

VEGETARIAN AND VEGAN RESTAURANTS

- 1 Kind Kitchen** » R. do Bonjardim, 302
Delicious snacks to share, bowls, burgers and more.
- 2 O Burrito** » R. dos Mártires da Liberdade, 90
Various types of burritos, nachos and quesadillas.
- 3 Duhl Vegan Donuts** » Lg. de Alberto Pimentel, 38
Donuts with savoury and sweet options.
- 4 Black Mamba** » R. dos Mártires da Liberdade, 130
Burgers, snacks, and desserts in an analog music place.
- 5 O Macrobiótico*** » R. do Bonfim, 63
Macrobiotic meals & products made with fresh ingredients.
- 6 Pão Nosso** » R. do Barão de São Cosme, 187
Bakery, grocery store and bio artisanal cafeteria.
- 7 Árvore do Mundo** » R. do Duque de Loulé, 228
Offers daily menus for lunch and dinner, burgers and desserts.
- 8 Porto dos Gatos*** » Av. de Rodrigues de Freitas, 93-95
Restaurant and cafe with rescued cats up for adoption.
- 9 O Oriente no Porto** » R. de São Miguel, 19
Shop and restaurant with a daily menu and francesinha.
- 10 Soul Food Porto*** » R. Antero de Quental, 677
Vegan tapas with take away options.
- 11 Casa da Horta** » R. de São Francisco, 12
Cultural association. Serves lunch and dinner with local production and ingredients
- 12 Remédio Santo*** » R. do Campo Alegre, 553
Regional vegan gastronomy in daily lunch and dinner menus.
- 13 da Terra | Baixa** » R. de Mouzinho da Silveira, 249
Brunch (only in this store), lunch and dinner buffets.
- 14 Apuro Vegan Bar** » R. do Breiner, 236
Beers and wines accompanied by tapas, snacks and burgers.
- 15 LUPIN** » R. Arquitecto Marques da Silva, 74
World cuisine with local and organic products. They have francesinha.



ORGANIC AND VEGAN PRODUCTS STORES

- 1 Mercado Temporário do Bolhão**
R. de Fernandes Tomás, 506/508
The most relevant fresh products market from local producers is temporarily relocated.
- 2 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 bulk products and fresh vegetables.
- 4 Ervanário Portuense**
R. do Bonjardim, 522 & others
Natural goods, supplements, homeopathy, cosmetics and more.
- 5 Maçaroca**
R. São João Bosco, 244
Organic zero waste grocery and cafeteria.
- 6 Vegana by Tentúgal**
R. de Julio Dimis, 829
Grocery store with a coffee bar that serves a daily menu, cakes, francesinhas and more.
- 7 Casa Chinesa**
R. de Sá da Bandeira, 343
Traditional grocery store with national and international goods.
- 8 Celeiro**
Via Catarina Shopping, 1.13B & others
Large Porto network for healthy products.

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

* Certified by Aliança Animal - VegCertification Excellence - Guarantees a completely and strictly veg menu

VEGAN FRIENDLY RESTAURANTS

- 1 **Francesinhas Al Forno da Baixa*** » R. do Almada, 160
They have a great variety of 100% vegetarian *francesinhas*.
- 2 **Santa Francesinha*** » Praça dos Poveiros, 72
Option of typical vegan *francesinha* of Porto.
- 3 **Lado B** » R. de Passos Manuel, 165
Plant based francesinhas are served here.
- 4 **Boa Bao** » R. da Picaria, 61-65
Asian food with an entire vegan menu.
- 5 **Fabrica Nortada*** » R. de Sá da Bandeira, 210
Brewery with a lot of vegan options on their menu.
- 6 **Nola Kitchen** » Pça D. Filipa de Lencastre, 25
Healthy food with options to go.
- 7 **Hand'Go Take Away*** » R. da Assunção, 9
Homemade pizza with fresh and vegan ingredients.
- 8 **Duas de Letra** » Passeio de São Lázaro, 48
Cozy cafe with a vegan meal for lunch or dinner.
- 9 **TexMex Factory** » R. de Augusto Rosa, 57 loja 5 | Tasty District
Quesadillas, burritos, tacos and all of the vegan tex mex flavour.
- 10 **Urbana** » R. das Taipas, 100
Healthy & natural food like tapiocas, wraps, juices and more.
- 11 **Café do Comércio*** » R. do Comércio do Porto, 124
Healthy & natural food like tapiocas, wraps, juices and more.
- 12 **DeGema** » R. do Almada 249 & other
2 vegan burger options with fries
- 13 **Real Hamburgueria Portuguesa** » R. da Torrinhã, 134
Vegan burgers made with typical portuguese ingredients.
- 14 **Bira dos Namorados** » R. de Ceuta, 61
Vegan and vegetarian burgers with local ingredients.
- 15 **Verso em Pedra** » R. da Arménia, 16
Plant based francesinha option.
- 16 **PortoBello Rooftop Restaurant & Bar*** » Av. de Rodrigues de Freitas, 427
Vegan with a view? Go inside Premium Porto Downtown and enjoy!
- 17 **Sushisan** » R. Dr. Emilio Peres, 62
All the vegan sushi you can eat for a set price.
- 18 **Portugandhi** » R. do Bonjardim, 1143
Indian & fusion cuisine with daily menu options.
- 19 **Maus Hábitos** » R. de Passos Manuel, 178
Place of cultural intervention with some vegan options.
- 20 **Essência** » R. de Pedro Hispano, 1190
Creative, fancy and healthy with 100% vegetarian recipes.
- 21 **Alma Portuense*** » Praça de Parada Leitão, 17 & other
Economic daily menu with 100% vegetarian choices.
- 22 **Casanova*** » R. da Constituição, 691
All common options of a regular snack bar, but plant based.
- 23 **Mansão dos Heróis*** » R. do Barão de Nova Sintra, 473
Hostel being renewed to have a vegan restaurant.

