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VEGAN EATS  
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PORTUGAL



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# THE BEST VEGAN RESTAURANTS IN LISBON,

→ Portugal ←

By Wendy Werneth

*Having lived in the Portuguese capital for more than two years now, I've eaten in quite a few vegetarian and vegan Lisbon restaurants. From hearty veggie burgers to delicate crêpes, I've savored every last bite.*

*Lisbon has become quite a vegan paradise recently, with new places popping up all the time. Last time I returned home from a three-month trip, I opened the Happy Cow app and found eight new veggie restaurants that had opened while I was away!*

*So, of course, I had to go eat at all of them. And with all this \*ahem\* arduous research under my belt, I can finally share with you my list of the best vegan eats in the city. There are so many that I had to break it up into two posts!*

*In this article, I'm sharing with you my definitive list of the best vegan Lisbon restaurants. There are plenty more to choose from, but if you have limited time in the city, I recommend focusing on the ones listed here.*

## DATERRA BAIRRO ALTO

Open daily 12pm  
to 3:30pm and 7pm to 10:30pm

For years, the vegans of Lisbon have envied the vegans of Porto for their multiple branches of the incredible daTerra restaurant. But now we finally have a branch of our own!

There are quite a few vegetarian and vegan buffet restaurants in Lisbon, but this one is by far my favorite. At other buffets the food all starts to taste the same after a while.



Here, though, the dishes are incredibly varied, with lots of choices of cold starters and salads as well as a soup and three or four hot dishes. And sometimes, when you go back for a second plate, you find that they've brought out even more dishes while you weren't looking.

Lunch is the best value, at just 8.50 euros for all you can eat. Dinner is a few euros more but still worth it.

And best of all, they have vegan pasteis de nata! A vegan version of these iconic Portuguese egg custard tarts has been a long time coming, but they're finally here. And they're pretty incredible, especially if you happen to catch them fresh out of the oven.

Even non-vegans have told me that these vegan ones are just as good or better than the famous pastéis de Belém.

## LEGUMI SUSHI

Open 1-3pm and 7-10pm Monday  
to Saturday, 1-3pm Sunday

Sushi is my favorite food in the world. I've often said that if I had to eat just one food for the rest of my life it would be sushi. Since going vegan, I've only had a handful of really great sushi experiences, though.

Sure, you can always find a cucumber roll, or maybe an avocado roll, but Lisbon didn't really have any exciting vegan sushi options.

Until Legumi Sushi, that is! This fully vegan, Brazilian-owned restaurant makes some of the most creative sushi I've ever seen. Dining here is an extraordinary experience.

I recommend ordering the tasting menu, which is all you can eat. The chef, Leonardo, will keep making different kinds of sushi rolls until you tell him to stop. And each one is more beautiful than the last!





Prices are slightly higher than average for Lisbon, but good value for what you get. It's a perfect place for a date night, in which case I recommend heading up to the nearby Miradouro da Nossa Senhora do Monte for sunset before your dinner.

They also have a vegan wine list, which is a rarity in Lisbon!

## VEGANAPATI

Open daily 12pm - 11pm

There's a definite Indian vibe at Veganapati, not just in the menu but in the whole philosophy behind the place. The owners are strongly influenced by Indian spirituality and Ayurvedic medicine, which you can read about on their website.

But they also have a pretty wide selection of more European and international dishes, including vegan burgers and even a vegan Welsh rarebit.



I highly recommend starting your meal off with the smoked sausage croquettes! I've never tasted traditional Portuguese alheira sausage, but my Portuguese dining companion said the taste was just like she remembered it. In any case, they were delicious!

The masala dosa was also very impressive and was so large that it was hard to capture it in a photo!

Although the prices here are slightly higher than average for Portugal, I still found Veganapati to be good value. It's an exciting addition to the growing number of vegan restaurants in Lisbon and is in a very central location in the Baixa district. I'm excited to return and try more of their menu.



## THE FOOD TEMPLE

Dinner only, 7:30pm - 12am, closed Monday and Tuesday

The Food Temple is a veteran of the vegan Lisbon scene. It's the oldest fully vegan restaurant in the city and remains a crowd favorite. And with the cozy ambience down one of Alfama's cobblestone alleyways, it's not hard to see why.

The menu changes every night, so come with an open mind and be ready to be surprised. There's typically just one main dish on offer, and the staff recommend ordering a soup, three small tapas dishes and a main dish to share between two people.

## QUINTAL DE SANTO AMARO

10:30am - 7pm, closed Sunday and Monday

This little café offers a changing daily menu of healthy lunchboxes and light dishes such as soups and toasted sandwiches. Most of their business is take-away, although there are a couple of tables where you can sit inside.

It's just around the corner from the Amália Rodrigues house and museum in the São Bento neighborhood. Now that the formerly vegan TOO café inside the museum has unfortunately added chicken flesh to its menu, Quintal de Santo Amaro is a good alternative in the vicinity for those who prefer to eat in a fully vegan establishment.



