

ARMENIA

Armenia (Romanized Armenian: Hayastan) is a landlocked country located in a mountainous region in Eurasia, between the Black Sea and the Caspian Sea, in the southern Caucasus. It borders Turkey to the west, Georgia to the north, Azerbaijan to the east, and Iran to the south. It is considered a transcontinental country. For the United Nations Armenia is located in Western Asia, despite the country having extensive socio-political, historical, religious and cultural relations with Europe.

Armenia has been populated since prehistoric times. According to several legends biblical Garden of Eden was located there. The country is located on the plateau around Mount Ararat. According to Abrahamic tradition, it was the place where Noah's Ark ran aground after the Flood.

Armenia is the main heir of the legendary Ararat Empire, mentioned in several Sumerian inscriptions. In the Bronze Age, many states flourished in the area of Greater Armenia (or «historical Armenia»), including the Hittite Empire (the most powerful), Kingdom of Mitanni (southwest of Greater Armenia) and Hayasa-Azzi (1500–1200 BC) . The people of Nairi (12th–9th centuries BC) and the Kingdom of Urartu (1000–600 BC) also successively established their sovereignties on the Armenian plateau. Yerevan, the modern capital of the Republic of Armenia, was founded in 782 BC. by the Urartian king Argistis I.

Armenia, due to its strategic position, located between two continents, was subject to invasions by many peoples, including Assyrians, Greeks, Romans, Byzantines, Arabs, Mongols, Persians, Ottoman Turks. From the middle of 19th century Armenia became part of Russian Empire and then – USSR. Armenian independence was reestablished after collapse of the Soviet Union in 1991.

In 301, Armenia became the first officially Christian country in the world, taking it as the official state religion, when a number of Christian communities began to settle in the region from the year 40. There were several pagan communities before Christianity, but they were converted by the Christian missionaries. Tiridates III, along with Gregory the Illuminator, were the first official Christian leaders of the country, conducting the official conversion of the state 36 years before Constantine I was baptized.

PORTUGAL & ARMENIA

Armenia, which is situated at the intersection of trade routes, connects Europe and Asia. There are strong historical ties between the Portuguese and Armenians. Both these nations used to belong to the Roman Empire, being situated on its two opposite “poles” – the West and the East.

The ties between the Portuguese and Armenian merchants have been known since the Age of Discovery. The Portuguese used Armenia’s neutral position to penetrate Asian countries closed for Europeans in the Middle Ages. As a matter of fact, Portuguese merchants used to change into Armenian clothes and raise the Armenian flag on their ships in order to safely make profitable deals with intractable Indians. For instance, Bento de Góis, a Portuguese explorer of the 17th century, is depicted in such an Armenian commercial costume on the monument in his native town of Vila Franca do Campo on one of the Azores Islands. This was the costume he wore to be able to visit China in the company of Saak, an Armenian. The Portuguese name Armenio appeared in the same period, which unambiguously hints that, in addition to commercial ties between the Portuguese and Armenians, there were much closer relationships.

There is a well-known story about the Armenians who arrived in Porto in 1453 with the relics of St. Panteleimon – they saved them from the Muslim Turks who had seized Constantinople. They left the relics in the fishermen’s church of Saint Peter (igreja São Pedro de Miragaia) and settled nearby, giving the name “Armenian” (Rua Armenia) to one of the streets of Porto.

But the most famous Armenian in Portugal is Calouste Gulbenkian. His name is known to every Portuguese. Gulbenkian, one of the most decent representatives of the Armenian people, an oilman, diplomat, art collector and outstanding philanthropist, dedicated his life to Portugal. The educational and cultural projects of the Calouste Gulbenkian Foundation keep on connecting the Armenian and Portuguese peoples.

RESTAURANT

Ararate Restaurant invites you to try traditional Armenian dishes and the dishes of the Caucasian countries bordering on Armenia (Georgia, Turkie, Irão and others) with new Portuguese character added by us.

Armenia lies at the intersection of trade routes, which allowed it to get acquainted with the cuisines of many countries, and, besides, the Armenians themselves became so widespread in the world that they were able to bring home recipes from the most remote corners of the globe.