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TRADITIONAL PASTRY

Our biggest news for 2019 and 2020 is the portuguese traditional pastry. Can you imagine yourself eating Pastel de Natal, Bola de Berlim and a Croissant? Yes! Those and a lot more are already available in a vegan version!

- Pão Dock** » R. de Damião de Góis, 331 | Porto
Moment'Um » R. da Estação, 82 | Porto
Confeitaria Tupi » R. Sá da Bandeira, 144 | Porto
Cravo & Canela » You can find them at Confeitaria Henrique Carvalho (R. Dom Nuno Álvares Pereira, 44 | Matosinhos) OR 914 406 399
Mr Tommy » 968 234 919 (just delivery)
Padaria São Mamede » Avenida do Conde, 5898 | São Mamede de Infesta
PadoVegan » R. Escola de Vila Chã, 114 | Vila Nova de Gaia

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, april 17th)

MARKETS

Markets and fairs are frequently increasing here in Oporto and most of them have vegan options for products and food. Why don't you visit one of them?

São João Vegetariano

From the 23rd to the 24th of June we celebrate Saint John's day, one of the most traditional holidays in Oporto. People from everywhere come to see this amazing celebration. There you can find 100% vegetarian alternatives to the popular dishes.

Cidade+

Environment and Sustainability in one place. Annually in July people, projects, municipalities, institutions and companies come together in conferences, workshops, a huge market and concerts to promote sustainability.

Mercado de São Bartolomeu | Mercado da Alegria

Throughout the year on sundays, we can find **Mercado da Alegria (Joy Market)** at **Jardim do Passeio Alegre**, with artisanal work from local sellers. In August, this fair gives place to another one on the weekends: **Mercado de São Bartolomeu (St. Bartholomew's market)**.

Besides these, you can always find some other markets happening in the city like **Urban Market** and **Feito por Elas**.

IN THE FOOD COURT...

We never know where to eat 100% vegetable food when we are with friends in a Food Court, right? Yeah... not anymore! Here you can find a list of places with vegan options.

Wok to Walk (Chinese food) | **Joshua's Swarma (Israeli food)** | **DeGema (burgers)** | **Tomatino (Italian food)** | **Vitaminas (Healthy food)** | **Go Natural (Healthy Food)**

TOP 5 PORTO FOODS

1 Pastel de Nata

Say whaaaaat? A vegan Pastel de Nata right in the city center? Yes, that's right! Right next to São Bento Station and Teatro Sá da Bandeira you'll find at **Confeitaria Tupi (R. Sá da Bandeira, 144)**, with their amazing creamy and crunchy Pastéis de Nata. But if you are hungrier, you also find other types of snacks, cafeteria options, daily menus for lunch and much more.



2 Francesinha

Mandatory try out when you come to Porto. A sandwich with sausage, ham, beef, melted cheese on top and a tomato-based sauce for extra yumminess. It goes well with a beer, piri-piri and a side of french fries. Now imagine all that but with exclusively vegetarian ingredients! Yes, it is possible!

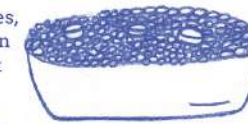
The best place we recommend for its vast amount of options, great tastes and low cost is at **Francesinhas Al Forno da Baixa (R. do Almada, 160)**



3 Feijoada Portuguesa

Nutritionally one of the most complete dishes. It has its origins in the north of Portugal and 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 (R. da Estação, 82)**.



4 Croissant

But croissant was not a french thing? No! The portuguese croissant has nothing to do with the french version and that's why you need to try it. This croissant has a brioche dough and is normally filled with cream or chocolate - but you can find the basic version as well.

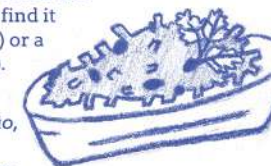
Cravo & Canela makes a delicious traditional vegan pastry line of croissants, *bolas de berlim*, *pasteis de tentúgal*, *tartes de amêndoa*, *rissóis* and much more. They are usually at events or taking your special orders (914 406 399), but if you want to taste them all, you can go to **Confeitaria Henrique Carvalho (R. Dom Nuno Álvares Pereira, 44)** in Matosinhos.



5 Legumes ou Cogumelos à Brás

As an alternative to *Bacalhau à Brás*, a traditional portuguese recipe for codfish, people created the plant based version of the dish. You can find it in a vegetable version (*Legumes à Brás*) or a mushroom version (*Cogumelos à Brás*).

If you want to try *Legumes à Brás*, go to **Alma Portuense (Praça de Parada Leitão, 17 or R. dos Heróis e dos Mártires de Angola, 41)**. If you want to taste *Cogumelos à Brás*, we recommend you **Remédio Santo (R. do Campo Alegre, 553)**.



PORTO

WELCOME TO VEG

EN

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

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Support