## JARDIM DAS CEREJAS

Open daily 12pm - 3:30pm and 7pm - 11pm

What once started out as a vegetarian eatery is now a fully vegan Lisbon restaurant. The all-you-can-eat buffet is good value for dinner at €9.50. It's even better value for lunch when it costs just €7.50 (drinks and desserts are separate in both cases).

The food is Indian-influenced, but with a bit of Western twist. There are always four or five hot dishes to choose from, along with a salad bar and soup of the day.

When I first moved to Lisbon, Jardim das Cerejas was one of my favorite vegan Lisbon hangouts. After a while, though, the dishes all started to taste the same to me, so I don't eat here as often anymore.



And ever since daTerra opened up nearby, that's always my first choice when I'm in this area.

But one thing I will never grow tired of is the bolo de bolacha (cookie cake) at Jardim das Cerejas. This traditional Portuguese cake consists of layers of Marie biscuits and cream, and the vegan version at Jardim das Cerejas is heavenly.

In addition to their original location in Chiado at No. 36 Calçada do Sacramento, they recently opened a second, larger branch at Rua Andrade Corvo 7B, near the Picoas metro stop.

## VEGAN EATS

Open daily, 9am - 7:30pm Monday to Friday, 10am - 5pm Saturday and Sunday

This place is run by two lovely Portuguese women who always have a warm welcome ready for customers. The prices are very reasonable, and the dishes are veganized versions of typical Portuguese cuisine, such as tofu à brás (a dish that is normally made with cod and known as "bacalhau à brás").





The menu changes each day and generally includes one main dish of the day and one quiche, as well as smaller dishes such as salads, soups and vegan sausages.

I never leave here without ordering their famous chocolate cake, which is to die for. It's at its best when served warm, so be sure to ask them to heat it up.

## LAS VEGANS

12:30pm - 4pm Tuesday to Saturday, also 7pm - 11pm Thursday to Saturday, closed Sunday and Monday.

This small and cozy eatery has recently opened up in Anjos, which is becoming a very vegan-friendly neighborhood of Lisbon. The staff is welcoming, and the food is very good for what it is – mostly sandwiches, burgers, salads and similar café fare.

If you're here on a Thursday, Friday or Saturday, I recommend the Sand'Epica sandwich. It's only available on these days because that's when the focaccia used to make it is delivered.

There are only a few tables at Las Vegan, so the place fills up quickly.

But if there's no space here you can just walk across the street to VeganEats, which also serves good vegan food at extremely affordable prices.



## ORGANI CHIADO

Monday to Wednesday 12:30pm-3:30pm and 7pm-10pm; Thursday to Saturday 12:30pm-3:30pm and 7pm-11pm, closed Sundays.

This restaurant used to be listed in my article on vegan-friendly restaurants in Lisbon. I'm happy to announce, though, that they have taken fish and other aquatic animals off their menu and are now completely vegan.

The menu changes daily, depending on what's in-season and locally available. They tend to rotate through the same few dishes, though, all of which are fantastic. Their vegan lasagna is one of the best I've ever tasted.

Typically, on any given day there are three or four main dishes on the menu, along with appetizers, soups and desserts. While the focus is on healthy, organic ingredients, even folks who don't typically eat a healthy diet will think the food here is delicious. The location is perfect, right in the heart of Chiado, and the terrace is a lovely place to while away a sunny afternoon.

All the desserts are sugar-free, and they range from typical Portuguese rice pudding to a pecan pie that looks like it could have been baked in my Granny's kitchen in Alabama!



## AO 26 - VEGAN FOOD PROJECT

12:30pm - 3:30pm Monday, 12:30pm - 6:30pm and 7:30pm - 11pm Tuesday to Saturday. Closed Sunday

This is a long-standing favorite among members of the vegan Lisbon community, and with good reason. The lunch menu is very good value and includes a few different vegan burgers, salads and sandwiches.

The dinner menu is a bit pricier but has more options. They have recently revamped their dinner menu to include veganized dishes of several traditional Portuguese dishes. I recommend trying their starter boards -- the cheeses, sausages and "cuttlefish" are all delicious!

And in addition, there are always daily specials chalked up on the blackboard. Their burgers are delicious, and if you have a sweet tooth I recommend the Oreo, peanut butter and chocolate pie.

It's a good idea to reserve in advance, as Ao 26 is very popular. This is easy to do online at [thefork.pt](http://thefork.pt).



## EIGHT -- THE HEALTH LOUNGE

9:30am - 8pm Monday to Thursday, 9:30am - 3pm Friday, 11am - 8pm Sunday, closed Saturday.

If you're looking for a healthy breakfast or brunch, Eight is a great option. It's in a convenient location right on Praça da Figueira. They don't take reservations, but it's a large place so it's usually no problem to find a table.

Order at the bar downstairs, then place your number on your table and a staff member will bring your order to you. Servings are generous, and the menu consists mostly of salads, toasts, smoothie bowls and sandwiches, along with smoothies and juices.

I tend not to order salads in restaurants, but I make an exception at Eight. The salads here are some of the best in Lisbon. There's also an eco-friendly shop on the first floor.