The Armenians borrowed from the Mediterranean cuisine a great number of vegetables and learned to combine them in various dishes. Oriental countries and nations gave the Armenian cuisine exquisite sauces and exotic spices. Ancient Turkich peoples, nomads and conquerors, gave them meat roasted on charcoal and shish kebab.

The peoples from Asia Minor introduced Armenians to chickpea dishes, having enriched the Armenian cuisine with hummus and dolma. But none of the “borrowed” dishes was left without improvements. Any new recipe has acquired over time the Armenian accent and Caucasian flavour.

We have thoroughly chosen local food, ripe vegetables, and fresh meat and enriched them with the Armenian millennial culinary experience, traditional spices and a mixture of fragrant mountain herbs delivered from the valleys of the Caucasus. The state-of-the-art equipment allows us to cook meals in the very center of Lisbon in the traditional way on open fire and charcoal as if you were in an old Armenian house at the foot of Ararat.

Our chef Andronik Mesropyan and his team from Armenia rely on their many years of experience to create a real symphony of classics and experiment for Armenian cuisine in Portugal. However, we don't merely want to make a gastronomic trip to Armenia, but we create a place in Lisbon able to tell the Portuguese about Armenia and Armenians through their unique cuisine and ancient traditions.

The restaurant is decorated in the Armenian style. We have brought from Armenia authentic Armenian carpets: the tradition of their manufacturing goes back millennia, and their “elder brothers” decorate the walls of the Museum of Calouste Gulbenkian, the great Armenian of Portugal. We have also brought pictures by modern Armenian artists.

Welcome and bari akhorjak! – Bon appetit!



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BAKERY

BAKERY

TRÊS SURPRESAS DO CHEF 4,5€ 


COUVERT SMALL STARTER


Three different sauces or paté with crispy lavash, Chef's choice

PASTRY WITH HERBS **JINGUYALOV KHATZ** 12,5 € 
Flat bread, similar to lavash, stuffed with 10 to 12 types of herbs

KHACHAPURI BARCO 12 €
PASTRY WITH CHEESE AND EGG
Traditional Caucasian pastry (Adjara region, Georgia) stuffed with
cheese, egg yolk and butter

PASTRY WITH CHEESE 13,5 €
KHACHAPURI
Georgian pastry stuffed with cheese

RED BEANS PASTRY 11,5 € 
Red beans and armenian aromatic herbs bread

LAVASH ARMENIAN BREAD 3,5€ 
Foliage bread is the typical bread of Armenia. It is made with wheat flour and without yeast, which allows obtaining a very thin bread like tortilla, only much bigger. The lavash leaves stay dry in a short time and can be stored for several months. To consume them, just sprinkle with water, wrap in a cloth and, in half an hour, the lavash is ready to be used. It can be heated to accompany a meal, or stuffed with a variety of vegetables, cheese or something else you desire

BREAD BASKET 3,5€

LAVASH CRISPY 2 €

JINGUYALOV KHATZ HERBS PASTRY

| 12,5 €

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 with the herbs bouquet that you will use to your taste by combining flavors and aromas in a way that suits you best. It is convenient, as there is no strict combination.

However, it is important to follow some rules: the base must be made with vegetables that do not have a very pronounced flavor, such as lettuce, spinach, salt pan (atriplex), beetroot leaves, shepherd's bag, violet flowers, and other vegetables. You have to add a few vegetables with a specific flavor, such as chervil, nettles, chives; some with a sour taste, such as sour or flavored spicy like saxifrage pepper and a bit of bitter taste vegetables, such as dandelion



PASTEL COM FEIJÃO

RED BEANS PASTRY

| 11,5€

Traditional pastry with red beans and aromatic herbs from Armenia.



KHACHAPURI BARCO **CHEESE AND EGG PASTRY**

12€

Traditional Caucasian (Adjara region, Georgia) pastry in the shape of a boat, filled with cheese, in the center of which, at the end of preparation, are added egg yolk and butter.

