

LISBON
POCKET GUIDE



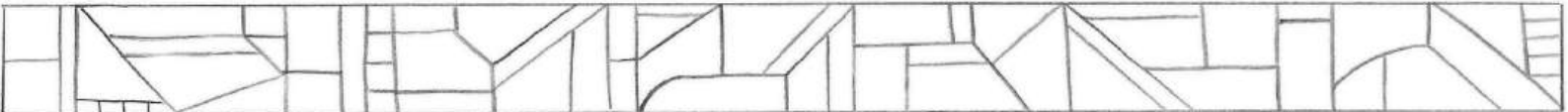
ANDO
Living



WELCOME TO LISBON

*We are Ando Living, your local friend who will ensure you have
a taste of all the best things the city has to offer
and feel the pride we have for our neighbourhoods.*

Eat & Drink 01 | Shopping 02 | Art Galleries 03 | Wellness 04





THE BEST START OF YOUR DAY

BREAKFAST
BRUNCH
COFFEE
ICE CREAM

BREAKFAST & BRUNCH

Augusto Lisboa

Alfama neighborhood

Charming spot with delicious brunch options and beautifully plated dishes.

R. de Santa Marinha 26,
1100-491 Lisboa

Cotidiano

Baixa neighborhood

Trendy brunch café offering modern and fresh breakfast options.

R. do Crucifixo 2,
1100-183 Lisboa

The Folks

Baixa neighborhood

Known for its iconic decoration and cozy atmosphere, specialty coffee, and brunch.

R. dos Sapateiros 111,
1100-619 Lisboa

Dear Breakfast

Santos neighborhood

Popular café with multiple locations, serving one of the best brunches in town.

Calçada do Marquês de Abrantes 146,
1200-808 Lisboa

Fauna e Flora

Santos neighborhood

Local favorite for brunch and coffee with a laid-back vibe.

Rua da Esperança 33,
1200-655 Lisboa

COFFEE & ICE CREAM LOVERS

Copenhagen Coffee Lab

Baixa neighborhood

Renowned café for Nordic-style coffee and pastries.

R. de Santa Justa 14, 1100-230 Lisboa

The Coffee

Baixa neighborhood

Minimalist, modern, and perfect for specialty coffee lovers.

R. dos Douradores 96, 1100-619 Lisboa

Santini

Chiado neighborhood

Iconic Portuguese gelato spot, serving some of the best gelato in Lisbon.

R. do Carmo 88, 1100-581 Lisboa

Buna Specialty Coffee

Santos neighborhood

A must-visit for coffee enthusiasts, serving top-notch specialty brews.

Rua Poços Dos Negros 168,
R. de São Bento 3, 1200-267 Lisboa

Gelato Davvero

Santos neighborhood

High-quality gelato with authentic Italian flavors.

Av. Dom Carlos I 39, 1200-646 Lisboa

Hello, Kristof

Santos neighborhood

A hip café combining excellent coffee and a great selection of indie magazines.

R. do Poço dos Negros 103, 1200-337 Lisboa

Liberty Café

Santos neighborhood

A cozy café offering specialty coffee in a relaxing environment.

Rua da Esperança 21, 1200-815 Lisboa

Nannarella

Santos neighborhood

Another favorite gelateria known for creamy, artisanal Italian gelato.

R. Nova da Piedade 64A, 1200-299 Lisboa





PORTUGUESE MUST DO

RESTAURANTS

“TASCAS” PORTUGUESE TIPICAL FOOD

Taberna Sal Grosso

Alfama neighborhood

Small tavern serves delicious, shareable plates, ideal for exploring different Portuguese tastes. One of Charlotte Lecarpentier's, our head of marketing, favorite!
Calçada do Forte 22, 1100-256 Lisboa

Tasquinha do Lagarto

Campolide neighborhood

Cozy tasca in Campolide offering hearty traditional dishes in a casual setting, recommended by Luís Nunes, Operational Manager.
R. de Campolide 258, 1070-039 Lisboa

O Velho Eurico

Mouraria neighborhood

Small eatery known for its authentic Portuguese flavors, served in a friendly atmosphere, recommended by Carolina Grave, Interior Designer.
Largo São Cristóvão 3, 1100-179 Lisboa

Zé da Mouraria

Mouraria neighborhood

Classic tasca serves generous portions of comforting Portuguese food
R. João do Outeiro 24, 1100-292 Lisboa

