Lisbon, Portugal Area Food Sources with Fresh Vegetables

## Continente

Type: Supermarket

Address: Multiple locations in Lisbon

City: Lisbon

Description: Large supermarket chain with a wide range of fresh vegetables including local and organic selections.

Website: https://www.continente.pt/

Dietary Preferences/Tags: Fresh vegetables, organic options

## Pingo Doce

Type: Supermarket

Address: Multiple locations in Lisbon

City: Lisbon

Description: Provides a broad selection of fresh vegetables, with emphasis on affordability and seasonal produce.

Website: https://www.pingodoce.pt/

Dietary Preferences/Tags: Fresh vegetables, local produce

## Lidl

Type: Supermarket

Address: Multiple locations in Lisbon

City: Lisbon

Description: Carries fresh vegetables at competitive prices, including some organic and locally sourced items.

Website: https://www.lidl.pt/

Dietary Preferences/Tags: Fresh vegetables, organic options

## Auchan

Type: Supermarket

Address: Multiple locations in Lisbon

City: Lisbon

Description: Known for its well-stocked produce section offering both conventional and organic vegetables.

Website: https://www.auchan.pt/

Dietary Preferences/Tags: Fresh vegetables, bio/organic options

## El Corte Inglés

Type: Department Store with Supermarket

Address: Av. António Augusto de Aguiar, 31

City: Lisbon

Description: Gourmet supermarket includes a high-quality produce section with fresh vegetables and organic choices.

Website: https://www.elcorteingles.pt/

Dietary Preferences/Tags: Fresh vegetables, organic

## Mercado de Campo de Ourique

Type: Traditional Market

Address: Rua Coelho da Rocha, 104

City: Lisbon

Description: Historic food market offering a wide variety of fresh, seasonal vegetables from regional farmers.

Website: https://www.mercadodecampodeourique.pt/

Dietary Preferences/Tags: Fresh vegetables, local produce

## Time Out Market Lisboa (Mercado da Ribeira)

Type: Market

Address: Avenida 24 de Julho

City: Lisbon

Description: Popular market with stalls selling fresh produce including vegetables directly from Portuguese growers.

Website: https://www.timeoutmarket.com/lisboa/

Dietary Preferences/Tags: Fresh vegetables, local produce

## Biomercado

Type: Organic Supermarket

Address: Multiple locations in Lisbon

City: Lisbon

Description: Offers certified organic vegetables and fresh produce sourced from eco-conscious farms.

Website: https://www.biomercado.pt/

Dietary Preferences/Tags: Fresh vegetables, organic

## Maria Granel

Type: Organic Bulk Store

Address: Multiple locations in Lisbon

City: Lisbon

Description: While mainly bulk and dry goods, they often stock local organic produce and vegetables seasonally.

Website: https://mariagranel.com/

Dietary Preferences/Tags: Organic, fresh produce

## Bomercado

Type: Organic Grocery Store

Address: R. de São Bento 235, 1250-221 Lisbon

City: Lisbon

Description: Focuses on small producer goods including seasonal and organic vegetables.

Website: https://www.happycow.net/reviews/bomercado-lisbon-424897

Dietary Preferences/Tags: Fresh vegetables, organic, local