

Gourmet trends are strongly present at **Mercado da Vila**.
Come and taste for yourself the high-quality offerings we have available.

CASCAIS FOOD LAB

A meeting point for professionals, entrepreneurs, tourists, students, children, and anyone who shares a common passion - gastronomy.

Innovation is a key concept in this culinary space, which has a specialised team to help develop new ideas. Fully equipped for any kind of food-related event, it hosts workshops, showcookings, themed dinners, gastronomic and cultural experiences, team-building activities, tastings, and more.

Cascais Food Lab operates within the scope of Cascais City Council, co-funded by the **Mar2020 Programme**, aiming to promote, encourage, and develop entrepreneurship. It strengthens the local strategy of offering excellent gastronomy and investing in food tourism, an emerging sector in both national and international markets.

On **Mercado Saloio** days (every Wednesday), Cascais Food Lab, in partnership with Mercado da Vila and sometimes with guest chefs, creates a recipe using fresh produce bought directly from local vendors. The kitchen doors remain open so that everyone can watch the process. After the free showcooking session, there is always a tasting moment!

RESTAURANTS & SPECIALITIES

SACAS MERCADO – Burgers, Steaks, Salads & Pizzas

In the heart of **Cascais**, **Sacas Restaurant** offers a unique gastronomic experience in a cosy and comfortable setting.

Ideal for all tastes, the diverse menu includes everything from delicious **petiscos** and **grilled meats** to **handcrafted pizzas**, **fresh salads**, and **succulent burgers**. Each dish is prepared with fresh, high-quality ingredients, ensuring a meal that will delight the whole family.

With affordable prices and a relaxed atmosphere, **Sacas** is the perfect spot to enjoy a meal right in the centre of **Cascais**. Its privileged location, just a few steps away from the city's main attractions, makes it an irresistible choice for those who want to savour delicious dishes while soaking in the vibrant atmosphere of **Cascais**.

Come visit **Sacas Restaurant - Mercado** and discover the flavour of true hospitality, with quality, comfort, and prices that fit your budget.

AZTECA – Mexican Specialities

AZTECA is a **fusion Mexican restaurant**, offering dishes with influences from Portuguese and other cuisines.

The menu includes **tacos, burritos, quesadillas, alambres**, and other traditional Mexican dishes, as well as some twists on the classics.

With options ranging from **spicy, vegetarian, vegan**, and even **gluten-free**, the varied selection invites people of all tastes to sit down and enjoy a meal.

The **Azteca concept** in **Cascais** aims to be an alternative to traditional Mexican restaurants and stand out from the crowd.

The dishes base is Mexican cuisine, but the kitchen brings in flavours from other countries, such as **Japanese tataki, Chinese sauces, Middle Eastern spices**, and **Portuguese octopus**.

The restaurant has **70 seats**, including both the indoor dining area and the outdoor terrace, with decor designed to create an intimate and romantic atmosphere.

Open every day, except for **Sunday evenings**, it offers continuous service in case you fancy a **burrito in the afternoon** or a **cocktail during happy hour** with friends at the end of the day.

MARISCO NA PRAÇA – Seafood to Take Away (Cooked) or Eat In

Located inside the fish market at **Mercado da Vila**, this unique restaurant combines tradition with an innovative concept, offering a great atmosphere, excellent quality, and the best prices. Try delicacies such as **stuffed crab, lobster, spiny lobster, Cascais rock crabs, oysters, clams, whelks, barnacles from the Azores, Espinho prawns, Algarve prawns, tiger prawns, scarlet prawns**, as well as hearty seafood rice and **bean stew with whelks and prawns**—and much more!

PATEO DO PETISCO – If You Don't Try It Here, You Haven't Truly Tasted It!

A restaurant with a wide variety of authentic Portuguese petiscos (small plates), ranging from **caldo verde (green soup) to stewed gizzards, crispy green beans to hand-cut potato chips**, and an extensive selection of **presto-style beef sandwiches**. Everything is prepared with a special touch in a charming and relaxed atmosphere. Take the risk—taste and enjoy at Páteo!

LOCAL - Your Healthy Kitchen

A restaurant dedicated to healthy eating trends, offering a variety of dishes that are both delicious and nutritious.

With a focus on **organic cuisine**, owner **Maria Gray**—a food lover and creator of the blog *Gray's Cuisine*—develops creative and balanced recipes. Try the **Energy Bowl (roasted courgette, sweet potato, and sundried tomatoes)**, **Panko-crusted salmon with a duo of rice, mango, and cashews**, or the **Chia pudding with peach and mango smoothie**, among many other healthy delights!

SUSHI DEL MAR

Focusing on freshness and quality, **Sushi Del Mar** offers a wide selection of **traditional sushi** with fusion elements, all served in a stylish and comfortable setting. Visit the new covered terrace and enjoy the best of Japanese cuisine.

H3 – The New Hamburgology

At **H3**, every burger is **200g of pure beef**, grilled (not pressed or flattened) to your chosen doneness, seasoned with sea salt, and cooked by certified grill masters trained to meet 72 quality parameters at the **H3 Grill School**. Finally, they are served on heated plates—or in a bun—to be enjoyed with real cutlery.

This is what **H3** calls “new hamburgology”—a fresh way of thinking about burgers!

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