TIMELESS CLASSICS

Gambrinus

Avenida neighborhood

Fine-dining experience that combines traditional Portuguese cuisine with a touch of elegance.
R. das Portas de Santo Antão 23, 1150-264 Lisboa

Pinóquio

Avenida neighborhood

Lively spot, famous for its seafood and bustling terrace with views of Praça dos Restauradores.
Praça dos Restauradores 79 80, 1250-188 Lisboa

Solar dos Presuntos

Avenida neighborhood

A beloved classic known for its authentic regional dishes and traditional decor, recommended by Charlotte Lecarpentier's, our head of marketing
R. das Portas de Santo Antão 150, 150-269 Lisboa

Casa do Bacalhau

Beato neighborhood

Restaurant specialized in traditional cod dishes
Rua do Grilo 54, 1900-706 Lisboa

Nunes Real Marisqueira

Belém neighborhood

Seafood restaurant ideal for those wanting a taste of the sea.
R. Bartolomeu Dias 172 E F, 1400-031 Lisboa

Cervejaria Ramiro

Intendente neighborhood

A must-visit for seafood lovers, famous for its fresh seafood, including lobster and prawns.
Av. Alm. Reis 1 H, 1150-007 Lisboa

FADO

Mesa de Frades

Alfama neighborhood

An intimate fado house with live music in a beautiful, historic setting.
R. dos Remédios 139, 1100-304 Lisboa

Tasca do Chico

Bairro Alto neighborhood

Famous for its informal, authentic fado nights in a traditional tasca environment.
R. do Diário de Notícias 39, 1200-141 Lisboa

O Faia

Bairro Alto neighborhood

Renowned fado venue offering high-quality Portuguese cuisine alongside live fado performances.
R. da Barroca 54 56, 1200-050 Lisboa

Sr. Vinho

Lapa neighborhood

Historic fado restaurant known for hosting some of the most famous fado singers.
R. do Meio à Lapa 18, 1200-724 Lisboa





THE BEST WAY TO FINISH YOUR DAY

RESTAURANTS

OUR TRENDY SELECTION

Libertá Kitchen

Avenida neighborhood

Stylish spot serving a blend of Portuguese and Italian-inspired dishes.

R. Rodrigues Sampaio 39, 1150-278 Lisboa

Bairro do Avilez - Pateo

Chiado neighborhood

Chef José Avillez's vibrant venue in Chiado, where seafood takes center stage.

R. Nova da Trindade 18, 1200-303 Lisboa

Ofício

Chiado neighborhood

Portuguese cuisine with creative twists in the heart of Chiado.

R. Nova da Trindade 11k, 1200-301 Lisboa

Da Noi

Lapa neighborhood

A cozy, authentic Italian restaurant in Lapa serving handmade pasta, recommended by Safak Nervo, Chief Commercial Officer.

R. Machadinho 44, 1200-761 Lisboa

Boavista Social Club

Santos neighborhood

Perfect for relaxed gatherings with friends and enjoying a great view.

Rua da Boavista 16, 1200-275 Lisboa

Trickys

Santos neighborhood

A cool, casual spot in Santos for craft cocktails and unique bar bites.

Rua da Boavista 112, 1200-262 Lisboa

DINING EXPERIENCES

Essencial

Bairro Alto neighborhood

Modern bistro offering refined dishes made from seasonal ingredients.

R. da Rosa 176, 1200-390 Lisboa

Cantinho do Avillez

Baixa neighborhood

A cozy spot by Chef José Avillez offering creative Portuguese dishes.

R. Duques de Bragança 7, 1200-162 Lisboa

Sala de Corte

Cais do Sodré neighborhood

A steakhouse specialized in perfectly grilled meats.

Praca Dom Luís I 7, 1200-148 Lisboa

Boubous

Estrela neighborhood

Elegant restaurant that blends modern cuisine with local ingredients.

R. Monte Olivete 32A, 1200-280 Lisboa

Taberna do Mar

Graça neighborhood

Small, seafood-focused restaurant offering fresh, creative dishes.

Calçada da Graça 20 B, 1100-266 Lisboa

Prado

Alfama neighborhood

Farm-to-table concept, celebrating local and seasonal ingredients.

Tv. Pedras Negras 2, 1100-404 Lisboa

Vdb Bistronomie

Alfama neighborhood

A hidden gem serving bistro-style dishes with a fine dining twist.

