Lisbon, Portugal Area Food Sources for Gluten-Free Pantry Items

## Pingo Doce

Type: Supermarket

Address: Multiple locations in Lisbon

City: Lisbon

Description: One of Portugal's largest supermarket chains, offering a selection of gluten-free products.

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

Dietary Preferences/Tags: Gluten-free

## Continente

Type: Supermarket

Address: Multiple locations in Lisbon

City: Lisbon

Description: Major supermarket chain with a wide selection of gluten-free products, including items from well-known brands.

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

Dietary Preferences/Tags: Gluten-free

## Auchan

Type: Supermarket

Address: Multiple locations in Lisbon

City: Lisbon

Description: French hypermarket chain offering a variety of gluten-free products in their stores across Lisbon.

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

Dietary Preferences/Tags: Gluten-free

## El Corte Inglés

Type: Department Store with Supermarket

Address: Av. António Augusto de Aguiar, 31

City: Lisbon

Description: Upscale department store that includes a supermarket stocking gluten-free items, catering to various dietary needs.

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

Dietary Preferences/Tags: Gluten-free

## Lidl

Type: Supermarket

Address: Multiple locations in Lisbon

City: Lisbon

Description: Discount supermarket chain with multiple locations in Lisbon, offering some gluten-free options.

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

Dietary Preferences/Tags: Gluten-free

## Minipreço

Type: Supermarket

Address: Multiple locations in Lisbon

City: Lisbon

Description: Discount supermarket chain with multiple locations in Lisbon, offering some gluten-free options.

Website: https://www.minipreco.pt/

Dietary Preferences/Tags: Gluten-free

## Celeiro

Type: Health Food Store

Address: Multiple locations in Lisbon

City: Lisbon

Description: Well-known health food chain in Portugal, offering a wide range of gluten-free products, including breads, cereals, and snacks.

Website: https://www.celeiro.pt/

Dietary Preferences/Tags: Gluten-free, organic, vegetarian, vegan

## Biomercado

Type: Organic Supermarket

Address: Av. Duque de Ávila, 141

City: Lisbon

Description: Organic supermarket providing various gluten-free choices, including freshly baked gluten-free cakes at their hot food counter.

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

Dietary Preferences/Tags: Gluten-free, organic

## Sam Pastelaria Saudável

Type: Bakery

Address: Rua Luís Augusto Palmeirim, 1D

City: Lisbon

Description: Health-focused bakery offering certified gluten-free products, including vegan and sugar-free options.

Website: https://www.sampastelariasaudavel.com/

Dietary Preferences/Tags: Gluten-free, lactose-free, sugar-free, vegan

## Despensa No.6

Type: Bakery & Café

Address: Avenida Sacadura Cabral, 6A

City: Lisbon

Description: Fully gluten-free and sugar-free bakery and café, offering a variety of pastries and brunch options.

Website: https://despensa6.pt/en/

Dietary Preferences/Tags: Gluten-free, sugar-free, vegan

## Saludê Pastelaria Fit

Type: Bakery

Address: Av. Santa Joana Princesa, 23C

City: Lisbon

Description: Bakery that is fully gluten-free, lactose-free, and refined sugar-free, providing a range of baked goods and brunch items.

Website: https://saludepastelariafit.com/

Dietary Preferences/Tags: Gluten-free, lactose-free, sugar-free, vegan

## Batardas

Type: Bakery

Address: Praceta Lagoa de Óbidos, 38

City: Parede

Description: Dedicated gluten-free bakery offering breads, pastries, and other treats.

Website: https://www.batardas.pt/

Dietary Preferences/Tags: Gluten-free

## Mercado de Campo de Ourique

Type: Market

Address: Rua Coelho da Rocha, 104

City: Lisbon

Description: Neighborhood food market offering a variety of fresh produce and gourmet food stalls.

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

Dietary Preferences/Tags: Fresh produce, some gluten-free options

## Time Out Market Lisboa (Mercado da Ribeira)

Type: Market

Address: Avenida 24 de Julho

City: Lisbon

Description: Hosts numerous vendors, some of which offer gluten-free options. Always ask about cross-contamination.

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

Dietary Preferences/Tags: Varied, some gluten-free options