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Trying local food should be high on your to-do list while travelling solo to Porto. And when you follow my Porto food guide, you can try some of the best food in Porto including traditional Portuguese food and local regional cuisine. And eating in Porto will not break the bank. Many local cafes, cervejarias (pubs) and Porto restaurants are affordable. If you love eating as much as I do and are excited to go on a culinary journey in Porto, then get ready! I'll show you exactly what to eat in Porto Portugal and where to find the best food in Porto.Disclosure: This post may contain affiliate links. If you buy something through them, I will receive a small commission at no additional cost. Thank you for supporting this website. For more information, please read the disclosure for more info.Before trying some of the best food in Porto, check out my post on all the best things to do in Porto in 2 days to get an idea of what you can do in the city.Here are a few additional tips for eating in Porto:Bring your credit card as many places accept credit cards only.Bring cash as a handful of cafes in Porto only accept cash.Check the hours of operation when you are eating in Porto. Most restaurants open during lunch (between 12-3pm), close for a couple of hours and then open again for dinner (7pm until late).When you see cervejaria in the restaurant name, you'll likely find good local food. A cervejaria is similar to a pub or cafe.If this is your first time in Porto, you'll want to try all the local Porto food. There is so much to try, but here are my top 17 food in Porto that you must try while spending a few days in the city.Here is a quick summary of all the must eat food in Porto:Francesinha most famous sandwich in Porto/Cachorrinho Portuguese hotdogBifana sliced pork sandwichSande de Pernil Portuguese sandwich made with roast porkPrego no Po Portuguese steak sandwichCaldo Verde green soupBacalhau codfishPeixe Grelhado Portuguese-style grilled fishFrango Assado Portuguese-style chickenPica Pau mix plate of steak, sausage and gravyAlheira Portuguese smoked sausageVinho do Porto port winePortuguese Sangria red or white wine-based drinkPastel de Nata Portuguese egg tartDoços Conventuais dessert made with sugar and egg yolksRabanadas traditional french toastGelato ice creamBelow is a list of the best places to eat in Porto. All the food in Porto mentioned below can be found at these restaurants. To find the address for each location, click on the restaurant name, which will bring you to the location on Google Maps.Caf Santiago popular Portuguese restaurant serving traditional food. Visit one of their three locations.Braso Aliados nicely decorated restaurant serving traditional Portuguese foodTasquinha Rebelo quaint little cafe near Campanha stationLareira my favourite restaurant in Porto. They serve all types of popular Porto foodAntunes traditional Portuguese restaurant that has been around for 50 yearsChurrasqueira Kinay lots of meat and seafood at this cozy neighbourhood restaurant that locals frequentCasa Ado a casual seafood restaurant along the south side of Douro RiverMeia-Nau Porto excellent seafood restaurant in Porto and MatosinhosPedro dos Frangos the restaurant has been around for 50 years serving traditional Portuguese cuisineBufete Fase they only have francesinha on the menu (and theres no special menu)Conga try one of the pork sandwiches at this local restaurantPregar known for their steak sandwiches but also have other items on the menuCasa Guedes they serve many popular Porto sandwichesCervejaria Gazela known for their hotdog but also have other Porto food. Try it at one of their two locations.Republica dos Cachorros 2 they specialize in hotdog but have other Portuguese foodEspao Porto Cruz try several types of port wines at the end of the tour. And check out the great view from the rooftop terraceSandeman the bar in front of Sandeman makes some of the best port cocktailsFábrica da Nata see how they make the pastel de nata and get a freshly baked tart and a glass of Sandeman port wine or a shot of Ginjinha (cherry liquor) in a chocolate shot cupManteigaria enjoy a custard tart at the coffee shop in the adjacent spaceNata Lisboa they have custard tart and other dessertsTavi get a miniature pastel de nata at this cute coffee shop in Foz de DouroConfeitaria do Balho a local cafe with art deco interiors serving excellent espresso and dessertsCaf Majestic