In the literal translation «khachapuri» means «bread and cheese». This pastry is to eat by hand. Take the edges of the «boat» and start by breaking it into pieces. Dip every bit into the cheese and egg filling



KHACHAPURI
CHEESE PASTRY

Traditional georgian pastry with cheese

| 13,5€





| appetizers

SOUPS SALADS

YOGURT SOUP **SPASS** 6,5€

Homemade yogurt soup with matzun (fermented dairy product), dzavar (a variety of mountain wheat) and butter.

It can be served cold or hot

PUMPKIN SOUP 5€

Pumpkin soup with honey, oil, garlic, sunflower seeds, and mint

RED BEANS SOUP 5,5€

Red beans soup with garlic and herbs (coriander, parsley, basil)

CHICKPEA PUREED SOUP 6,5€

Creamy chickpea soup with wild mushrooms

MUSHROOMS CREAM 6,5€

Creamy mushroom soup with cream

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CHICKEN HEARTS SALAD 9€

Tomatoes, red onion, pomegranate, coriander with a slice of chilli and fried chicken heart

COLD SALAD **CHOBAN** 9,5€

Tomatoes, cucumbers, peppers, and onion salad with aromatic herbs and sunflower oil

AVELUK 6,5€

Aveluk (wild sorrel) salad with onion, spices, pomegranates and walnuts. Aveluk is an exclusively Armenian dish

BEETROOT AND HOMEMADE CHEESE SALAD 12€

Wood-oven smoked beet, lettuce, homemade cheese and herbs

BULGUR SALAD **TABULÉ** 8€

Bulgur salad with chopped tomatoes and parsley, served in lettuce leaves

SPASS **YOGURT SOUP**

| 6,5€

Spas or tanapoor (from Armenian tan – diluted matzun, apur – soup) is a dish of Armenian gastronomy. It is a tangy, creamy soup, which base is a fermented dairy product.

The first ingredient in the soup is cereal. Traditionally it is a porridge made from a whole wheat variety called dzavar. This cereal has been known in Armenia since ancient times, it is mountain wheat, which presents itself in a very fine grain which is pre-cooked, lightly dried, peeled and then dried completely.

In some recipes dzavar is substituted for rice. The second ingredient in the soup is matzun, diluted to the desired consistency. And finally, the third component – chicken eggs. When the soup is done, fried onions can be added (traditionally we add coriander and mint). In summer the soup is consumed cold, in winter - warm. It can be served at the beginning or at the end of the meal



RED BEANS SOUP

Red beans soup with garlic and herbs
(coriander, parsley, basil)

| 5,5€



PUMPKIN SOUP

Pumpkin soup with honey, oil, garlic,
sunflower seeds and mint

| 5€



CHICKPEA PUREE

CREAMY CHICKPEA SOUP WITH WILD MUSHROOMS

6,5€



MUSHROOMS CREAM SOUP

6,5€



CHICKEN HEARTS SALAD

| 9€

Tomatoes, red onion, pomegranate, coriander with
a slice of chilli and fried chicken hearts



CHOBAN
COLD SALAD

| 9,5€

Tomatoes, cucumbers, peppers, and onion salad with aromatic herbs and sunflower oil.

A Choban (shepherd) spends the most of his days, taking care of his flock in the mountains, sleeps upright and eats simple and healthy food



AVELUK
WILD SORREL SALAD

| 6,5€

Aveluk or Wild Sorrel is a common plant, but it is in Armenia where Aveluk is actively harvested, processed and used as an ingredient in traditional cuisine.

This plant grows in the mountainous regions of Armenia and has a sour, slightly bitter flavor. Aveluk is typically harvested during the spring months and then dried. Fresh leaves are quite bitter, so no one eats them raw. However, during drying fermentation occurs, which pleasantly changes the flavor.