R. Canastras 8, 1100-112 Lisboa





RELAX AND ENJOY A DRINK LIKE A LOCAL

BARS
ROOFTOPS
WINE



BARS

Monkey Mash

Avenida neighborhood

Known for its vibrant tropical-inspired cocktails and modern bar design.
Praça da Alegria 66B, 1250-004 Lisboa

Toca da Raposa

Avenida neighborhood

Cocktail bar serving creative, experimental drinks in a relaxed setting.
R. da Condessa 45, 1200-302 Lisboa

Imprensa

Príncipe Real neighborhood

Trendy bar with a laid-back vibe, offering great drinks and a cool atmosphere perfect for socializing, recommended by Luís Nunes, Operational Manager.
R. da Imprensa Nacional 46, 1250-127 Lisboa
R. de São Nicolau 24, 1100-547 Lisboa *

**20% discount. Only in this address.*

The Royal Vessel Bar

Príncipe Real neighborhood

Unique, nautical-themed bar with stylish cocktails.
R. Ruben A. Leitão 23, 1200-314 Lisboa

Foxtrot

Príncipe Real neighborhood

Classic, speakeasy-style bar with a timeless and cozy atmosphere.
Tv. Santa Teresa 28, 1200-405 Lisboa*
**20% discount on your first drink. Only in this address.*

ROOFTOPS

Noobai

Bica neighborhood

Scenic bar and terrace offering stunning views over Lisbon.
Miradouro de Santa Catarina (Adamastor)
1200-401 Lisboa

Park

Bica neighborhood

Popular rooftop bar set atop a parking garage with breathtaking views and a great atmosphere.
Calçada do Combro 58, 1200-123 Lisboa

The Insólito

Príncipe Real neighborhood

Rooftop spot with stunning views of Lisbon, serving creative dishes and cocktails in a quirky, unique atmosphere.
R. de São Pedro de Alcântara 83, 1250-238 Lisboa

Javá

Cais do Sodré neighborhood

Rooftop restaurant serving delicious food and cocktails.
Praça Dom Luís I 30, 1200-275 Lisboa

WINE LOVERS

Terraço Editorial

Baixa neighborhood

Rooftop terrace perfect for drinks with a beautiful Lisbon backdrop.
R. dos Fanqueiros 276 piso 8, 1149-031 Lisboa

Senhor Uva

Estrela neighborhood

Wine-focused restaurant highlighting natural wines and delicious, plant-based dishes.
R. de Santo Amaro 66A, 1200-804 Lisboa

Vino Vero

Graça neighborhood

Fantastic spot for natural wines and small tapas dishes.
Tv. do Monte 30, 1170-265 Lisboa

Tati

Penha de França neighborhood

Casual and trendy place for wine and relaxed dining.
R. Carrilho Videira 20B, 1170-079 Lisboa

Comida Independente

Santos neighborhood

Small, artisanal food shop and wine bar focusing on high-quality local produce
R. Cais do Tojo 28, 1200-649 Lisboa

Insaciável

Santos neighborhood

Known for creative menus and a cozy dining experience.
Rua da Esperança 156, 1200-660 Lisboa



SHOPPING

FASHION & SOUVENIRS

Lx Factory

Alcântara neighborhood

Creative hub with stores, galleries and restaurants
R. Rodrigues de Faria 103, 1300-501 Lisboa

A Vida Portuguesa

Chiado neighborhood

Concept store with a selection of the best and most traditional portuguese brands, recommended by Charlotte Lecarpentier's, our head of marketing!
R. Nova do Almada 72, 1100-184 Lisboa

Cerâmicas na Linha

Chiado neighborhood

Ceramic store
Rua Capelo 16, 1200-224 Lisboa

ISTO.