the most stunning cafe in Porto serving rapanadas and other foodCremosi they have many original gelato flavours, including port wine and condensed milkSantini the artisanal gelato company has been around since 1949Amorino order a rose-shaped gelato in a coneOriginating in Porto, Francesinha is the city's most famous dish. And it might be the biggest sandwich you have ever seen. Are you ready to hear about the ingredients?Its got beef steak, sausages, cured meat, and ham sandwiched together by two slices of bread, and the entire sandwich is covered with melted cheese and drenched in a beer sauce. And it is topped off with a fried egg. Whoa! And the best way to enjoy a francesinha is with french fries and a Super Bok (beer). Best restaurants in Porto serving Francesinha: Caf Santiago, Bufete Fase, Cervejaria Braso Aliados, Conga, PregarFrancesinha at Bufete FaseCachorrinho or cachorro, is a Portuguese hotdog. It looks like a typical hot dog but its got a few extra ingredients to elevate the dish.It starts with sausage and cheese in a thin french roll. Then the entire hot dog is grilled in a panini press, cut into small bite-size pieces, and topped off with a spicy sauce. The cachorro is an ideal snack as it is already cut in pieces or a light lunch. It goes super well with a cold beer and, of course, french fries.Where to eat Cachorrinhos in Porto: Cervejaria Gazela, Casa Guedes, Conga, Republica dos Cachorros 2, and other cervejarias (pub) in PortoCachorrinho at Cervejaria GazelaBifana is a traditional Portuguese sandwich made with thin slices of marinated pork sandwiched between a bread roll. The pork is cooked in a savoury broth made with garlic and spices.Try this Porto food as a snack or have it as a meal. The Porto-style bifana is very affordable. You can find bifana anywhere in Portugal but the ones in northern Portugal is a bit spicy. Best restaurants in Porto serving Bifana: Conga, Tasquinha Rebelo and other pubs in PortoBifana at CongaSande de pernil is a simple Portuguese sandwich made with roast pork. And the best place to eat pork sandwiches is at Casa Guedes. Their roast pork shoulder sandwich with Portuguese Serra da Estrela cheese on a rustic bun is one of the best sandwiches I ever had.Besides the classic sandwich, there are other pork sandwiches like pernil com queijo de ovelha (roast pork and soft sheep cheese), pernil com paio de porco preto (roasted pork with cured black pork) and Chef Guedes (roast pork with brie cheese, onion in a port wine reduction and argula).Where to eat Sande de Pernil in Porto: Casa GuedesSande de pernil at Casa GuedesSimilar to a bifana, a prego is a simple Portuguese steak sandwich. The steak is often a sirloin steak with a subtle garlic flavour and is placed in a crusty white bun. In Portuguese, prego means nail. It refers to the sandwich where chunks of garlic is pounded (or nailed) into the steak before cooking.And there are variations of this steak sandwich where you can add cheese, fried egg, ham and even prawns. Whatever you choose to add to your steak sandwich, order a side of french fries. Best restaurants in Porto serving Prego: Lareira, Cervejaria Gazela, Pregar and other local restaurants in PortoPrego at PregarCaldo Verde means green soup in English. It is a traditional Portuguese soup made with thinly sliced kale or collard greens, potatoes, and sliced chorizo sausage.The soup was born in Northern Portugal, but you can get the green soup anywhere in Portugal. This hearty and homey soup is an excellent appetizer or a light meal.Where to eat Caldo Verde in Porto: Casa Guedes, LareiraCaldo Verde at LareiraBacalhau is codfish and is one of the most common ingredients in Portugal. Before it is cook, the cod is dried and salted which is why it always tastes a bit salty.Surprisingly, codfish is not native to Portugal. It is imported from Newfoundland in Canada, Norway and Iceland. But today, bacalhau is a staple in Portuguese cuisine.And there are so many different ways of cooking cod in Portugal. But when you are looking at the menu, look for some of these cod dishes in restaurants in Porto:Bacalhau brs (shredded cod with eggs, shoestring potatoes and black olives)Bacalhau com natas (codfish with cream baked with cheese and bchamel sauce on top)Bolinhos de bacalhau (codfish cakes made with mash potatoes, eggs, parsley and onion)Patanicas de bacalhau (deep-fried cod fritters)Bacalhau lagareiro (cod roasted in the oven with olive oil and garlic)Best