

BAM 竹 BOO

Menu

“Por mares nunca antes navegados”

Vasco da Gama, the Portuguese explorer, was the first European to reach India by sea, thereby linking Europe and Asia by ocean route, and connecting the West and the Orient. This epic voyage was hailed by the natives as bold and courageous, and the explorers were immediately welcomed. Amongst several gifts they received were spices which have enriched our gastronomy with color and flavour. Bam Boo is the fusion of these Asian flavours with the finest and freshest ingredients of the Algarve and those grown in our very own organic garden created and nurtured by the Alambique family.

The voyage begins here 開始我們的路線

Prawn Crackers 🌊	4,50€
Naan - Indian bread	4,50€
Naan - Indian bread served with omega-3 sardines	11,50€
Mushrooms Gyozas (2UN) 🌱	7,50€
Chicken Gyozas (2UN)	8,50€
Prawns Gyozas (2UN) 🌊	9,50€
Edamame - soya beans cooked with soy sauce, sake and rock salt 🌱	5,50€
Prawn Tempura (6UN) 🌊	14,90€
Vegetables Tempura (6UN) - asparagus, green beans and courgettes 🌱	12,90€

Soup 湯類

Misoshiro – with tofu, nori seaweed and spring onions	6,50€
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Ceviche 酸橘汁醃魚

White Fish and Passion fruit 🌊🌊	16,90€
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Salads 色拉

Watermelon & melon salad – with feta cheese (lactose free) and chia seeds 🌱	7,50€
Quinoa Salad – with cooked vegetables, orange vinaigrette and agave 🌱	12,90€

Bao 寶麵包

Bao bun filled with shredded chicken	7,90€
Bao bun filled with asian vegetables 	7,90€
Bao bun filled with prawns 	10,90€
Bao bun filled with "Rabo de boi" – Portuguese style oxtail with oyster sauce and chinese cabbage 	11,90€
Bao bun filled with duck – with leek, Cumberland sauce and sliced chilli 	10,90€
Bao bun filled with soft Shell crab 	15,50€

Chef Suggestions 廚師的建議

Beijing Duck - served with our bao and a julienne of cucumber and leek	28,50€
Galician Pork Belly - cooked at low temperature served with little gem lettuce, guacamole and mango	19,50€
Tuna Tataki- served with wok fried vegetables and teriyaki sauce	30,50€
Black Cod - in tamarind miso sauce " Bam Boo" style	25,50€
Piri Lara Tofu - spicy toasted tofu with crunchy salad  	12,50€

Sides 修剪

African Rice 	5,50€
Truffled mashed potatoes	6,50€
Steamed jasmine rice	4,50€
Sweet potato foams with kalamata olives	4,50€

Bam BOO Kids (all homemade) 子菜單

Beef Burger and french fries	12,50€
Spaghetti Bolognese	12,50€
Chicken goujons and french fries	12,50€

BAM竹BOO

Do Japão 本から

Sushi 寿司

Ussuzukuri (15UN)

served with truffled ponzo sauce

Salmon	17,50€
Tuna	18,50€
Torus fish	19,50€
Mix	20,50€

Temake (1UN)

Salmon, chives	9,50€
Tuna, sesame	10,50€

Hossomaki (4UN)

Shakemake	5,50€
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Salmon roll

Tekamake	6,50€
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Tuna Roll

Kapamake	4,50€
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Cucumber roll 🌱

Uramak (4UN)

Califórnia – salmon, prawn, cucumber, mango and sushi caviar 🌊	6,50€
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Maki crab – crab tempura, avocado, Japanese mayonnaise and sushi caviar 🌊	7,50€
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Dashimaki – wrapped in egg coating, salmon, prawn, avocado Japanese mayonnaise, sesame and sushi caviar 🌊	7,50€
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Uramak Salmão – salmon, chives and sesame	5,50€
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Spicy Tuna – tuna, Japanese mayonnaise, chives and wasabe roe 🌶️	8,50€
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Dragon – salmon, scallops, avocado braised and served with teriyaki sauce 🌊	8,50€
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Salmon Tartare – chopped salmon with mustard, kizame and chives, with quails eggs 🌊	17,50€
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Tuna Tartare – chopped tuna with mustard, kizame and chives, with quails eggs 🌊	19,50€
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Combo