Chiado neighborhood

Portuguese fashion brand
R. Nova da Trindade 22E, 1200-235 Lisboa

EmbaiXada

Príncipe Real neighborhood

Shopping gallery with portuguese brands
Praça do Príncipe Real 26, 1250-184 Lisboa

Companhia Portuguesa do Chá

Santos neighborhood

Portuguese fashion brand
R. do Poço dos Negros 105, 1200-337 Lisboa

WINE & GOURMET GROCERIES

Mercearia Criativa

Alameda neighborhood

Gourmet grocery
Av. Guerra Junqueiro 4A, 1000-167 Lisboa

Garrafeira Nacional

Baixa neighborhood

Wine cellar
R. de Santa Justa 18, 1100-485 Lisboa

Manteigaria Silva

Baixa neighborhood

Gourmet grocery
Rua D. Antão de Almada 1 C e D,
1100-197 Lisboa

Garrafeira Imperial Chiado

Chiado neighborhood

Wine cellar
Rua da Emenda 48, 1200-169 Lisboa

Mercado de Santos

Santos neighborhood

Gourmet grocery
R. Santos-O-Velho 56, 1200-643 Lisboa

MARKETS

Mercado da Ribeira

Cais do Sodré neighborhood

Lisbon's most iconic market offering fresh, local flavors.
Mercado da Ribeira, Av. 24 de Julho,
1200-479 Lisboa

Mercado de Campo de Ourique

Campo de Ourique neighborhood

Lively market offering gourmet food stalls, ideal for sampling local products.
R. Coelho da Rocha 104,
1350-075 Lisboa





ART GALLERIES

Foco

Intendente neighborhood

Founded by architect Benjamin Gonthier, the gallery hosts exhibitions by prominent Portuguese and international artists.

R. Antero de Quental 55A, 1150-041 Lisboa

Cristina Guerra

Estrela neighborhood

The gallery prides itself in welcoming new things, but also lets the world know about the Portuguese artists

R. Santo António à Estrela 33, 1350-291 Lisboa

Madragoa

Estrela neighborhood

The gallery welcomes different art mediums, from painting to sculpture, visual art to installations.

R. Navegantes 53A, 1200-730 Lisboa

No-No

Estrela neighborhood

From renowned international names to still-to-be-discovered talent, the gallery also works closely with other spaces to take the artists' work out there.

Rua de Santo António à Estrela 39A, 1350-291 Lisboa

Underdogs

Marvila neighborhood

Must-visit gallery for urban art lovers, founded by internationally renowned Portuguese artist Vhils, it showcases several groundbreaking talents.

R. Fernando Palha 56, 1950-132 Lisboa





WELLNESS

STUDIO

The Kynd Space

Príncipe Real neighborhood

*Yoga | Reformer & Mat Pilates |
Barre | Cardio | Massages | Aesthetic sanctuary*
Travessa do Noronha 17 Atelier, 1250-170 Lisboa

Bells and Springs

Estrela neighborhood

Pilates | Kettlebell | Movement
R. da Bela Vista à Lapa no 38, 1200-613 Lisboa

GYM

Chiado Training

Chiado neighborhood

*Personal training | PT small group | Gym |
Pilates | Fit Boxing | Nutrition |
Physio Rehab Supplements **
Rua Vitor Cordon 43, 1200-483 Lisboa