restaurants in Porto serving bacalhau: Caf Santiago, Antunes and many Porto restaurantsBacalhau at Caf SantiagoWhen you see peixe grelhado on the menu, the restant serves a variety of Portuguese-style grilled fish.The fish is lightly seasoned and grilled over a charcoal grill. The most popular fish is sardines (sardinha), but if you don't like the fishy-ness of the sardines, try octopus or codfish. Best restaurants in Porto serving the sardines, try Caldo Verde, Casa Guedes, Amorino, Meia-Nau Porto and many other seafood restaurants in Porto. If you're looking for a more affordable to eat fresh fish in Portugal,Where to eat Peixe Grelhado in Porto: Churrasqueira Kinay, Casa Ado, Meia-Nau Porto and many other seafood restaurants in PortoPiri-grilled sardines at Meia-Nau MatosinhosFrango assado is a Portuguese-style chicken roasted to perfection. The resulting chicken is dark and crispy and full of flavours. And it tastes even better when you add a bit of hot sauce.The best combo is chicken, french fries and beer. Or if you want a healthy option, order rice and salad instead.There is also piri-piri chicken using spicy chilli peppers to marinate the chicken. Piri piri peppers originated in South Africa and were imported to Portugal from Portuguese colonies in Africa.Best restaurants in Porto serving Frango Assado: Pedro dos Frangos and other traditional Porto restaurantsFrango assado at Pedro dos FrangosPica pau is a traditional Portuguese dish made with small pieces of tenderloin steak, red sausage, fresh sausage, garlic, and a special gravy sauce.The dishes name literally means woodpecker, similar to how you would eat this dish by picking the beef with a wooden toothpick. And it is usually eaten as a snack or an appetizer. Make sure to order some bread to soak up the sauce and wash it down with a cold beer.Where to eat Pica Pau in Porto: Lareira, Casa Guedes, Cervejaria GazelaPica Pau at Lareira (bottom right)Alheira is a type of Portuguese smoked sausage invented by Jewish people in Northern Portugal who wanted a pork-free sausage substitute. Thats why the horseshoe-shaped sausage is not made with pork but with various types of meat including chicken, turkey, partridge, veal, rabbit or other game meat.The sausage is grilled, fried or baked in the oven and is served with a fried egg, french fries, white rice and/or salad.Best restaurants in Porto serving alheira: Lareira, Cervejaria Braso Aliados, and many other restaurants in PortoAlheira at LareiraVinho do Porto means port wine in English, or port for short. It is a Portuguese fortified wine that is served as a dessert wine. Port wine is made in Douro Valley, near Porto, but it is the city of Porto that gives the name to the wine. There are different types of port wine, including white, rosé and tawny. And they all taste sweet and richer than regular wine and have higher alcohol content.You can try port at any restaurant in Porto or one of the port wine cellars in Vila Nova de Gaia on the north side of the Douro River. Or you can join a Port wine tour or buy a cheap bottle of port at a local supermarket for less than \$3 where to drink Vinho do Porto in Porto: Espao Porto Cruz, Sandeman, and other port wine cellars and supermarkets like Pingo DocePort tasting at Porto CruzThe Portuguese Sangria is a refreshing summer drink that goes well with any food in Porto. The sangria is commonly made with either red or white wine, liquor (brandy, sherry, port wine), mixed fruits (apples, oranges), a cinnamon stick, sprigs of fresh mint leaves, fruit juices, and ice. Ive seen red and white sangria on the menu in Porto restaurants, but other variations include passion fruit and other fruit-based drinks.Best restaurants in Porto serving Portuguese Sangria: Lareira, Tasquinha Rebelo and other Porto cafes and restaurantsRed sangria at LareiraPastel de nata (plural: pastis de nata) is the most popular and possibly tastiest dessert in Portugal. It is a traditional pastry made with cream, egg yolks, flour, sugar and puff pastry. And it is best to eat it when it is fresh out of the oven.Have one (or a few) for breakfast in Porto or as an afternoon snack. And make sure to try the Portuguese custard tart with cinnamon. The cafe will either sprinkle it for you, or you can find some at the table.If you crave custard tarts after your Portugal trip, you can find authentic Portuguese egg tarts in other Portuguese colonies like Brazil and Macau and a similar egg tart in Hong