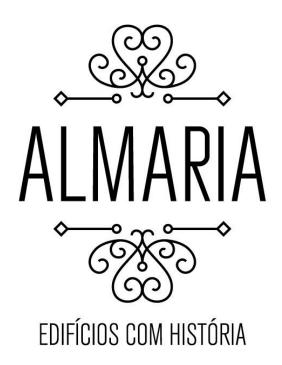
You had me at Brunch





### Why Lisbon?

"Starting with roasted sardines ending in Belém pastries, Lisbon has a cuisine as inviting as the city and the region.

The roasted sardine is eaten all over the country, but in Lisbon it has a special tradition at the Santos Populares festivities in June. Especially in summer, it is a mandatory dish in a typical restaurant or on the beach terrace, with roasted peppers, seasoned with excellent Portuguese olive oil.

However, the boats that give color to the region's fishing ports - Ericeira, Cascais, Sesimbra or Setúbal - supply many other fish and seafood from succulent stews, fish soups or simple grilled fish. Like the red mullet from Setúbal and the fried cuttlefish. In Portugal, we have the best fish in the world!

Many sweet temptations alone justify the trip, all of them around the capital: the Cascais nuts at the end of the beautiful Estoril Coast line; the queijadas and pillows of Sintra or the fofos de Belas in the green Sintra Cultural Landscape, punctuated by palaces and classified as World Heritage by Unesco; and, just passing the Tagus to the south, we find the Azeitão pies. Our sweets do not end, but there is something that no one can miss on a visit to Lisbon: in the monumental area of Belém, where there are also two World Heritage exponents, it is mandatory to taste the sweet tooth of Belém, an ex-libris of the conventual sweets that it is part of the brand image of Portuguese gastronomy."





#### Dear Breakfast

"The whole atmosphere was thought out in detail to be a good way to start the day well: the light is not aggressive, the aromas are soft, the chairs are in blue and pink velvet and the music is always chill. And for those who don't care about schedules, eat breakfast at lunch or snack time"

https://www.timeout.pt/lisboa/pt/restaurantes/dear-breakfast





#### • Fauna e Flora

"Fauna & Flora opened in December 2017 and since then has been at the top of the most instagramable cafes in the city where pancakes are the big stars of the menu"

https://www.timeout.pt/lisboa/pt/restaurantes/fauna-flora





• Zenith Caffe

"Perfect combinations of healthy and tasty options. From natural juices to specialty coffee. From the classic Eggs Benedict to the varied Pancakes, passing by the Yogurt with Granola, Açaí, Tapiocas, the delicious and photogenic Smoothie Bowls, Breathtaking Salad Bowls and also the famous Banana Bread."

https://www.zenithcaffe.pt/



#### Nicolau

"We are one of those who love breakfast food at any time of the day. At Nicolau, brunch stopped being only on Sunday to be always available. We try to renew our menu every season to have the best smoothies, salads and pancakes in town:). Our love for food is reflected in what we do."

https://www.ilovenicolau.com/pt/





Grémio Literário

"The Grémio Literário, founded in 1846 by names like Almeida Garrett or Alexandre Herculano, opened its doors again: every Saturday it serves a brunch worthy of a king. The beautiful terrace in shades of green water is on a balcony overlooking the river and a secret garden, in the palace of the Viscounts of Loures, who once sat great names in the culture, and is the setting for a very complete brunch."

https://www.timeout.pt/lisboa/pt/coisas-para-fazer/gremio-literario