Academia Life Club

Santos neighborhood

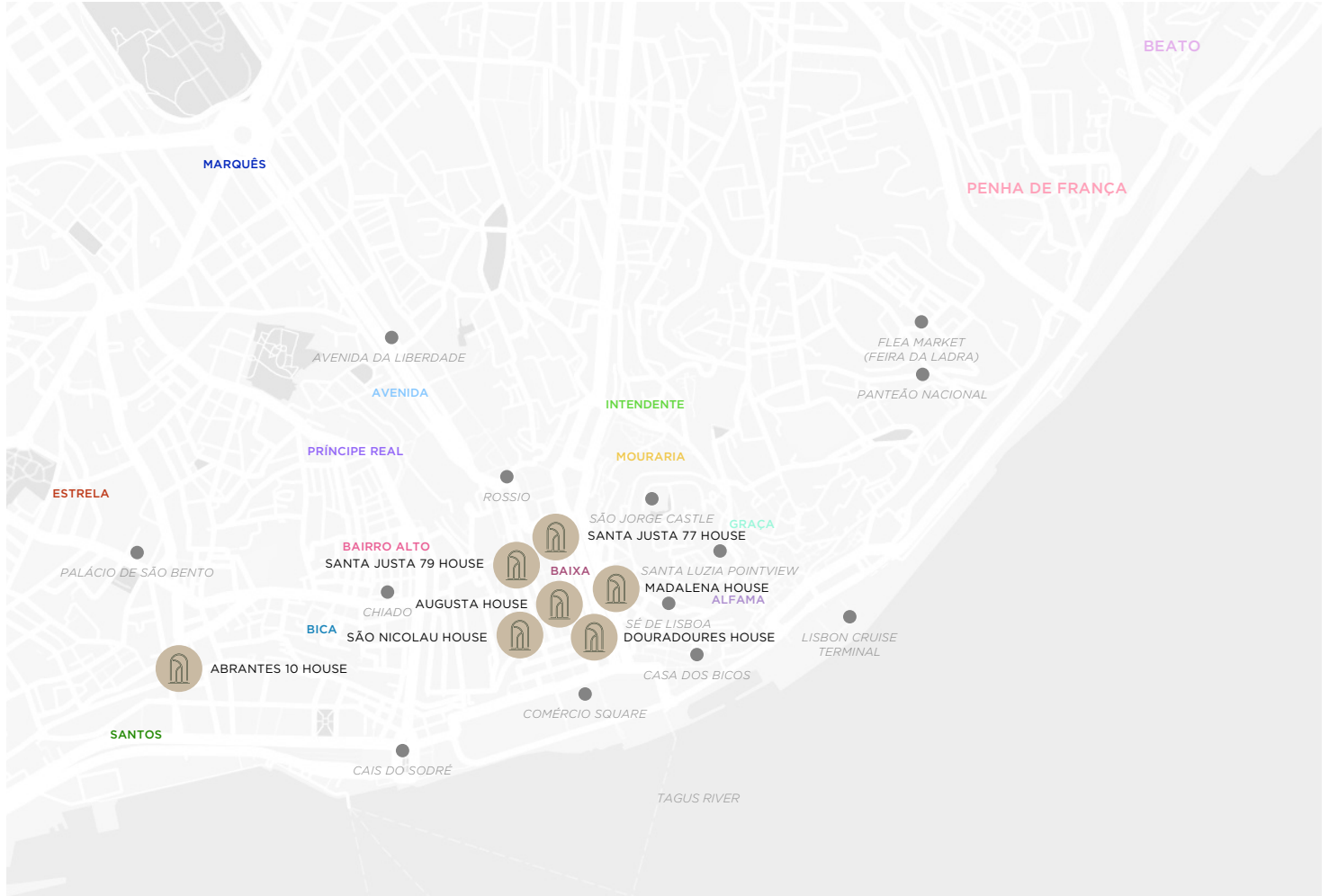
*Gym | Outdoor Training Circuit |
Heated Swimming Pool | Studios for Classes |
Gym | Restaurant | Spa*
Av. Brasília 254, 1200-109 Lisboa

Amplify

Santos neighborhood

Indoor Cycling | Bootcamp | Yoga | Barre
Av. 24 de Julho 60, 1200-109 Lisboa

LISBON NEIGHBOURHOOD MAP





JUST IN CASE

HOSPITAL

Hospital CUF Tejo
*Private** **Alcântara neighborhood**
Av. 24 de Julho 171A, 1350-352 Lisboa

Hospital de Santa Maria
*Public** **Campo Grande neighborhood**
Av. Prof. Egas Moniz MB, 1649-028 Lisboa

Hospital da Ordem Terceira
*Private** **Chiado neighborhood**
R. Serpa Pinto 7D, 1200-027 Lisboa

POLICE

PSP - Tourism Police Station
Baixa neighborhood
Praça dos Restauradores 22, 1250-187 Lisboa

At the Tourism Police Stations you will find police officers specially prepared to communicate in different languages and provide support to tourists.

PHARMACY 24h/7

Farmácia Ronil
Marquês neighborhood
R. Rodrigo da Fonseca 153, 1070-242 Lisboa

Farmácia Largo do Rato
Príncipe Real neighborhood
Rua São Bento, 383 1250-220 Lisboa

Farmácia São Mamede
Príncipe Real neighborhood
R. da Escola Politécnica, 1250-100 Lisboa



LISBON GETAWAYS

Arrábida - 40 minutes by car

Discover the natural beauty of Arrábida with its pristine beaches, lush forests, and breathtaking views from the Natural Park.

Cascais - 30 minutes by car

Wander in the chic streets of Cascais and enjoy ice cream at Santini

Ericeira - 50 minutes by car

Known for its world-class surfing spots, is perfect to enjoy a laid-back coastal atmosphere.

Évora - 1 hour 30 minutes by car

UNESCO World Heritage site with well-preserved Roman temples, medieval walls, and a rich history.

