

## RESTAURANTS WITH VEGETARIAN OPTIONS

- 1 **Essência** » R. de Pedro Hispano, 1190  
Exquisite. Creative, sophisticated and healthy vegetarian recipes.
- 2 **Moment'Um\*** » R. da Estação, 82  
Cozy. Homemade vegetarian recipes and bread. 100% vegetarian options.
- 3 **Francesinhas Al Forno da Baixa\*** » R. do Almada, 160  
Typical of Porto. Has a variety of 100% vegetarian *francesinha* dishes.
- 4 **Café Ceuta** » R. de Ceuta, 20  
Architecture from the 50s. Has vegetarian options on the lunch menu.
- 5 **Lado B** » R. de Passos Manuel, 165  
Typical of Porto. Has vegetarian *francesinhas*.
- 6 **Pimenta Rosa** » R. de Miguel Bombarda, 285  
Relaxed ambient. Plenty of healthy vegetarian options.
- 7 **Hand'Go Take Away\*** » R. da Assunção, 9  
Homemade pizza with fresh ingredients. 100% vegetarian options.
- 8 **Duas de Letra** » Passeio de São Lázaro, 48  
Cozy and relaxed. Vegetarian traditional dish of the day.
- 9 **Estambul Doner Kebab** » R. de Sampaio Bruno / Av. dos Aliados  
Takeaway and comfortable room. Turkish vegetarian option.
- 10 **Sabores de Sebov** » R. de Miguel Bombarda, 34V  
Middle-eastern with a lot of vegetarian options.
- 11 **Pimenta & Chocolate** » R. de Cedofeita, 652  
Cozy and Elegant. Autoral vegetarian options.
- 12 **ZÉ do Prego** » R. das Oliveiras, 118  
Nice and informal space. Has *prego de tofu* and *alheira*.
- 13 **Real Hamburgueria Portuguesa** » R. da Torrinha, 134  
Soy and oats hamburger. Portuguese and typical ingredients.
- 14 **Remédio Santo\*\*** » R. do Campo Alegre, 553  
Regional vegetarian gastronomy. Cozy and has a terrace garden.
- 15 **Avenida 830** » Av. da Boavista 830  
Elegant and modern. Greek and mediterranean vegetarian kitchen.
- 16 **Liquid|Baixa** » R. do Almada, 203  
Innovative. Healthy juices and smoothies. Several menu options.
- 17 **Raiz** » Largo dos Lóios, 78  
Gastropub. Very cozy. A few snacks on the menu are vegetarian.
- 18 **Portugandhi** » R. do Bonjardim, 1143  
Cozy and engaging area. Indian kitchen and a mix with other choices.
- 19 **Maus Hábitos** » R. de Passos Manuel, 178  
Place of cultural intervention. Interior terrace. Several options.
- 20 **Food Corner** » R. do Ateneu Comercial do Porto, 12  
A different vegetarian option on each floor. Hamburguers, sushi, pizza, pasta.
- 21 **Alma Portuense | Leões\*** » Praça de Parada Leitão, 17  
Economic daily menu. Has a terrace. 100% Vegetarian choices.
- 22 **Casanova\*** » R. da Constituição, 691  
All common options of a regular snack bar, but 100% vegetarian. With inner terrace.
- 23 **BB&L-Burger Beef & Lobster\*** » R. Fernandes Tomás, 535  
100% vegetarian choices of "francesinhas" and burgers on the menu.

\* Certified by Aliança Animal - VegCertification Basic - Guarantee of a strictly vegetarian option.  
\*\* Certified by Aliança Animal - VegCertification Premium - Guarantees over half the menu with veg options.

## EASYGREEN

EasyGreen - Vegan Foodstore commercializes vegan products of excellent quality with focus on nacional, biological and sustainable manufacturing. It seeks to promote sustainable practices and to improve the eating and ethical habits of its consumers, in addition to facilitate access to 100% vegetable products. Did you know that a large part of Porto's vegan and Vegetarian nutrition comes from EasyGreen?

