**Gluten-Free**

* **Continente Modelo (Lourel)** – Offers a variety of gluten-free products, including breads and pastas, under its in-house brand and international labels.  
  <https://www.continente.pt>
* **Pingo Doce (Multiple Locations in Sintra)** – Provides affordable gluten-free options such as cookies, crackers, and pasta in their health section.  
  <https://www.pingodoce.pt>
* **Auchan (Mem Martins)** – Stocks certified gluten-free snacks, grains, and baking mixes with clearly labeled sections.  
  <https://www.auchan.pt>
* **Lidl (Multiple Locations in Sintra)** – Offers gluten-free products under their “Free From” and “Bio Organic” brands, especially in cereals and snacks.  
  <https://www.lidl.pt>
* **Celeiro (Forum Sintra)** – Health food store with dedicated gluten-free shelves including cereals, pastas, and flours.  
  https://www.celeiro.pt/lojas/celeiro-forum-sintra
* **Quinta dos 7 Nomes (Almocageme)** – Small organic grocery shop offering gluten-free pantry items and fresh organic produce.  
  https://www.simbiotico.eco/en/ecospot/quinta-7-nomes
* **Dookan (Online)** – Indian grocery offering gluten-free flours (Singoda, Rajagaro) and naturally gluten-free grains.  
  https://eu.dookan.com

**Dairy-Free**

* **Continente Modelo (Lourel)** – Carries plant-based milks, yogurts, spreads, and cheese alternatives under "Powered by Plants."  
  <https://www.continente.pt>
* **Pingo Doce (Multiple Locations in Sintra)** – Stocks non-dairy milk, yogurts, and frozen desserts.  
  <https://www.pingodoce.pt>
* **Auchan (Mem Martins)** – Offers vegan cheese, cream substitutes, and dairy-free yogurt brands.  
  <https://www.auchan.pt>
* **Lidl (Multiple Locations in Sintra)** – Sells oat, soy, and almond milks, and dairy-free yogurts under their Vemondo brand.  
  <https://www.lidl.pt>
* **Celeiro (Forum Sintra)** – Strong selection of dairy-free milks, spreads, and dessert alternatives.  
  https://www.celeiro.pt/lojas/celeiro-forum-sintra
* **Quinta dos 7 Nomes (Almocageme)** – Offers dairy-free pantry items and fresh organic produce.  
  https://www.simbiotico.eco/en/ecospot/quinta-7-nomes
* **Dookan (Online)** – Almond- and coconut-based milk alternatives commonly used in Indian cooking.  
  https://eu.dookan.com

**Nut-Free**

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

**Vegan**

* **Continente Modelo (Lourel)** – “Powered by Plants” vegan meals and snacks including burgers, tofu, and dairy-free milks.  
  <https://www.continente.pt>
* **Pingo Doce (Multiple Locations in Sintra)** – Vegan tofu, meat substitutes, and pantry items in most locations.  
  <https://www.pingodoce.pt>
* **Auchan (Mem Martins)** – Expansive vegan section with frozen, pantry, and fresh vegan items.  
  <https://www.auchan.pt>
* **Lidl (Multiple Locations in Sintra)** – Sells vegan frozen meals, spreads, and snacks under their Vemondo brand.  
  <https://www.lidl.pt>
* **Celeiro (Forum Sintra)** – Fully stocked with certified vegan groceries, supplements, and frozen foods.  
  https://www.celeiro.pt/lojas/celeiro-forum-sintra
* **Quinta dos 7 Nomes (Almocageme)** – Offers vegan pantry items and fresh organic produce.  
  https://www.simbiotico.eco/en/ecospot/quinta-7-nomes
* **Dookan (Online)** – Most products are vegetarian/vegan, including flours, legumes, and spices.  
  https://eu.dookan.com

**Bio/Organic**

* **Continente Modelo (Lourel)** – Offers “Continente Bio” line of organic products.  
  <https://www.continente.pt>
* **Pingo Doce (Multiple Locations in Sintra)** – “Go Bio” organic range includes produce and packaged goods.  
  <https://www.pingodoce.pt>
* **Auchan (Mem Martins)** – “Auchan Bio” offers certified organic produce, cereals, and snacks.  
  <https://www.auchan.pt>
* **Lidl (Multiple Locations in Sintra)** – The “Bio Organic” brand includes certified grains, beverages, and baby food.  
  <https://www.lidl.pt>
* **Celeiro (Forum Sintra)** – Most products are certified organic.  
  https://www.celeiro.pt/lojas/celeiro-forum-sintra
* **Quinta dos 7 Nomes (Almocageme)** – Eco cooperative offering local, organic, seasonal, and bulk consumption products.  
  https://www.simbiotico.eco/en/ecospot/quinta-7-nomes
* **Dookan (Online)** – Sells organic Indian pantry items.  
  https://eu.dookan.com

