGUYALOV KHATZ 9,5€

Flat bread, similar to Lavash, stuffed with 10 to 12 different sorts of herbs

TRADITIONAL CHEESE BREAD WITH EGG 8,5€ **KHACHAPURI BOAT**

Traditional Caucasian stuffed cheese bread with egg yolk and butter

CHEESE PASTRY 8€ **KHACHAPURI**

Typical cheese bread

RED BEANS PASTRY KHACHAPURI 8,5€

Red beans and armenian aromatic herbs bread served with cold TAN (traditional armenian drink based on fermented milk)

LAVASH 3 €

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€

JINGUYALOV KHATZ HERBS PASTRY

9,5€

Flat bread with a filling of more varied herbs, finely chopped, is a dish traditional Armenians from Nagorno Karabakh. This Armenian bread can take to twenty varieties of cultivated or wild herbs. You can play to your liking, with the herbal bouquet you are going to use, combine flavors and aromas in a way that it suits you better, for there is no strict combination.

However, it is important to follow some rules: the base has to be made with a vegetables that do not taste very pronounced, such as lettuce, spinach, atriplex, beet leaves, shepherd's purse, violet and other vegetables. You must carry a few vegetables with a specific flavor, such as chervil, nettles, chives; some with an acrid flavor, such as sour or with spicy taste like that of pepper-saxifrage and much less must still take vegetables with somewhat bitter taste, such as dandelion



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RED BEANS PASTRY
KHACHAPURI COM FEIJÃO VERMELHO

8,5€

Red beans and armenian aromatic herbs bread.

Is served with cold TAN - tradicional armenian drink based on fermented milk



KHACHAPURI BOAT

TRADITIONAL CHEESE BREAD AND AGG

8,5€

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

8€





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| a PETISCAR

APPETIZERS

SOUPS AND SALADS

CHEF SURPRISE TRIO 3€

Couvert

SOPA DE IOGURTE **SPASS** 4,5€

Sopa de iogurte caseiro com matzun (produto lácteo fermentado), dzavar (uma variedade de trigo da monhanha) e manteiga. Pode ser servido com coentros ou hortelã da ribeira

PUMPKIN SOUP 4,5€

Pumpkin soup with honey, garlic, sunflower seeds and mint

COLD SALAD **CHOBAN** 6,5€

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

BULGUR SALAD **TABULÉ** 7€

Bulgur salad with chopped tomatoes, parsley and lettuce leaves

BEET SALAD WITH HOMEMADE CHEESE 9,5€

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

GRILLED VEGETABLE SALAD **HAMEST TATÝ** 8,5€

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

*Salad can be eaten cold or hot

WARM VEAL AND TOMATO SALAD 9,5€

Fried veal, tomato, mushrooms, lettuce, cherry-tomato, tender celery leaves, mushrooms sauce and olive oil

SPASS
YOGURT SOUP

| 4,5€

Spass or tanapur (from the Armenian tan - diluted matzun, apur - soup) is a dish of Armenian gastronomy, a soup, whose base is fermented dairy product.

The first ingredient of the soup is cereal. Traditionally it is a potato made from a variety of whole wheat, called dzavar. This cereal has been known in Armenia since the ancestral times, is wheat from the mountain, which presents itself in a very small is precooked, lightly dried, peeled and then dried completely. In some dzavar's recipes is replaced by rice. The second ingredient of the soup is matzun, diluted to the desired consistency. And finally, the third component - chicken eggs.

When the soup is made can be added fried onion (traditionally add coriander and mint). In summer the soup is consumed cold in the winter - hot. Both can be served at the beginning, or at the end of the meal



PUMPKIN SOUP

Pumpkin soup with honey, garlic, sunflower seeds and mint

| 4,5€



CHOBAN COLD SALAD

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

Choban is a shepherd 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

7€



**BEET SALAD
WITH HOMEMADE CHEESE**

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

| 9,5€

**WARM VEAL AND
TOMATO SALAD**

Veal beef fried, tomato, mushrooms, lettuce, cherry tomato, tender celery leaves, mushrooms sauce and olive oil



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

8,5€



EGGPLANT CAVIAR

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

6,5€



APPETIZERS

TAPAS & STARTERS

TRADITIONAL SAUSAGES BOARD 15€/ 9,5€

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

HOMEMADE CHEESE BOARD 9,5€

FISH ASSORTMENT 12€

Smoked, matured and marinated sturgeon with aromatic herbs, marinated salmon with orange

EGGPLANT CAVIAR 6,5€

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

TURKEY IN WALNUT SAUCE SATSIVI 7,5€

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

STUFFED VINE LEAVES WITH VEAL

DOLMÁ 10,5€

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

LAMB WITH AROMATIC HERBS CHACAPULI

8,5€

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

LAMB GIBLETS STEW TJVJIK 7,5€

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

CAUCASIAN DUMPLINGS KHINKALI 7,5€

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

*unidade - 2,5 euros

TRADITIONAL SAUSAGES BOARD

**SUDJUK
BASTURMA**

15€

9,5€

Basturma and sujuk 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€



FISH ASSORTMENT

| 12€

Smoked, matured and marinated sturgeon with aromatic herbs,
marinated salmon with orange