For more information, visit the website [www.easygreen.pt](http://www.easygreen.pt)

## SUPERMARKETS

On the biggest ones, like Jumbo and Continente, you can find a vast number of vegetarian options and even vegan cheese! In other smaller supermarkets, like Pindo Doce, Lidl, Minipreço, Froiz, etc, only the more basic options are present. You can often find a specific area dedicated to vegetarian and vegan products.

## IN THE FOOD COURT...

In the comercial centers you can easily find establishments with vegetarian options: Vitaminas, Go Natural, McDonald's, Burger king, Pasta Caffé, Li Yuan, Italian Republic, Comida&Volta, among others.

With Vegan options: Joshua's Shoarma Grill, Wok to Walk and others.

## EATING AT HOME

Homemade production, 100% vegetarian (by request)

### 7 Pecados Vegetais

Delivery of homemade food as packed lunches. Hamburgers, rissóis, cakes, etc.

### VGood

Catering Company. rissóis, croquettes, pies, quiches, hamburgers, cakes, etc.

### Cheez Vegan

Packs of vacuum sealed meals delivered weekly.

### Capuchinho Verde

Pastries and Catering. Doughnuts, cream pastries, pizzas, etc.

### BemBom

Online store. Alheiras, snacks and hamburgers.

## BRANDS TO FOLLOW

### VeganCare

Homemade production of personal hygiene. Shampoo, hair cream, face cream, soap, exfoliating cream, moisturizing body lotion, etc. No ingredients of animal origin are used.

### Hempact Organic Clothes

Eco-friendly clothes made for men and women. Environmentally-friendly materials such as organic cotton, hemp, recycled materials and corozo.

### Nae

Portuguese shoes brand. It follows a No Animal Exploitation policy by not utilizing any material of animal origin. Uses biodegradable microfibers, cotton, coconut fibers, organic linen, recycled tires and natural rubber.

## €5 PORTO FOODS

### Francesinha

Mandatory to try out when you come to Porto. A sandwich with sausage, ham, filled with beef, covered with melted cheese. Comes with a tomato-based sauce, beer, *piri-piri* and french fries. Now imagine all that but with exclusively vegetarian ingredients! Yes, it is possible!

The best place we recommend for its vast amount of options, great tastes and lower costs is **Francesinhas Al Forno da Baixa**.



### Feijoada Portuguesa



Nutritionally one of the most complete dishes. Has its origins on the north of Portugal. Consists of a beans stew, usually with meat and vegetables, accompanied by white rice. It can easily turn into a vegetarian dish by swapping the meat for mushrooms.

The place we recommend to eat this typical portuguese dish is **Moment'Um**.

### Alheira

Alheira is a typical type of food from the portuguese cuisine. Usually made with bread, olive oil, garlic and paprika. The smoked meat gives it unique characteristics. Several vegetarians trade the meat for mushrooms, vegetables or soy.

To taste the *Alheira*, we recommend **Alma Portuense**.



### Hamburger



The main choice of the younger audience anywhere in the world! The vegetarian ones can be made with many ingredients, like beans, vegetable chicken, soy and mushrooms, which are grilled and accompanied by french fries.

To taste a hamburger made with portuguese ingredients, we recommend the **Real Hamburgueria Portuguesa**. For a 100% vegan hamburger we recommend **Black Mamba**.

### Pizza

The most versatile of them all! Anything we could possibly want, as long as the ingredients are fresh and have harmony. Its a great option for vegetarians and you can use the best types of cheese you love.

For the 100% vegetarian pizzas we recommend **Hand'Go**.



## DID YOU KNOW THAT...

... in Portugal, every state canteen is obligated to have at least one strictly vegetarian and healthy dish on the daily menu.

according to law (n.º 11/2017, de 17 de Abril)

## PORTO

# 100% VEG



## HELLO!

VEGETARIAN NUTRITION IS CURRENTLY OF GENERAL INTEREST!

WHICH IS WHY VEG AND GO! IS A MAP WITH SPECIFIC INFORMATION ON THE MOST DIVERSE LOCATIONS WHERE YOU CAN FIND VEGETARIAN AND VEGAN OPTIONS AND A FEW CURIOSITIES.