Sushi Mix (8UN)	16,00€
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Vegetarian Mix (8UN) 🌱	12,00€
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Sushi and sashimi Mix (16UN)	26,00€
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Sushi and Sashimi Mix 2Pax (38UN)	48,00€
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Chef Suggestions 上司の提案

Nigiri Unagi (2UN) – smoked eel, foi gras, teryaki and rock salt	15,50€
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Truffled Gunkan (2UN) – salmon, alaskan crab, quails eggs, black truffle, sushi caviar, rock salt and leek 🌊	15,50€
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Gunkan Toro (2UN) – torus fish, alaskan crab and sushi caviar 🌊	15,50€
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Maki Toro (4UN) – tuna belly, royal crab and sushi caviar 🌊	18,50€
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Thai 泰式

Appetizers and Salads 開胃菜和開胃菜

Pho Pia Tod (3UN) - vegetables rolls 🌱	10,50€
Pho Pia Gai (3UN) - chicken rolls	12,50€
Pho Pia Kung (3UN) - prawn rolls 🌊	12,50€
Saté Gai (4UN) - small chicken kebab	14,50€
Yam Talai - spicy seafood salad 🌶️🌊	17,50€
Yam Nua - lukewarm beef salad 🌶️	20,50€
Larb Gai - minced chicken salad	15,50€
Yam Takai - lemon grass salad with prawns, minced chicken, cashew and peanuts 🌊🌰	17,50€

Soups 湯類

Tom Yam Kung - prawn soup with lemongrass and chilli 🌶️🌊	13,50€
Tom Kha Gai - coconut cream soup with chicken, mushrooms, thai herbs, lime leaves and chilli 🌶️	12,50€
Tom Kha Vegan - coconut cream soup with mushrooms, thai herbs, lime leaves and chilli 🌱🌶️	10,50€
Noodles Soup - with vegetables 🌱	8,90€

Thai Noodles – Fried Rice 泰國麵條和炒飯

Phad Thai	
Fried thai noodles with prawns, soy beans, spring onions and peanuts 🌊🌰	20,50€
Fried thai noodles with chicken, soy beans, spring onions and peanuts 🌰	17,50€
Fried thai noodles with vegetables, soy beans, spring onions and peanuts 🌱🌰	15,50€
Phad Si-Ey Moo - soy noodles with vegetables, bamboo and pork	19,50€
Khaw Pad Gai - fried rice with chicken	19,50€
Khaw pad Kung - fried rice with prawns 🌊	20,50€
Pineapple Fried Rice - with chicken, raisins and cashew 🌰	19,50€
Pineapple Fried Rice - with prawns, raisins and cashew 🌊🌰	20,50€
Pineapple Fried Rice - with raisins and cashew 🌱🌰	15,50€

Fish and Sea 魚和海鮮

Pla Tod Sam Rod - sautéed fillet of sea bass with sweet and sour sauce	24,50€
Kung Phad Phong Karee - sautéed prawns with thai curry and vegetables 🌊	27,50€

Meat and Poultry 肉和家禽

Green Curry 🌶️	
With Chicken	18,00€
With Prawns 🌊	23,00€
Red Curry 🌶️	
With Chicken	18,00€
With Beef	23,00€
Panang Curry 🌶️	
With Pork	19,50€
With Beef	23,50€
Massamang Curry - of Lamb 🌶️	23,50€
Nue Ga Tiem - sliced beef tenderloin sautéed with pepper and garlic	25,50€
Pad Ka Pao Gai - sliced chicken breast sautéed with hot basil leaves and chilli 🌶️	18,50€