PRINTABLE ITINERARY

3-Day Lisbon Food Itinerary

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



Day 1: Belém, the centre and a classic dinner

Start the morning in Belém with a pastel de nata at Pastéis de Belém, and compare it with one from Manteigaria if you have the energy. Take a tram or a train back towards the centre. For lunch, eat a bifana at O Trevo near Chiado or at As Bifanas do Afonso in Baixa. In the afternoon, walk to Largo de São Domingos for a shot of ginjinha. For dinner, head to a tasca in Chiado for bacalhau à Brás.

Day 2: Mouraria and Alfama

Spend the day among the older neighbourhoods. Start with a coffee and a pastel de bacalhau at a local bakery or tasca. Walk up through Mouraria and look for a lunch of caldo verde and a dish of the day. In the afternoon, wander through Alfama. For dinner, in the warmer months, look for grilled sardines in a small Alfama restaurant. In winter, choose a tasca for pica-pau and petiscos instead.

Day 3: Seafood and a long lunch

Dedicate the day to seafood. Go to a cervejaria such as Ramiro for clams and prawns, and finish with a prego from the same menu. Book ahead or arrive early to avoid the wait, and remember it is closed on Mondays. After lunch, walk along Avenida Almirante Reis or take a short taxi to the river for a slow afternoon. End with a final pastel de nata or a small ginjinha before heading home.

Our free printable 3-day Lisbon food itinerary puts these plans in a one-page format you can take with you.

The 10 places at a glance

1. Pastel de Nata

How to get there: Tram 15E or a train from Cais do Sodré to Belém, then a short walk to Rua de Belém.
How long to spend: About 30 minutes for the tart, longer if you add the monastery or the riverside.
Best time to go: Early morning or mid-afternoon, to avoid the longest queues.
Tip: Eat the tart warm and check current opening times on the official site first.
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2. Bacalhau à Brás

How to get there: Metro to Baixa-Chiado, then a short walk down Rua das Flores.
How long to spend: About an hour for a relaxed lunch or early dinner.
Best time to go: Weekday lunch, when tascas serve their dishes of the day.
Tip: Arrive when doors open, because small tascas fill quickly and may not take bookings.
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3. Bifana

How to get there: Metro to Baixa-Chiado for both, then a short walk up to Praça Luís de Camões for O Trevo or across Baixa to Rua da Madalena.
How long to spend: Under half an hour, because it is a quick stop.
Best time to go: Lunchtime on a weekday, when the counters are busiest and the pork freshest.
Tip: Ask for mustard on the side if you are unsure, as some counters add it automatically.
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4. Sardinhas Assadas (Grilled Sardines)

How to get there: Tram 12E or a short walk uphill from Baixa to Alfama.
How long to spend: About an hour for a relaxed dinner.
Best time to go: June for the festival, or any summer evening from May to October.
Tip: Eat the fish with your hands, and use the bread to soak up the oil.
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5. Caldo Verde

How to get there: Metro to Martim Moniz, then walk uphill into Mouraria.
How long to spend: About 45 minutes as a starter before a main course.
Best time to go: Cooler months, when the soup is most likely to be on the menu.
Tip: Ask whether the chouriço is included, because some tascas serve it on the side.
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6. Pastéis de Bacalhau

How to get there: Metro to Baixa-Chiado or Martim Moniz, depending on the tasca.
How long to spend: About 30 minutes as part of a longer petiscos meal.
Best time to go: Early evening, when petiscos bars start serving.
Tip: Order two or three small plates at a time rather than a big main course.
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7. Amêijoas à Bulhão Pato

How to get there: Metro to Intendente or Arroios, then a short walk along Avenida Almirante Reis.
How long to spend: About 90 minutes for a relaxed seafood meal.
Best time to go: Early lunch or early dinner, before the queue forms.
Tip: Check the price per weight before ordering shellfish by the kilo.
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8. Arroz de Marisco

How to get there: Depends on the restaurant, but most seafood places are reachable by Metro or a short taxi.
How long to spend: About 90 minutes for a shared pot of rice and a drink.
Best time to go: Lunch, especially at weekends when the pot is a family tradition.
Tip: Order for at least two people, and ask whether the rice includes lobster or only prawns and clams.
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9. Ginjinha

How to get there: Metro to Rossio, then a short walk to Largo de São Domingos.
How long to spend: About 10 minutes.
Best time to go: Late afternoon or evening, when the square is lively.
Tip: Ask for "com elas" if you want the cherry, and drink it standing at the counter.
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10. Pica-Pau

How to get there: Metro to Martim Moniz or Baixa-Chiado, then a short walk into Mouraria or Alfama.
How long to spend: About 45 minutes as part of a petiscos meal.
Best time to go: Early evening, when tascas start filling up.
Tip: Share it with friends and order bread to soak up the sauce.
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Getting around Lisbon

The centre is compact but hilly. The metro covers most of the places in this guide, and you can check lines and stations on the Metro de Lisboa website. Trams and buses are run by Carris, and Tram 15E and the local trains from Cais do Sodré go to Belém. Wear comfortable shoes, because the old neighbourhoods have steep cobbled streets. Taxis and ride-hailing apps are useful for late evenings and for getting up the hills.

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-foods-to-try-in-lisbon/.