Aveluk braids are traditionally woven by Armenian women and can be very long, up to four times the height of the woman preparing them. After braiding, the strands are hung in a shaded and windy place until they dry. Dried Aveluk can be stored for a long time and used in dishes all year round. The preparation recipes vary: salads, savory snacks and soups, pastries and hot dishes. Praised for its exquisite taste and remarkable medical benefits, Aveluk is very popular in Armenia



**SALADA COM BETERRABA
E QUEIJO CASEIRO**
BEETROOT AND HOMEMADE CHEESE SALAD

| 12€

Wood-oven smoked beet, lettuce, homemade cheese and herbs



TABULÉ

BULGUR SALAD

| 8€

It is a very popular salad in the Caucasus and in the Middle East. Tabulé is ground wheat (bulgur) with fresh tomatoes and aromatic herbs (parsley, chives), served on lettuce leaves



EGGPLANT CAVIAR

Grilled eggplants and peppers are crushed and mixed with herbs

8€



TAPAS ENTRADAS

EGGPLANT CAVIAR 8€ 

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

CHEESE AND HERBS 7,5€ 

MARINATED SALMON 8,9€
Salmon marinated in salt and butter

SMOKED STURGEON 13€

Slices of smoked and matured sturgeon in our oven

TURKEY IN WALNUT SAUCE SATSIVI 9,5€

Turkey pieces prepared at low temperature in a walnut sauce with garlic. Cold starter

TRADITIONAL SAUSAGE BOARD 16,5€

Duck breast chips, veal tongue, and basturma

EGGPLANT ROLLS 5,9€ 

Tender strips of roasted eggplant filled with creamy cheese and rolled into finger-sized pieces. The filling is a tasty mixture of drained yogurt cheese, crushed walnuts, garlic and coriander

MINI VEGETABLES 6,5€ 

Charcoal grilled peppers, eggplant and carrot with mushrooms

CHICKPEAS PATÉ 6,5€ 

Pureed chickpeas with sun-dried tomatoes and oil

TNAKAN TTU 6€ 

Homemade mixed pickles. Typical armenian dish.
White cove, cove flower, carrot, beetroot, marinated cucumber
(may vary)

CHEESE AND HERBS

| 7,5€



MARINATED SALMON

| 8,9€



SATSIVI
TURKEY IN WALNUT SAUCE

| 9,5€

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



TRADITIONAL SAUSAGE BOARD

16,5€

SUDJUK
BASTURMA
DUCK BREAST
VEAL TONGUE

Basturma and sujuk are traditional meat sausages that are customary to start with an Armenian meal. What is the difference between them?

Sujuk is a type of hard dry sausage made from minced meat and shortening with the addition of spices. It is famous for its sharp flavor and special aroma of spices.

Basturma is an air-dried beef wrapped in spices. It's kind of a ham, but made with sirloin. Like ham, basturma meat is not subjected to heat treatment and preserves all vitamins and minerals which disappear during usual cooking. When served, the spice layer is not scraped, the meat itself is cut into very thin slices, with no thickness greater than 2 mm



EGGPLANT ROLLS

Tender strips of roasted eggplant filled with creamy cheese and rolled into finger-sized pieces. The filling is a tasty mixture of drained yogurt cheese, crushed walnuts, garlic and coriander

5,9€



MINI VEGETABLES

Charcoal grilled peppers, eggplant and carrot with mushrooms

6,5€





**HOT TAPAS
STARTERS**

HOT TAPAS STARTERS

PRAWNS IN ADJIKA 16€

Tiger prawns in Adjika sauce (tomato, red peppers, chilli and spices)

KHARISSÁ 8,9€

Very special, powerful and historic Armenian dish. Dzavar (dried crushed wheat) porridge with chicken meat

VEAL ROLLS WITH GRAPEVINE LEAVES **DOLMÁ**

20€/ HALF 12€

Minced veal with rice, onions, vegetables and spices, wrapped in grapevine leaves with matsun sauce and garlic

LAMB WITH HERBS **CHACAPULI** 11,5€

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

GRILLED VEGETABLE SALAD **HAMEST TATÝ** 10,5€ 

Charcoal grilled vegetables (eggplants, tomatoes, green peppers), later passed/sautéed in ghee butter with onions and sprinkled with coriander, can be served hot or cold

CHICKPEAS PÂTÉ WITH GRILLED VENISON 13,5€

Pieces of grilled deer with pureed chickpeas, sun-dried tomatoes and spiced oil

CHICKPEAS PÂTÉ WITH GRILLED SHRIMPS 17€

Grilled shrimps with pureed chickpeas, sun-dried tomatoes and spiced oil

LAMB OFFAL **TJVJIK** 9,7€

Lamb liver, heart, lungs stewed with onions and tomatoes

STUFFED DOUGH BAGS **KHINKALI**

2,75€ UNIDADE

Artistically hand molded dough «bags», filled with succulent minced meat and a rich aromatic broth

