



GUIMARÃES

gastro nomy



VISIT
GUIMARÃES 

PORTUGAL

www.visitguimaraes.travel

AUTHENTIC FLAVORS WHERE TRADITION IS TASTED AT THE TABLE

Guimarães, the cradle of the Portuguese nation, is much more than a historical destination it's a sensory journey through the soul of Minho's gastronomy. Each dish reflects tradition, culture, and passion, transforming simple ingredients into memorable experiences, with intense flavors and stories passed down through generations.

The art of cooking and eating well is part of the local identity, in a region where the table is the stage of history and the pride of its people. The cuisine of Guimarães, rich and diverse, combines classic, traditional, and signature recipes, celebrating authentic, local, and seasonal products that keep the essence of Minho's cooking alive.

In Guimarães, tradition and innovation coexist harmoniously: signature cuisine renews ancient flavors with creativity, always respecting local ingredients.

Desserts stand out for their convent and regional sweetness such as *Torta de Guimarães*, *Toucinho-do-céu*, *pudim de ovos*, *leite creme queimado*, and traditional Christmas sweets adding a sweet touch to celebrations.

Everything tastes even better when accompanied by a glass of *vinho verde*, fresh and slightly sparkling, produced on the hillsides of the region.

Guimarães is a place to taste, share, and live. At the table, you'll discover the essence of Minho and the warm hospitality of its people.

Enjoy your meal – or as we say around here, *bom proveito!*

**GUIMARÃES
AWAITS YOU –
WITH A FULL
PLATE AND AN
OPEN HEART.**



TYPICAL DISHES

The typical food of Guimarães is a true celebration of its roots, fertile land, and the people who, through cooking, keep alive the cultural identity and welcoming spirit of this historic city.



ROJÕES À MINHOTA COM PAPAS DE SARRABULHO

A classic from Minho cuisine, *rojões* are made with pork marinated in wine, garlic, and bay leaf, slowly cooked until tender. They are served with the traditional *papas de sarrabulho* a mix of bread, blood, cumin, and meat broth giving the dish intensity and authenticity. Together, they represent the rustic and generous essence of Minho.



ARROZ DE PICA NO CHÃO

Of rural origins, this dish is prepared with farm chicken, rice, wine, onion, garlic, and herbs. At the end, the chicken's blood mixed with vinegar is added, giving it a creamy texture and slightly tangy flavor.



BACALHAU COM BROA

A simple and comforting dish where the codfish is baked in the oven with a golden cornbread crust, garlic, olive oil and parsley. It is served with smashed potatoes and sautéed turnip greens, making it one of Guimarães' must-try specialties.



POLVO À LAGAREIRO

The octopus is cooked until tender and then roasted with extra virgin olive oil, garlic, and onion, in the traditional style of the olive oil presses. It is served with smashed potatoes and fresh parsley, resulting in a simple yet intensely flavorful dish.



BUCHO RECHEADO

Linked to the slaughter of pigs, this dish is made with the animal's stomach stuffed with minced pork, rice, sausages, bread, blood, garlic, onion and spices. It is served with roast potatoes, turnip greens and *farinheira* sausage, and is a symbol of resourceful cooking.

BACALHAU ASSADO NA BRASA

Soaked cod fillets are roasted over hot coals, giving them a firm texture and smoky aroma. Served with baked potatoes, vegetables and olive oil with garlic, they reflect the simplicity and tradition of Portuguese cuisine.



COZIDO À PORTUGUESA

A symbol of togetherness, this dish combines beef, pork, and chicken with sausages and vegetables, all slowly cooked until the flavors merge into a rich broth. A hearty, comforting dish steeped in tradition.



FILETES DE PESCADA COM SALADA RUSSA

Golden and crispy fillets served with Russian salad made of potatoes, carrots, peas, and homemade mayonnaise. A balanced combination that is light and flavorful.

SIGNATURE CUISINE

Flavors with identity, creativity with roots

In Guimarães, tradition and innovation meet together at the table. The signature cuisine stands out for its creativity, respect for local products and appreciation of the Minho spirit. From intimate spaces to Michelin-starred restaurants, each dish tells a story.

A COZINHA – CHEF ANTÓNIO LOUREIRO (1 MICHELIN STAR)

Located in the historic centre, this award-winning restaurant combines tradition, modernity and sustainability. Chef António Loureiro works with local producers, Minho vegetable gardens and native meats, creating signature cuisine that celebrates the flavours of the seasons and respect for ingredients.



RESTAURANTE 34 – VIEW, ELEGANCE, AND FLAVOR

Overlooking Largo do Toural, Restaurante 34 combines a modern and relaxed atmosphere with creative international cuisine. Highlights include dishes such as fresh burrata, salmon toro, lamb with chestnut purée and succulent ribs.



LE BABACHRIS – SIGNATURE CUISINE WITH FRANCO-SPANISH SOUL

In a UNESCO-listed building, Bárbara and chef Christian present contemporary Mediterranean cuisine. The welcoming space invites you to try paella rice dishes and seasonal creations full of personality.





HOOL - TRADITION WITH SOPHISTICATION

At Hotel da Oliveira, next to the Church of Nossa Senhora da Oliveira, Hool combines elegance and flavour under the signature of chef Vitor Matos and the execution of chef Liliana Moura. With Mediterranean and contemporary influences, it offers tasting menus called 'Raízes' (Roots) and 'A Descoberta' (Discovery).



