

Vegan Life
Chose Me



ALMARIA

EDIFÍCIOS COM HISTÓRIA

Why Lisbon?

“Starting with roasted sardines ending in Belém pastries, Lisbon has a cuisine as inviting as the city and the region.

The roasted sardine is eaten all over the country, but in Lisbon it has a special tradition at the Santos Populares festivities in June. Especially in summer, it is a mandatory dish in a typical restaurant or on the beach terrace, with roasted peppers, seasoned with excellent Portuguese olive oil.

However, the boats that give color to the region's fishing ports - Ericeira, Cascais, Sesimbra or Setúbal - supply many other fish and seafood from succulent stews, fish soups or simple grilled fish. Like the red mullet from Setúbal and the fried cuttlefish. In Portugal, we have the best fish in the world!

Many sweet temptations alone justify the trip, all of them around the capital: the Cascais nuts at the end of the beautiful Estoril Coast line; the queijadas and pillows of Sintra or the fofos de Belas in the green Sintra Cultural Landscape, punctuated by palaces and classified as World Heritage by Unesco; and, just passing the Tagus to the south, we find the Azeitão pies. Our sweets do not end, but there is something that no one can miss on a visit to Lisbon: in the monumental area of Belém, where there are also two World Heritage exponents, it is mandatory to taste the sweet tooth of Belém, an ex-libris of the conventual sweets that it is part of the brand image of Portuguese gastronomy.”

<https://www.visitportugal.com/pt-pt/node/196876>



Where to Eat Vegan in Lisbon

- **Kitchen Dates**

“We think of the menus with what is available at the moment, in line with what the land gives us and with the confidence that week after week our producers will bring us the best of their land. In return, we give them our compost, a precious element to return to the soil a concentrated mixture of nutrients, 100% natural.”

<https://kitchendates.pt/>


Where to Eat Vegan in Lisbon

- **The Green Affair**

“We confess our passion for an exclusively vegetal gastronomic world. Sophisticated without being formal. Ethical without being boring. Conscious, but forgiving. ”

www.facebook.com/pg/thegreenaffairpt





Where to Eat Vegan in Lisbon

- **Veganapati**

“We at Veganapati seek to offer a compassionate, healthy, sustainable and stimulating lifestyle that is reflected in our vegan cuisine.”

<https://www.veganapati.pt/>

Where to Eat Vegan in Lisbon

- **Ao 26 Vegan Food project**

“In a restaurant where nothing of animal origin enters and where greedy hamburgers are served in bolo do caco, varied fruit cheesecakes and even seitan bifanas. Ao 26 - Vegan Food Project is a place for lunch, lunch and dinner, based on a letter of snacks made with influences from around the world. ”

<https://www.facebook.com/ao26veganfoodproject/>



Where to Eat Vegan in Lisbon

- **Eight – The Health Lounge**

“Eight - The Health Lounge promises a trip back to its origins, an adventure in search of a healthy and full life, with eight supply points always available. Eight secrets that are not kept, are shared, all in plain sight of whoever wants to understand and follow them.”

<https://www.8healthlounge.com/pt/eight>



Where to Eat Vegan in Lisbon

- **O Botanista**

“We don't want to recreate what already exists in a vegan version. Rather, we want to present good things, that feed you and that you know well, and that you forget that you don't have meat, fish or eggs. There's nothing animal about it, but you don't even say it's vegan. ”

<https://www.facebook.com/Obotanista/>



Where to Eat Vegan in Lisbon

- **My Mother's Daughters**

"My Mother's Daughters is the coffee of three daughters and their mother in Largo de São Sebastião where they eat dishes without animal products, tendency to be organic, with super foods to mix and a lot of attention to waste"

<https://www.timeout.pt/lisboa/pt/restaurantes/my-mothers-daughters>



Where to Eat Vegan in Lisbon

- Las Vegan

"Las Vegan, the restaurant made of greens and puns."

<https://www.facebook.com/lasveganlisboa/>