*minimum order - 3 units

PRAWNS IN ADJIKA

| 16€

Tiger prawns in Adjika sauce
(tomato, red peppers, chilli and spices)



KHARISSÁ

DZAVAR PORRIDGE WITH CHICKEN MEAT

| 8,9€

Kharissá is a porridge made from dried or fried and crushed husked wheat (Dzavar) and fatty meat, usually chicken or lamb, which is stirred and cooked over heat for several hours, giving it a unique “creamy” texture. The meat remains almost invisible on the plate, as it dissolves during the long hours of cooking.

The Armenian word “kharissa” comes from “to stir” [harir sa]. Kharissa is traditionally served on Easter Day and is considered the national dish of Armenia.

Armenian Christian legends date the origin of kharissa to the times of Grigor Lusavorich (Saint Gregory the Illuminator), who converted King Trdat III to Christianity in the early 4th century. Legend has it that Grigor ordered the lamb to be cooked in large pots as a sacrifice to be distributed to the poor. When it became obvious that there were too many people for there to be enough meat to go around, he ordered wheat to be added to the meat and mixed



DOLMÁ

VEAL ROLLS

IN GRAPEVINE LEAVES

| 20€ / 12€

Dolma is one of Armenia's greatest gastronomic symbols. A traditional dish that dates back to antiquity and are filled with chopped veal or lamb with rice.

Wrapped in grapevine leaves are served with matsoun and garlic, but even without anything, it's delicious due a unique flavor of grapevine leaves. Their acidity gives the meat plenty of tenderness and provides an unforgettable flavor. Vine leaves are strong, which allows them to withstand high temperatures without breaking up during cooking.

Here you can taste the best veal dolmá, prepared with love from the best ingredients



CHACAPULI

LAMB WITH AROMATIC HERBS

11,5€

Chackapuli – pieces of lamb stewed in aromatic herbs from the mountains. It is a true symbol of spring for Caucasians. People start preparing it as soon as fresh aromatic herbs appear in meadows and green plum trees (tkemali) pop up in orchards. Tkemali is an essential ingredient for this divine dish.

This traditional Easter food is cooked on fire in a large pot to win that special taste. A true hymn to spring!



HAMEST TATY

GRILLED VEGETABLES SALAD

Charcoal grilled vegetables (eggplants, tomatoes, green peppers), later passed/sautéed in ghee butter with onions and sprinkled with coriander, can be served hot or cold

| 10,5€



CHICKPEAS PATÉ

WITH GRILLED DEER

| 13,5€

WITH GRILLED SHRIMPS

| 17,0€

Pieces of grilled deer or shrimps on pureed chickpeas with sun-dried tomatoes and spiced oil



TJVJIK

LAMB OFFAL

| 9,7€

In Armenian the word «tjvjik» means «liver». Tjvjik is made of lamb giblets (or pipís, as they are also known) or calf: liver, lungs, heart, and kidneys with a generous amount of onions and tomatoes.

In the classic version tjvjik is cooked the same way it was made by ancient Armenians in the mountain villages. At that time, while men prepared the meat for winter after slotting, women made a delicious tjvjik for everyone to enjoy all animal parts, similar to the 'sarrabulho' made in Portugal.

By-products are thoroughly washed, then fried in animals' fat with a large amount of onions and tomatoes. In a festive version of the dish they also add plum sorrel that gives the dish an extraordinary taste



KHINKALI
MEAT STUFFED DOUGH BAGS

| 2,75€ UND

MIN 3UND

Khinkali is a legendary dish well-recognized and is famous in the entire territory of the Caucasus, from Pshavi mountains. It's a hand-molded dough «bag», full of juicy minced meat. One thing which distinguishes khinkali from other stuffed pasta is a profound existence of a rich aromatic broth inside.

The most important step in preparing khinkali is molding it in the way that is traditionally done with a «save» on top.

