Lisbon, Portugal Area Food Sources for Minimally or Non-Processed Foods

## Maria Granel

Type: Organic Bulk Store

Address: Multiple locations in Lisbon

City: Lisbon

Description: Zero-waste shop offering minimally processed organic foods in bulk such as grains, seeds, legumes, and spices.

Website: https://mariagranel.com/

Dietary Preferences/Tags: Non-processed, organic, bulk, zero-waste

## Biomercado

Type: Organic Supermarket

Address: Multiple locations in Lisbon

City: Lisbon

Description: Organic supermarket that emphasizes whole and natural foods with little to no processing.

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

Dietary Preferences/Tags: Non-processed, organic, fresh produce

## Celeiro

Type: Health Food Store

Address: Multiple locations in Lisbon

City: Lisbon

Description: Offers a wide range of whole foods, supplements, and bulk goods with a focus on clean, low-processed ingredients.

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

Dietary Preferences/Tags: Minimally processed, organic, clean eating

## Mercado de Campo de Ourique

Type: Traditional Market

Address: Rua Coelho da Rocha, 104

City: Lisbon

Description: Traditional neighborhood market offering fresh produce, meats, and other naturally sourced goods with minimal processing.

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

Dietary Preferences/Tags: Non-processed, fresh, traditional

## Time Out Market Lisboa (Mercado da Ribeira)

Type: Market

Address: Avenida 24 de Julho

City: Lisbon

Description: Public market with vendors selling fresh fruits, vegetables, and farm products directly from source with minimal handling.

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

Dietary Preferences/Tags: Non-processed, local produce

## Miosótis Bio

Type: Organic Supermarket

Address: Av. 5 de Outubro 143D, 1050-052 Lisboa

City: Lisbon

Description: Organic-focused store that emphasizes farm-to-table ingredients and avoids heavily processed items.

Website: https://www.miosotis-bio.pt/

Dietary Preferences/Tags: Non-processed, organic, fresh

## GreenBeans

Type: Vegan Grocery Store

Address: Lisbon

City: Lisbon

Description: Eco-focused store offering simple, clean, plant-based ingredients and a commitment to transparency in sourcing.

Website: https://www.simbiotico.eco/en/ecospot/greenbeans

Dietary Preferences/Tags: Non-processed, vegan, organic