**Local Farms**

* **Pisão Farm (Sintra-Cascais Nature Park)** – Eco community farm where visitors can pick organic vegetables.  
  <https://www.theguardian.com/travel/2025/jan/19/culinary-adventure-lisbon-coast-cascais-estoril-and-sintra-portugal>
* **Mercado Saloio (Estrada de São Romão, Sintra)** – Local produce market offering a wide range of organic fruits and vegetables directly from local farmers.  
  https://www.expatexchange.com/ctryguide/22868/92/Portugal/Living-in-Sintra-Best-Markets-in-Sintra

**Fresh Vegetables**

* **Continente Modelo (Lourel)** – Offers a variety of fresh produce, including organic options.  
  <https://www.continente.pt>
* **Pingo Doce (Multiple Locations in Sintra)** – Provides fresh fruits and vegetables, with some organic selections.  
  <https://www.pingodoce.pt>
* **Auchan (Mem Martins)** – Stocks fresh produce, including organic fruits and vegetables.  
  <https://www.auchan.pt>
* **Lidl (Multiple Locations in Sintra)** – Offers fresh produce, with organic options under their “Bio Organic” brand.  
  <https://www.lidl.pt>
* **Celeiro (Forum Sintra)** – Provides a selection of organic fruits and vegetables.  
  https://www.celeiro.pt/lojas/celeiro-forum-sintra
* **Quinta dos 7 Nomes (Almocageme)** – Offers fresh organic vegetables and fruit.  
  https://www.simbiotico.eco/en/ecospot/quinta-7-nomes

**Farm-Raised Meat**

* **Continente Modelo (Lourel)** – Offers a selection of meats, including options from regional and certified farms.  
  <https://www.continente.pt>
* **Auchan (Mem Martins)** – Provides labeled meat cuts from regional and certified farms.  
  <https://www.auchan.pt>

**No Processed Foods**

* **Celeiro (Forum Sintra)** – Specializes in natural and whole foods, providing a range of minimally processed products.  
  https://www.celeiro.pt/lojas/celeiro-forum-sintra
* **Quinta dos 7 Nomes (Almocageme)** – Offers a selection of natural and minimally processed organic products.  
  https://www.simbiotico.eco/en/ecospot/quinta-7-nomes

**Kid-Friendly Snacks**

* **Continente Modelo (Lourel)** – Provides a range of snacks suitable for children, including organic fruit bars and cereals.  
  <https://www.continente.pt>
* **Pingo Doce (Multiple Locations in Sintra)** – Offers kid-friendly snack options, including fruit pouches and cereals.  
  <https://www.pingodoce.pt>
* **Lidl (Multiple Locations in Sintra)** – Stocks a variety of snacks suitable for children under their Vemondo brand.  
  <https://www.lidl.pt>
* **Celeiro (Forum Sintra)** – Offers a selection of healthy snacks suitable for children, including organic fruit bars and cereals.  
  https://www.celeiro.pt/lojas/celeiro-forum-sintra

**Bulk Buying Options**

* **Celeiro (Forum Sintra)** – Provides bulk purchasing options for various organic products.  
  https://www.celeiro.pt/lojas/celeiro-forum-sintra
* **Quinta dos 7 Nomes (Almocageme)** – Offers bulk consumption products, focusing on local and organic items.  
  https://www.simbiotico.eco/en/ecospot/quinta-7-nomes

**Zero Waste Packaging**

* **Celeiro (Forum Sintra)** – Offers products in reusable containers and supports bring-your-own packaging.  
  https://www.celeiro.pt/lojas/celeiro-forum-sintra
* **Quinta dos 7 Nomes (Almocageme)** – Promotes zero waste by encouraging bulk purchases and reusable packaging.  
  https://www.simbiotico.eco/en/ecospot/quinta-7-n