DOLMÁ

STUFFED VINE LEAVES WITH VEAL

10,5€

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

7,5€

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



CHACAPULI

BORREGO COM ERVAS AROMÁTICAS

8,5€

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**

7,5€

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

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KHINKALI

CAUCASIAN DUMPLINGS

7,5€

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. 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



ROAST STURGEON

Roasted sturgeon with selected season potatoes and ghee butter

| 16€



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| a COMER

STEWED . STUFFED . ROASTED

STURGEON STEW **KCHUCH** 21€

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

CALF STEW **KHASLAMA** 18€

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

CHICKPEAS SOUP **PUTUKH** 18€

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

STUFFED VINE LEAVES WITH VEAL

DOLMÁ 18€

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

LAMB **KHORVU** 16€

Lamb stew with black plum, green butter and mashed pumpkin

LAMB WITH VEGETABLES ON LAVASH **KHURDJIN** 17€

Roasted stained lamb on Lavash bundle, stuffed with vegetables on beer sauce

ROAST STURGEON 16€

Roasted sturgeon with selected season potatoes and ghee butter

ROASTED ZUCCHINI WITH SPINACH AND POMEGRANATE SAUCE 12€

Tender roasted zucchini in aromatic olive oil with herbs and sautéed spinach leaves

**KCHUCH
STURGEON STEW****21€**

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



KHASHLAMA

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.



PUTUK CHICKPEAS STEW

18€

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



KHURDJIN

LAMB WITH VEGETABLES AND LAVASH

17€

Roasted stained lamb on Lavash bundle, stuffed with vegetables on beer sauce

The name of this dish comes from the Armenian word «khurdjin», which means «Muggle». In ancient times, Armenians used muggles to take fruits, vegetables, bread and other products. In our bundle of Lavash will find roast lamb, bell pepper, tomato, onion and of course it's coriander



LAMB KHORVU

Lamb stew with black plum, green butter and mashed pumpkin

| 16€

Formerly in Armenia, the day before the feasts, they bake lavash bread in the traditional oven, called the tandyr.

This oven, which is nothing more, nothing less than a hole in the soil, where the fire is lit on the underside. And then, after baking the bread for parties, roasted an entire lamb in the still hot oven.

The lamb was skinned, seasoned, and hung inside the slowly cooling oven. It was baking all night. At the bottom of the oven was placed a "pilav" of wheat grains or spelled. Tandyr was covered with animal skins so that the smoke gives the meat an unparalleled taste and aroma.

Here, in Ararate, we prepare Khorvu, of tender lamb meat, in the oven at low temperature for 6 hours



**ROASTED ZUCCHINI
WITH SPINACH AND POMEGRANATE SAUCE**

| 12€

Tender roasted zucchini in aromatic olive oil with herbs and
sautéed spinach leaves



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 18€

LAMB 17€

LAMB CHOPS 18€

PORK 14€

PORK RIBS 14€

STURGEON 22€

SKEWERS MINCED MEET **KHABAB**

CALF 18€

LAMB 16€

CHICKEN 14€

* All skewers go with garniture of potato or salad

LAMB GIBLETS ON COAL **PARDA** 12€

Lamb giblets skewered wrapped on lamb veil
with roast potatoes and salad

GRILLED VEGETABLES

SKEWERS POTATO «ARARATE» 5 €

TOMATOES, EGGPLANTS, PEPPERS 9,5 €

MUSHROOMS SKEWERS 6,5€

*nao inclui guarnição

EXTRA GARNITURES

COLD SALAD

4 €

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€



SOBREMESAS

ECLER 5€

Sweet choux stuffed with cream to the Chef's taste

MOSCATEL ROXO 8.5€

GATA 6€

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 6,5€

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

VALLADO LBV PORTO 8.5€

FRUITS SAMBAL WITH CARAMEL MERINGUE 6€

fruits and season berries

QUINTA DA LAGOALVA LATE HARVEST 2015 10€

GRILLED FIGS 7,5€

With crunchy meringue

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€

COMPOTAS CASEIRAS E PICANTE

FRASCO PEQUENO 5,5€

FRASCO MÉDIO 7,5€

FRASCO GRANDE 9,5€

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€



MERINGUE PIE

Meringue pie with cream to the Chef's taste

5€



TRILOGY OF ICE CREAM

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

7,5€





GRILLED FIGS
WITH CRUNCHY MERINGUE

| 7,5€

FRUITS
SAMBAL

WITH CARAMEL
MERINGUE

| 6€





**COZINHA TRADICIONAL
DA ARMENIA**

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