NORMA - EVOLUTION ON THE PLATE

Overlooking the church of São Gualter, Norma restaurant offers a creative and intimate concept. Chef Miguel Marques presents a seven-course menu that reflects human and gastronomic evolution, accompanied by a selection of portuguese wines and a seasonal menu.



S. GIÃO - FAMILY TRADITION WITH AN AUTHOR TOUCH

In Moreira de Cónegos, S. Gião has been a landmark since 1987. Under the leadership of chef Pedro Nunes and his son João Nunes, it combines portuguese tradition and innovation, with dishes that highlight authentic flavours and a love of gastronomy.

TRADITIONAL SNACKS

In Guimarães, snacking is a ritual of conviviality. In taverns, terraces or restaurants, portuguese snacks invite you to savour them slowly, between conversations and toasts.

PÃO DE MILHO, CHOURIÇA ASSADA & ENCHIDOS

The dense and slightly sweet artisanal cornbread is the perfect accompaniment to traditional cured meats: grilled *chouriça*, *paio*, *alheira*, *salpicão* and ham a combination of authentic and intense flavours.

BOLINHOS & PUNHETA DE BACALHAU

The crispy and tender codfish fritters are an irresistible classic. The *punheta de bacalhau* raw cod flakes seasoned with olive oil, garlic, and parsley surprises with its fresh and intense flavor.

MOELAS & ROJÕEZINHOS

Tender and aromatic stewed gizzards and *rojõezinhos* fried with garlic and bay leaves make for flavourful, traditional snacks, perfect for sharing.



BOLO COM SARDINHA OU TOUCINHO

Made with bread dough and pieces of bacon or fried sardines, this bread has a succulent flavour and a slightly crispy crust when baked simple, but irresistible.

CEBOLA COM SAL E VINHO TINTO

A humble and typical snack from Minho: fresh sliced onion, sprinkled with salt and drizzled with red wine, in a balanced contrast between sweetness, salt and acidity.

ORELHEIRA DE PORCO TEMPERADA

Served cold and sliced, it is seasoned with garlic, olive oil, vinegar and parsley. With a firm texture and distinctive flavour, it is a must in traditional taverns.





PATANISCAS DE BACALHAU

Made with batter and codfish flakes fried until golden brown, these are light and tasty, ideal with bean rice or a glass of *vinho verde*.

POLVO EM MOLHO VERDE

Octopus cut into slices, served cold with olive oil, vinegar and sweet Pepper, something light, refreshing and full of Atlantic flavour.



ISCAS DE FÍGADO COM CEBOLADA

Liver fried with garlic, bay leaves and wine, served with a sauce of onions caramelised in olive oil. A snack with an intense flavour and succulent texture, typical of popular cuisine.

CALDO VERDE

A traditional soup made with potatoes, collard greens, olive oil, and artisanal sausage. In Guimarães, it stands out for its use of local products and its genuine flavor that warms the both body and soul.

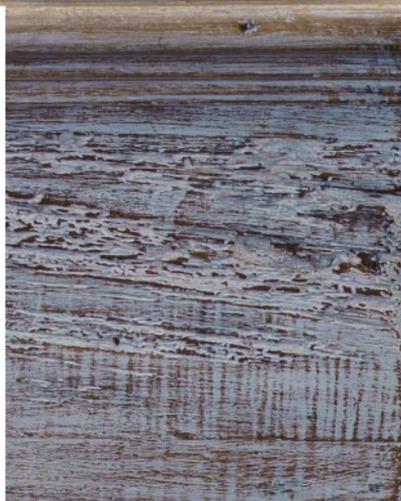


CONVENTUAL PASTRY: A LEGACY OF FLAVORS

The conventual pastries of Guimarães are a true gastronomic heritage, born from the mastery of ancient convent recipes and proudly perpetuated by the hands that keep these traditions alive. Among the most emblematic specialities are true gems that enchant with their flavour and history

The **Tortas de Guimarães**, delicately made with eggs, almonds, and gila (pumpkin jam), are a sublime example of conventual pastry, combining softness, texture, and a balanced flavours that that win you over at first bite.

Another treasure of the local pastry tradition is the **Toucinho do Céu**, a rich and moist sweet with a deep and enveloping flavour, whose origins date back ancient recipes kept in the region's convents. Each slice encapsulates centuries of tradition, evoking the care and precision with which the nuns created true delicacies with simple but noble ingredients.



TRADITIONAL PASTRY: SWEET MEMORIES IN EVERY SPOON

The traditional pastries of Guimarães are more than a collection of recipes they are a living part of the city's cultural identity, made up of flavors passed down through generations and gestures full of affection.



Among the most popular sweets are **pudim de ovos**, with its velvety texture and intensive flavour of egg yolk and caramel, a constant presence at Sunday lunches, and **leite-creme queimado**, with its thin caramelized layer and a touch of cinnamon.

The **Brisas de Guimarães**, delicate and of conventual origin, made with egg yolk and sugar, represent simplicity elevated to perfection.

During the Christmas season, tables are filled with aromas and memories: **aletria** flavored with lemon and cinnamon, mexidos rich in dried fruits, bread, and honey, **rabanadas** coated in sugar and cinnamon, and the traditional **sopas secas**, a symbolic sweet made with bread, sugar syrup, and spices.

Each sweet is a piece of the soul of Guimarães, flavors that transcend time, continuing to sweeten celebrations, reunions, and cherished memories.