MADE BY LOCALS, WITH LOVE!

more available restaurants in [alianca-animal.org/vegandgoporto](http://alianca-animal.org/vegandgoporto)

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Support





## VEGETARIAN AND VEGAN RESTAURANTS

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- 1 **O Macrobiótico\*** » R. do Bonfim, 63  
Serves macrobiotic meals, 100% vegetarian and made with fresh ingredients. Store is available.
  - 2 **daTerra|Baixa** » R. de Mouzinho da Silveira, 249  
Ample space. Varied buffet for lunch and dinner, with a menu for natural juices.
  - 3 **Árvore do Mundo** » R. do Duque de Loulé, 228  
Varied menu with strictly vegetarian options for lunch. Its young and hospitable and has a terrace.
  - 4 **Em Carne Viva** » Av. da Boavista, 868  
Inspired by the Portuguese culture. Refined. Tea house with good wines and a romantic garden with terrace.
  - 5 **Black Mamba** » R. dos Mártires da Liberdade, 130  
Unique space, specialized in analog music and healthy fast food. Strictly vegetarian burgers.
  - 6 **Pão Nosso** » R. do Barão de São Cosme, 187  
Bakery, grocery store and bioartisanal cafeteria. Manufactures special types of bread.
  - 7 **Cultura dos Sabores** » R. de Ceuta, 80  
Vegetarian buffet for lunch and dinner. Very cozy ground floor and the first floor is ideal for groups.
  - 8 **Porto dos Gatos\*** » Av. de Rodrigues de Freitas, 93-95  
A *Catcafe* with all meals being 100% vegetarian. Resident cats are up for adoption. With inner terrace.
  - 9 **O Oriente no Porto** » R. de São Miguel, 19  
Has a dish of the day system and dinner on Fridays and Saturdays with use of a menu.
  - 10 **Pandora** » R. de Miguel Bombarda, 463  
Cultural and Artistic association. Breakfast with daily menu. Relaxing courtyard and garden.
  - 11 **Casa da Horta** » R. de São Francisco, 12  
Cultural association with alternative programs. Give priority to local production and ingredients.
  - 12 **Rés-da-rua** » R. de Álvares Cabral, 263  
Dynamic space with open workshops and a vegetarian cantina.
  - 13 **Salpicos Verdes** » R. Álvaro de Castelões, 90  
Friendly café with a very economic menu. Great variety of juices.
  - 14 **O Casarão** » R. do Almada, 305  
Community. Made-to-order custom menu. Snacks, sandwiches and homemade meals.



## ORGANIC AND VEGAN PRODUCTS STORES

- 1 Mercado Temporário do Bolhão**  
R. de Fernandes Tomás, 506/508  
The most famous and relevant fresh products market in the city has been temporarily relocated.

-  **Mercado do Bom Sucesso**  
Praça do Bom Sucesso, 132  
Food court and products for all tastes.

- 3 IdealBio Origem**  
R. de 5 de Outubro, 352  
Organic products.  
Fresh vegetables and in bulk products.

-  **Ervanário Portuense**  
R. do Bonjardim, 522  
Natural goods, some edible herbs  
and medicinal plants.

- and medicinal plants.
- 5 Ervanário Portuense | Boavista**  
R. de Júlio Dinis, 629  
Organic products and medicinal plants.

- 6 Toca do Granel**  
R. da Constituição, 982  
Organic products that can be purchased in bulk.

- 7 Casa Chinesa**  
R. de São da Bandeira, 343  
Tradicional grocery store with  
national and international goods.

- 8** **Celeiro**  
ViaCatarina Shopping, 1.13B  
Large Porto network intended  
for healthy products.

- 9 Bio em Casa**  
R. do Monte Alegre, 51  
Organic farming with delivery of  
basket of vegetables to your home.

**TIP**  
*In Portugal, Menu can be the menu or the sum of the soup, main dish and dessert with a drink and/or coffee.*

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