**Gluten-Free**

* **Continente** – Offers a robust selection of gluten-free pastas, breads, and cereals under its in-house brand and international labels.  
  <https://www.continente.pt>
* **Pingo Doce** – Affordable gluten-free options including cookies, crackers, and pasta in their health section.  
  <https://www.pingodoce.pt>
* **Auchan** – Stocks certified gluten-free snacks, grains, and baking mixes with clearly labeled sections.  
  <https://www.auchan.pt>
* **Lidl** – Offers gluten-free products under their “Free From” and “Bio Organic” brands, especially in cereals and snacks.  
  <https://www.lidl.pt>
* **El Corte Inglés** – Premium gluten-free brands available, especially in their gourmet and import section.  
  <https://www.elcorteingles.pt>
* **Celeiro (Oeiras Parque)** – Health food store with dedicated gluten-free shelves including cereals, pastas, and flours.  
  <https://www.celeiro.pt>
* **Batarda’s (Parede)** – Dedicated gluten-free bakery offering breads, cakes, and pastries.  
  <https://www.batardas.pt>
* **Dookan (Online)** – Indian grocery offering gluten-free flours (Singoda, Rajagaro) and naturally gluten-free grains.  
  https://eu.dookan.com

**Dairy-Free**

* **Continente** – Carries plant-based milks, yogurts, spreads, and cheese alternatives under "Powered by Plants."  
  <https://www.continente.pt>
* **Pingo Doce** – Stocks non-dairy milk, yogurts, and frozen desserts.  
  <https://www.pingodoce.pt>
* **Auchan** – Offers vegan cheese, cream substitutes, and dairy-free yogurt brands.  
  <https://www.auchan.pt>
* **Lidl** – Sells oat, soy, and almond milks, and dairy-free yogurts under their Vemondo brand.  
  <https://www.lidl.pt>
* **El Corte Inglés** – Wide variety of international dairy-free products including high-end vegan brands.  
  <https://www.elcorteingles.pt>
* **Celeiro (Oeiras Parque)** – Strong selection of dairy-free milks, spreads, and dessert alternatives.  
  <https://www.celeiro.pt>
* **Dookan (Online)** – Almond- and coconut-based milk alternatives commonly used in Indian cooking.  
  https://eu.dookan.com

**Nut-Free**

* **Continente** – Offers nut-free labeled products including cereal bars and baby snacks.  
  <https://www.continente.pt>
* **Pingo Doce** – Limited nut-free items; check labels for common allergen info.  
  <https://www.pingodoce.pt>
* **Auchan** – Sells allergen-labeled products with growing nut-free snack options.  
  <https://www.auchan.pt>
* **Lidl** – Some packaged items like crackers and kids’ snacks are nut-free (check label).  
  <https://www.lidl.pt>
* **Celeiro (Oeiras Parque)** – Carries nut-free granolas, cereal bars, and flours with clear labeling.  
  <https://www.celeiro.pt>
* **Dookan (Online)** – Nut-free Indian flours and rice-based snacks.  
  https://eu.dookan.com

**Vegan**

* **Continente** – “Powered by Plants” vegan meals and snacks including burgers, tofu, and dairy-free milks.  
  <https://www.continente.pt>
* **Pingo Doce** – Vegan tofu, meat substitutes, and pantry items in most locations.  
  <https://www.pingodoce.pt>
* **Auchan** – Expansive vegan section with frozen, pantry, and fresh vegan items.  
  <https://www.auchan.pt>
* **Lidl** – Sells vegan frozen meals, spreads, and snacks under their Vemondo brand.  
  <https://www.lidl.pt>
* **El Corte Inglés** – Imported vegan cheeses, sweets, and organic pantry staples.  
  <https://www.elcorteingles.pt>
* **Celeiro (Oeiras Parque)** – Fully stocked with certified vegan groceries, supplements, and frozen foods.  
  <https://www.celeiro.pt>
* **Dookan (Online)** – Most products are vegetarian/vegan, including flours, legumes, and spices.  
  https://eu.dookan.com

**Bio/Organic**

* **Continente** – Offers “Continente Bio” line of organic products.  
  <https://www.continente.pt>
* **Pingo Doce** – “Go Bio” organic range includes produce and packaged goods.  
  <https://www.pingodoce.pt>
* **Auchan** – “Auchan Bio” offers certified organic produce, cereals, and snacks.  
  <https://www.auchan.pt>
* **Lidl** – The “Bio Organic” brand includes certified grains, beverages, and baby food.  
  <https://www.lidl.pt>
* **Celeiro (Oeiras Parque)** – Most products are certified organic.  
  <https://www.celeiro.pt>
* **Miosótis – Oeiras** – 100% organic grocery store.  
  <https://www.miosotis-bio.pt>
* **Biocourela** – Local organic grocery store in Centro Comercial Palmeiras.  
  <https://www.instagram.com/biocourela>
* **Dookan (Online)** – Sells organic Indian pantry items.  
  https://eu.dookan.com

**Local Farms**

* **Quinta do Arneiro** – Organic farm that delivers to Oeiras.  
  <https://www.quintadoarneiro.com>
* **Semear** – Local Oeiras-based organic social farm.  
  <https://semear.pt>

**Fresh Vegetables**

* **Miosótis – Oeiras** – Local and organic produce from partner farms.  
  <https://www.miosotis-bio.pt>
* **DaQuinta** – Fresh fruit and veg delivery boxes.  
  https://da-quinta.tilda.ws
* **Continente, Pingo Doce, Auchan, Lidl** – All carry fresh produce, with organic options available.  
  See respective websites above

**Farm-Raised Meat**

* **Miosótis – Oeiras** – Organic, ethically raised meat products.  
  <https://www.miosotis-bio.pt>
* **Auchan, El Corte Inglés** – Offer labeled meat cuts from regional and certified farms.  
  <https://www.auchan.pt>, <https://www.elcorteingles.pt>

**No Processed Foods**

* **Celeiro (Oeiras Parque)** – Minimally processed items like legumes, flours, and raw snacks.  
  <https://www.celeiro.pt>
* **Miosótis – Oeiras** – Specializes in whole foods and natural ingredients.  
  <https://www.miosotis-bio.pt>
* **DaQuinta, Semear, Quinta do Arneiro** – Offer unprocessed fresh produce.  
  See respective websites above

**Kid-Friendly Snacks**

* **Continente, Pingo Doce, Lidl** – Bio-labeled snacks, fruit pouches, dairy-free yogurts.  
  See respective websites above
* **Celeiro (Oeiras Parque)** – Healthy snacks tailored for children with allergy-friendly labels.  
  <https://www.celeiro.pt>

**Bulk Buying Options**

* **Continente, Auchan, Lidl** – Offer family-size and bulk packaging across grocery staples.  
  See respective websites above
* **Miosótis – Oeiras** – Bulk bin options for grains, legumes, and tea.  
  <https://www.miosotis-bio.pt>

**Zero Waste Packaging**

* **Miosótis – Oeiras** – Offers products in reusable containers, supports bring-your-own packaging.  
  <https://www.miosotis-bio.pt>
* **Celeiro (Oeiras Parque)** – Offers beeswax wraps, reusable bags, and some bulk options.  
  <https://www.celeiro.pt>