Mafra - 50 minutes by car

Visit the Palace, a baroque masterpiece with an impressive library and stunning gardens.

Óbidos - 1 hour by car

Nestled on the west coast, this picturesque medieval town with narrow streets, whitewashed houses, and a stunning castle is great for a trip filled with history and charm.

Sintra - 30 minutes by car

Sintra is a fairy-tale town with stunning palaces, lush gardens, and mystical forests.

WE ALSO HAVE ANDO LIVING APARTMENTS IN PORTO, JUST 3 HOURS BY CAR, AND ISTANBUL. VISIT US!



PORTUGUESE ESSENTIALS

ESSENTIAL PHRASES



*Do you speak English?
I don't understand
How much does it cost?
Where is...?
The bill, please
Help!*



*Fala inglês?
Não entendo
Quanto custa?
Onde fica...?
A conta, por favor
Ajuda!*



*Hello
Good morning
Good afternoon
Good evening/night
Thank you (if you're male)
Thank you (if you're female)
Please
Excuse me/Sorry
Yes
No*



*Olá
Bom dia
Boa tarde
Boa noite
Obrigado
Obrigada
Por favor
Desculpe
Sim
Não*

BECOME A LOCAL WITH THESE WORDS



*Expresso
Coffee with a "drop" of milk
Pint of beer
Small bread roll
Ticket inspector
Frying pan
Padlock
Sneakers
Handbag
Lazy person
Hanger*



*Bica
Garoto
Imperial
Carçaça
Pica
Frigideira
Cadeado
Ténis
Mala
Preguiçoso
Cabide*



*Bus
Train
Subway/Metro
Airport
Hotel
Restaurant
Left/Right/Straight
Entrance/Exit*



*Autocarro
Comboio
Metro
Aeroporto
Hotel
Restaurante
Esquerda/Direita/Em frente
Entrada/Saída*



PORTUGUESE MUST KNOW

Bread and Cover Charges

Bread, olives, and other small appetizers are often brought to the table before the meal, but they're not free. If you don't want them, politely decline to avoid being charged.

Driving

In Portugal, you drive on the right side of the road. Roads are generally in good condition, but be aware that rural roads can be narrow and winding. Renting a car is a great way to explore the countryside, but be cautious when driving in historic city centers due to narrow streets and limited parking.

Language

English is widely spoken, especially in tourist areas, hotels, and by younger generations. Many road signs and menus also have English translations. While you can usually get by with English, locals appreciate it if you try a few words in Portuguese. On the following pages we'll give you a help.

Public Transportation

Lisbon has extensive public transportation networks, including buses, trams, and metros. Purchase the rechargeable public transport card - Lisboa Viva - for convenience.

Radio

In Portugal you have an english speaking radio called Kiss FM at 95.8 MHz.

Tipping Culture

Tipping is appreciated but not obligatory. In restaurants, rounding up the bill or leaving a tip of around 5-10% is common, especially if the service was good. Tipping is not expected in cafes or bars. However, if you're in a fancy high-end place, you should plan on tipping. Rounding up the fare is also common practice when taking a taxi or rideshare.

Cash vs. Card

Credit and debit cards are widely accepted, but some smaller shops, cafés, or rural areas might prefer cash. Always carry a bit of cash, especially for small purchases or in more remote areas.

Electricity and Plugs

Voltage: Portugal operates on a 230V supply voltage.
Plugs: The standard plug types are C and F, both with two round pins. Bring a power adapter if your devices use a different plug type or voltage.

Personal Space and Greeting

Portuguese people may stand closer during conversations compared to some other cultures. It's common to greet with a handshake, and among friends, women often greet with two kisses on the cheeks. Don't be surprised if someone stands close when talking or offers a friendly kiss on the cheek.

Punctuality

In Portugal, people are generally relaxed about time. It's common for locals to arrive a little late, especially for social gatherings. However, punctuality is more expected in professional settings.

Smoking

Smoking is banned in most indoor public places, including restaurants and bars, though some venues have designated smoking areas. Look for signs indicating where smoking is permitted, and be aware of outdoor no-smoking zones, such as near schools or playgrounds.

Toll Roads

Many highways in Portugal have tolls, which can be paid manually or electronically. If renting a car, opt for the electronic toll device (Via Verde) to automatically pay tolls without stopping.

