PRINTABLE ITINERARY

3-Day Lisbon Brunch Itinerary

From our guide **Top 10 Best Brunch Spots in Lisbon**. Print it or save it to your phone.



Day 1: Santos and the river

Start with brunch at Heim Café in Santos, going early to beat the queue. If the wait is long, walk to Fauna & Flora nearby. Spend the afternoon along the river at Cais do Sodré, then finish with a coffee. If you want a savoury plate instead, you can swap in Comoba on Rua de São Paulo, which is a short walk away.

Day 2: The centre and Chiado

Begin at Dear Breakfast or Breakfast Lovers for eggs and coffee. Walk up through Chiado and Bica, take in the Miradouro de Santa Catarina, then drop down to Restauradores. If you want a second big meal, book or arrive early at Zenith for a late brunch with a cocktail. End the day with an evening drink at one of the best bars in Lisbon.

Day 3: Neighbourhood mornings

Travel to a quieter district. Take tram 28 to Campo de Ourique for Amélia, or head to Graça for crêpes at Maria Limão and views from the nearby miradouros. If you prefer a bakery brunch, spend the morning at Marquise da Mobler in São Bento, then walk up to Príncipe Real. Whichever you choose, check opening days first.

Our free printable 3-day Lisbon brunch itinerary puts these plans on a single page you can take with you.

The 10 places at a glance

1. Heim Café

How to get there: Tram 15E or a short walk from Cais do Sodré to Santos.
How long to spend: About an hour, plus any wait.
Best time to go: A weekday morning, as weekend lines are common.
Tip: Go early, and have a backup nearby in case of a long wait.
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2. Zenith

How to get there: Metro to Restauradores, then a short walk to Rua do Telhal.
How long to spend: About 90 minutes for a relaxed brunch.
Best time to go: Early or late in the brunch window, to avoid the peak.
Tip: Check the booking policy, as older information may be out of date.
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3. Fauna & Flora

How to get there: Tram 15E or a short walk from Cais do Sodré, depending on the branch.
How long to spend: About an hour.
Best time to go: A weekday late morning.
Tip: Confirm which branch you are going to, as the group has more than one.
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4. Breakfast Lovers

How to get there: Metro to Baixa-Chiado, then a short walk to Calçada do Combro.
How long to spend: About an hour.
Best time to go: A weekday late morning.
Tip: Check which branch you are visiting, as hours differ between listings.
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5. Dear Breakfast

How to get there: Metro to Baixa-Chiado for the Chiado branch, or a short walk from Cais do Sodré for Bica.
How long to spend: About an hour.
Best time to go: A weekday morning, to avoid weekend queues.
Tip: Confirm the branch address on a map, as listings differ.
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6. Comoba

How to get there: Metro or train to Cais do Sodré, then walk uphill a few minutes.
How long to spend: One hour or more.
Best time to go: A weekday late morning.
Tip: Check the address on a map, as listings disagree between streets.
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7. Marquise da Mobler

How to get there: Metro to Rato, then a walk downhill to Rua Nova da Piedade.
How long to spend: One to two hours, depending on the weather.
Best time to go: A sunny weekday late morning.
Tip: Confirm the street number and the menu, as listings differ.
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8. Amélia

How to get there: Tram 28 towards Campo de Ourique, or a short taxi from the centre.
How long to spend: About an hour for brunch, plus time to explore.
Best time to go: A weekday late morning.
Tip: Confirm opening hours and the current menu before you go.
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9. Maria Limão

How to get there: Tram 28 to Graça, or walk up from Alfama.
How long to spend: About an hour, plus time for the viewpoints.
Best time to go: A weekday late morning.
Tip: Look up the address first, as older listings show the previous one.
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10. Nicolau

How to get there: Metro to Baixa-Chiado, then a short walk through the Baixa.
How long to spend: About an hour.
Best time to go: A weekday late morning.
Tip: Check opening days and the current menu before you go.
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Getting around Lisbon

The centre is compact but hilly. The metro covers most of the central brunch spots, and you can check lines and stations on the Metro de Lisboa website. Trams and buses are run by Carris, and tram 28 and tram 15E are useful for several places in this guide. Trams are slow and busy at peak times, so allow extra time. Wear comfortable shoes, because many streets are steep and cobbled.

Opening times, prices and transport change often, so check with each venue or operator before you go. For the full guide, photos and FAQs, see https://toptravelinsider.com/top-10-best-brunch-spots-in-lisbon/.