Khinkali is eaten by hand, crack the dough very carefully so that the broth doesn't pour out. The broth should be drunk afterwards, leaving only the 'save'. It is not eaten, as a rule






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STEWED
FRIED

BAKED
GRILLED

ENSOPADOS ASSADOS QUELHADOS

MEAT

VEAL STEW **KHASLAMA** 19,5€

Veal (calf) meat stewed in its own juices with potatoes, peppers, tomatoes, onions, parsley, and coriander

CHICKPEAS SOUP **PUTUKH** 21€

HALF DOSE 12€

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

LAMB WITH EMMER WHEAT

49,5€ / HALF DOSE 22,5€

Carefully selected lamb rump, marinated with spices and herbs for 24 - 36 hours and then cooked at low temperature for 2 hours (sous vide technology). Served with Achar (Emmer wheat or hulled wheat) and mushrooms

LAMB WITH VEGETABLES IN LAVASH **KHURDJIN** 22€

Oven roasted lamb in a bundle of lavash with vegetables
stewed in beer
veal option 21€

VENISON STEAK 22,5€

Venison loin with fennel, leek straw and creamy horseradish

SEAFOOD

FISH STEW **KCHUCH** 21€

Rich fish soup with peppers, potatoes, and carrots,
served in a clay pot

SEABASS 17€

Boneless seabass fillet with purple mashed potatoes and carrots, with
ginger, tomato and parsley sauce

SCALLOPS AND SHRIMPS 18,5€

A light snack consisting of scallops on the shell and grilled shrimps

SEAFOOD PLATTER 66€

Seafood set for 3-4 people: sea bass, shrimp, scallops, shrimp kebab
with tarragon

KHASLAMA **VEAL STEW**

| 19,5€

Khashlama, one of the oldest traditional Armenian dishes, was used to cure colds and general malaise.

There is no consensus among Armenian women on a proper khashlama recipe. In any corner of the country (or even in any house) there are its tweaks and preparation secrets of this dish. In addition to the fact that several sources indicate types of different types of meat base: lamb, beef or even of chicken.

What does not vary is the way to prepare: pieces of meat and vegetables are layered in a thick-bottomed pan and then bake (or stew, there is no agreement either) in its own juices. As a result, we have a very tender meat impregnated with vegetable juices and fresh herbs and spices.



PUTUK **CHICKPEAS STEW**

HALF DOSE 12 €

It's a soup that occupies a special place in Armenian cuisine. It's only prepared on big occasions for a large group of family and friends.

Putuk is made of lamb loin, chickpeas, bulgur, and succulent vegetables. All of this is served in a small pot covered with flat bread

| 21€



KHURDJIN

LAMB WITH VEGETABLES IN LAVASH

option **VEAL 21€**

| 22€

Oven roasted lamb in a bundle of lavash with vegetables stewed in beer (veal option).

The name of this dish comes from the Armenian word «khurdjin», which means «muggle». In the past, Armenians used muggles to get fruits, vegetables, bread and other products. In our lavash bundle you'll find roasted lamb, peppers, tomatoes, onions and, of course, coriander



LAMB WITH EMMER WHEAT

half dose **22,5€**

Carefully selected lamb rump, marinated with spices and herbs for 24 - 36 hours and then cooked at low temperature for 2 hours (sous vide technology). Served with Achar (Emmer wheat or hulled wheat) and mushrooms.

This dish became known thanks to the ancient armenian tradition during the preparation of lavash (Armenian bread) for the winter, when all the villagers gathered to celebrate. While the tonir was still hot, they hung a whole pre-marinated lamb carcass in the tonir and left it there overnight

| 49,5€



KCHUCH **FISH STEW**

| 21€

Rich fish stew with peppers, potatoes, and carrots, served in a clay pot.

