Lisbon, Portugal Area Food Sources with Nut-Free Pantry Options

## Continente

Type: Supermarket

Address: Multiple locations in Lisbon

City: Lisbon

Description: Continente offers a wide range of products, including some that are suitable for individuals with nut allergies.

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

Dietary Preferences/Tags: Nut-free options available

## Pingo Doce

Type: Supermarket

Address: Multiple locations in Lisbon

City: Lisbon

Description: Pingo Doce provides various products, and some shoppers with nut allergies have found suitable items here.

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

Dietary Preferences/Tags: Nut-free options available

## Lidl

Type: Supermarket

Address: Multiple locations in Lisbon

City: Lisbon

Description: Lidl offers a variety of products, including some that may be suitable for those avoiding nuts.

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

Dietary Preferences/Tags: Nut-free options available

## Auchan

Type: Supermarket

Address: Multiple locations in Lisbon

City: Lisbon

Description: Auchan stores provide a selection of products, and some may be appropriate for individuals with nut allergies.

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

Dietary Preferences/Tags: Nut-free options available

## El Corte Inglés

Type: Department Store with Supermarket

Address: Av. António Augusto de Aguiar, 31

City: Lisbon

Description: El Corte Inglés includes a supermarket that stocks a variety of products, some of which may be suitable for those with nut allergies.

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

Dietary Preferences/Tags: Nut-free options available

## Celeiro

Type: Health Food Store

Address: Multiple locations in Lisbon

City: Lisbon

Description: Celeiro is a well-known health food chain offering a wide range of products, including some suitable for individuals with nut allergies.

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

Dietary Preferences/Tags: Nut-free options available

## Biomercado

Type: Organic Supermarket

Address: Multiple locations in Lisbon

City: Lisbon

Description: Biomercado provides various organic products, and some may be appropriate for those avoiding nuts.

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

Dietary Preferences/Tags: Nut-free options available

## Maria Granel

Type: Organic Bulk Store

Address: Multiple locations in Lisbon

City: Lisbon

Description: Maria Granel offers a range of certified organic products, including some that may be suitable for individuals with nut allergies.

Website: https://mariagranel.com/

Dietary Preferences/Tags: Nut-free options available

## GreenBeans

Type: Vegan Grocery Store

Address: Lisbon

City: Lisbon

Description: GreenBeans is a 100% vegan grocery store offering a variety of products, some of which may be suitable for those with nut allergies.

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

Dietary Preferences/Tags: Nut-free options available

## Bomercado

Type: Organic Grocery Store

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

City: Lisbon

Description: Bomercado is an organic grocery store offering a variety of products, some of which may be suitable for individuals with nut allergies.

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

Dietary Preferences/Tags: Nut-free options available