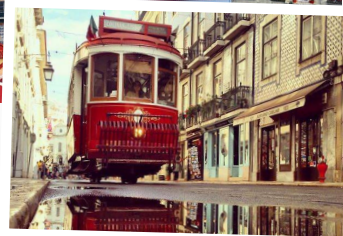


Alex Bourke and Portuguese vegan Carla Nunes of Vegetarian Guides go winter feasting in this historic city.

LISBON

Once the capital of a global empire, Lisbon is an exciting culinary and educational family adventure. Explore cobblestoned, tree-lined streets, museums and ruins, marvel at hilltop views from *miradouros* (golden viewpoints) like the Castelo de São Jorge, window shop in elegant Chiado, and relax or dance to all kinds of music including traditional *fado*. Accommodation starts at €10 per person on Airbnb for a room or apartment, and veggie eating out ranges from bargain buffets to top-end elegant.

The Food Temple in Mouraria, or Moorish Town, is a favourite for a leisurely evening gourmet dinner. The rolling vegan menu changes almost daily, with a soup, three tapas such as savoury mushroom pie, aubergine and seitan, and fried rice and tofu, a main such as Portuguese tomato stew with vegan chorizo, peas and red



wine, and at least two desserts, like berry tart or Portuguese black rice. Two people can share one of everything for around €30. It's nearly always full, so booking is essential.

We love **Jardim das Cerejas** ('Cherry Garden') and **Paladar Zen** vegetarian buffet restaurants (lunch under €8, dinner €10). The first is Portuguese and international, serving *feijoada* stew, seitan and tofu dishes, vegan lasagne, or spaghetti and 'meatballs', with desserts such as orange or chocolate cake. Paladar Zen features a dozen salads and traditional-style dishes like cream of carrot and mint soup, organic tofu steak with mushrooms, roasted aubergine

and tomato with organic seitan, or tomato rice *malandrinho*. Dessert specialities are apple crumble and lemon meringue.

Jardim dos Sentidos, or 'Garden of the Senses', is a vegetarian oasis, a natural therapies centre where two of you can enjoy a massage and then dine in the garden, on the terrace or indoors under stone and brick arches (around €115 all in). Main dishes (€8–€9) feature satay tofu steak, ratatouille, tacos, seitan stroganoff with nuts and coconut milk, or grilled seitan and tofu *espetadinhas* (skewers). Finish with sugar-free cinnamon apple pie or chocolate fondue.

Also recommended...

- **Princesa do Castelo**, by the castle and five minutes walk from the Food Temple, is the other vegan restaurant in the city, with international, macrobiotic and sattvic dishes such as okra tofu curry.
- **Miss Saigon** vegetarian restaurant, by the Tagus river, serves up three mains daily from a mind-blowing repertoire of 700 dishes from 70 countries. Monday and Saturday it's 100% vegan.
- **Terra** is the original upmarket vegetarian restaurant with Portuguese stews or hotpots such as *caldeirada*, seitan



- cozido à alentejana*, sweet potato *feijoada*, plus curry, burritos, kebabs or tabouleh.
- Colourful **Os Tibetanos** offers Tibetan pastries stuffed with seitan and veg, mango and tofu curry, seitan steak, and chocolate dolma tart.
 - **Amor Bio** is the best value health food shop, or try **Brio** for fake meats and the **Celeiro Dieta** chain.



NEED TO KNOW

The Food Temple
Facebook: FoodTemple

Jardim das Cerejas
www.jardimdascerejas.com
Facebook: Jardim das Cerejas

Paladar Zen
www.paladarzen.pt
Facebook: Paladar Zen

Jardim dos Sentidos
www.jardimdosentidos.com
Facebook: Jardim dos Sentidos

Princesa do Castelo
www.princesadocastelo.wix.com/
vegetarian-vegan

Miss Saigon
www.miss-saigon.pt
Facebook: Restaurante Miss Saigon

Terra
www.restauranteterra.pt
Facebook: Restaurante Terra

Os Tibetanos
www.tibetanos.com/en

Health food stores
www.amorbio.pt
www.brio.pt/#contact
www.celeiro.pt/lojas



ESSENTIAL GUIDE

Readers can buy the *Vegan Passport* (RRP £4.99) from Vegetarian Guides for the special price of £3.99, including p&p. The passport-sized book has a page for each of 74 languages, explaining what vegans do and don't eat. Visit www.vegetarianguides.co.uk/veglivingnov. Offer ends 3 November 2015.