Fish kchuch might be one of the oldest dishes in the Armenia. The recipe was practically unchanged during the last centuries: gleaming vegetables grew in the hot sun of the Caucasus, succulent fish from the rivers of Sevan and Arax and, of course, the earthenware, that is, kchuch, which gives the name of this delicious dish based on its components



SEAFOOD PLATTER

66€

SEABASS, SHRIMPS, SCALLOPS, SHRIMP KEBAB WITH TARRAGON

Today's Armenia is a small state in the middle of the Caucasus Mountains. But there were times, at the beginning of the New Age, when there was the so-called Greater Armenia. It was a huge state between the Caspian Sea and the Mediterranean Sea that included, in addition to the «little Armenia», modern territories of Iraq, Turkey, Syria, and Lebanon. Until nowadays, the diasporas of Syria and Lebanon, proudly record their history that had beginning in your ancestors who lived in Greater Armenia.

Later, when it collapsed as a result of aggressive neighbors' military actions, around the current border of Syria and Turkey – there was Cilicia Armenia – another coastal state. Even in the United States of America, where the diaspora even surpasses the number of residents of Armenia, Armenians prefer to live in coastal sites, particularly in California, Massachusetts and New York.

So, even though meat dishes are the calling card, but we are unable not to pay special attention to fish and seafood dishes. Besides that our «Ararate» is located in the wonderful city of Lisbon, impossible to imagine without the Atlantic Ocean rich offerings.



SCALLOPS AND SHRIMP

A light snack consisting of scallops on the shell and grilled shrimps

| 18,5€



SEABASS

Boneless seabass fillet with purple mashed potatoes and carrots, with ginger, tomato and parsley sauce

| 17€

VENISON STEAK

Venison loin with fennel, garlic «straw» and creamy horseradish

| 22,5€






ararate

| **SKEWERS**

SKEWERS

CHARCOAL GRILLED

KHOROVATS VEAL 19,5 €

KHOROVATS LAMB 21 €

KHOROVATS LAMB CHOPS 26 €

KHOROVATS PORK 17€

KHOROVATS STURGEON 24 €

KHOROVATS SALMON 17 €

LULYÁ-KHABAB MINCED CHICKEN 16 €

LULYÁ-KHABAB MINCED LAMB 17 €

LULYÁ-KHABAB MINCED SHRIMP 17,5€

SET OF 4 SKEWERS CHOICES BELOW

I (VEAL, PORK, CHICKEN MINCED LULYÁ, LAMB MINCED LULYÁ)
69 €

II (VEAL, LAMB, LAMB CHOPS, MUSHROOMS)
72 €

* all skewers and kebabs (except shrimp that comes with its own side dish) are served with cold salad or potatoes

GRILLED VEGETABLES

TOMATOES, EGGPLANTS, PEPPERS 11€ 
MUSHROOMS SKEWER 8€ 

*does not include side dish

ADDITIONAL

COLD SALAD 5€

BAKED POTATOES 5€

SAUCE (IOGURT OR TOMATOES) 1,5€

SAUCE TKEMALI 2,5€

SAUCE ADJIKA (150 G) 5€

KHOROVATS (SHASHLIK)

MEAT STEWERS AT CHOICE

(foto - SET I and II)

One of the central places of Armenian gastronomy is occupied by meat and place central among the meats belongs to the khorovats, also known as shashlik. It is with great respect that we treat the old traditions and try to keep the same technology in preparation that was used fifteen hundred years ago.

It is roasted over an open fire. In Armenia we can find more than twenty varieties of this dish, each of which has a special marinade.

During preparation the meat is impregnated with wood aromas, acquiring a wonderful taste and smell





LULYÁ-KHABAB MINCED MEAT KEBABS

(CHICKEN, LAMB OR SHRIMPS)

Kebab (or Lulyá-khabab) is a common name for very typical grilled meat dishes of the Middle East and Central Asia. The word «kebab» in Persian means «grilled meat». Therefore, it can be considered as the oldest dish in the world.

Lulyá-kebab is basically minced meat kebab with added onions, roasted in coal. Another peculiarity is in kneading the meat for a long period, to give the latter a special shape so that it doesn't fall apart and remain firm on the skewer. According to the traditions the cooked dish is sprinkled with aromatic herbs



GRILLED VEGETABLES

grilled vegetables (tomatoes, eggplants, peppers)
mushrooms skewer
potatoes skewer



Without a doubt that Armenia is a country whose sunbeams ripen the most wonderful fruit aromatic and tasty. Fruit in Armenia occupies a place very important and can be purchased throughout the year in many different ways: fresh fruit, dry (dried fruit and candied fruit), in brine, marinated or as jam.

Everything serves to make jam. For example, jam from unripe nuts and watermelon rind.

Fruits are an important ingredient in many typical dishes. They are added to various meat and fish platters, as well as, pastries which give dishes an unmatched flavor and aroma.

Nature in Armenian mountainous region is so diverse that some fruits ripen about a month after fruits in the valley of Ararat, which allows you to enjoy longer time with the fruit you like the most.

In Armenia, in addition to other things, they cultivate: pomegranate, apricot, feijoa, watermelon, persimmon, peach, blackberry and figs.

DOCE DA CASA



DESSERTS

ECLER 6€

Sugary dough balls, known as choux, filled with custard as our chef likes it and a lot of powdered sugar (3 pcs)

GATA 7€

Puff pastry cake filled with a mixture of sugar, butter and flour

HONEY CAKE 6€

Layered dough cake based on honey and sour cream

PAKHLAVA 7€

Pastel made with a paste of walnuts crushed with cloves and cinnamon, wrapped in filo pastry and bathed in syrup

POKHINDZ 7,5€

Ground and lightly toasted wheat flour combined with fruit syrup.
Served with homemade ice cream

MERINGUE PIE 6€

Meringue pie with cream to the Chef's taste

ROASTED PEAR 8€

with cinnamon and homemade praline ice cream

HOMEMADE ICE CREAM 3€

lemon-mint, praline and other flavours

DOCE DA CASA 8€

Cream with vanilla from Madagascar, red fruits, mango and pure mango

TRILOGY OF FLAVORS 7€

Honey cake, Pakhlava and Ecler

HOMEMADE JAM 5,5€

APRICOT, WALNUTS AND WHITE CHERRY

FLAVOURED TEA

TEAPOT 5,5 €

ECLER

This French dessert has long been “naturalized” in Armenia and is a regular dish at any celebration.

Sugary dough balls, known as choux, stuffed with custard cream as our chef likes those (3 pcs)

6€



HONEY CAKE

Honey-based layered dough cake and sour cream

6€



PAKHLAVA

7€

Pakhlava (or baklava, as it is better known in the world western) is a typical Eastern dessert. It has an incredibly tasty honey aroma and is made from puff pastry and walnuts, watered with bee nectar.

The dessert was born a good few centuries in one of the states of the Middle East. History of creation of pakhlava is full of contradictory facts in which there is only one thing in common – the delicious taste of pakhlava “forced” the travelers taking the recipes.

And so it is, through the «silk route» that the pakhlava arrived in Armenia, where local confectioners ended up adding ground cinnamon and cloves to the other spices)



GATA

Puff pastry cake filled with a mixture of sugar, butter, and flour.

Gata is a typical dessert from the Caucasus. It is similar to a cookie and is made of puff pastry with sugary filling. It is served at parties. The quality of preparation demonstrates the talent of the Armenian woman.

In the past, during big festivities, women competed with each other in the art of preparing gata, who occupied a prominent place at the table

7€



POKHINDZ

Pokhindz is an ancient traditional dessert of Armenian cuisine that brings back childhood memories for many Armenians.

In a frying pan, pokhindz – ground and lightly toasted wheat flour – is combined with butter and sweetened liquid (Doshab blackberry syrup or any fruit syrup or simply honey mixed with water). Then the thick mixture is molded into any shape and consumed cold.

Our version of this no-cook dessert is called Kolondrak (which translates to “snowball” from the Artsakh dialect) and features a smooth consistency of pokhindz and sweet syrup. Served with homemade ice cream



| 7,5€

ROASTED PEAR

with cinnamon and homemade praline ice cream



| 8€

MERINGUE PIE

Meringue pie with cream to the Chef's taste

| 6€



TRILOGY

honey cake, eclair e pakhlava

7€



TEA AND COFFEE

HERBS TEA (ARMÉNIA) 5.50 €

teapot 0,75 Lt

TEA (black with flavours, herbs) 5,50€

teapot 0,75 Lt

CAFÉ ARARATE 5€

100% Arábica