Kong. Or if you are keen, learn how to make pastel de nata and bring a bit of Portugal home with you.Where to eat Pastel de Nata in Porto: Fábrica da Nata, Manteigaria, Nata Lisboa, Tavi and many other places in Porto selling dessertsPastel de nata at Fábrica da NataThere are many types of doços conventuais in Portugal. These confectionery treats are made with large amounts of sugar and egg yolk and were traditionally made by nuns who lived in Portuguese monasteries and convents.Pastis de nata is a popular dessert that you can find throughout Portugal. Other regional desserts are made with the same ingredients as well. For example, Ovos Moles de Aveiro is a small pastry made with a rice patty casing or wheat flour casing. And even though it came from Aveiro, you can find this unique dessert throughout the city and cafes in Porto.Where do Doços Conventuais in Porto: Confeitaria do BalhoDoços ConventuaisRabanadas is different to traditional french toast, where the breads first are dipped in condensed milk before dipping in beaten eggs. Then the finished french toast is sprinkled with cinnamon sugar.Even though this sweet treat is typically served on Christmas, you can find this Portuguese-style french toast at any Porto cafe where you can have it as an afternoon snack or a dessert after a meal. Where to eat Rabanadas in Porto: Caf MajesticRabanadas at Caf MajesticThe best treat on a hot summer day is gelato! Even though the frozen dessert originated in Italy, it is a popular sweet treat in Portugal.And in Porto, there are a few exceptional gelaterias make handcrafted gelato with fresh and high-quality ingredients. And they feature local flavours that you cant find anywhere else. Flavours like port wine, Super Bok beer, condensed milk and many more. Best restaurants in Porto serving Gelato: Cremosi, Santini, AmorinoGelato at CremosiAs a first-time traveller to Porto, you can create your own food tour by following this guide and trying the best food in Porto.Or if you want to try Porto food with a local tour, there is an excellent Porto food tour that takes you around the old town.And even if you dont follow the suggested places in this post, you can find excellent Porto food just by trying random places across the city. After all, thats how I found most of these cafes and restaurants in Porto!So there it is! These are my 17 best things to eat in Porto. Which Porto food are you interested in trying? Let me know in the comments. You might also like these other posts:Portugal solo travel Itinerary. 2 weeks in Portugal by trainLike this post? Pin it on your Pinterest board! Reddit and its partners use cookies and similar technologies to provide you with a better experience. By accepting all cookies, you agree to our use of cookies to deliver and maintain our services and sites, improve the quality of our services, and to advertise and display personalized ads. You can learn how to manage your cookies at any time in our privacy policy. We also use cookies to track website usage and to help us improve our services. Referring site: reddit.com. Personalize Reddit content and advertising, and measure the effectiveness of advertising. By rejecting non-essential cookies, Reddit may still use certain cookies to ensure the proper functionality of our platform. For more information, please see our Cookie Notice and our Privacy Policy. Best Porto restaurant for natural wines?Theres no shortage of restaurants offering Portuguese food in Porto, but Tia Tia does things a little differently, with a creative twist on dishes you can find all across the country. Dinner service is only available on Friday and Saturday evenings. Despite a healty vegetarian-skewed menu, the restaurant isnt strictly veggie but instead relies on finding the freshest local and seasonal ingredients to cater to its ever-changing menu. Expect morrish combinations, such as naan bread with local honey and passionfruit, red cabbage, pumpkin and cottage cheese salad and turmp with green asparagus and shoyuzuko yolk. Its the wines that shine here, though. Tiago Feio and Cta Roldo, who own the spot, wanted to make the restaurant a spot to showcase the very best natural wines that Portugal has to offer (and its certainly hard to choose a favourite). Housed in a cool, open space that almost feels like your stylish friends front room, Tia Tia is an ideal spot for a relaxed evening thats focused on tasting great wines and dishes.Price range: Where? BaixaAddress: Rua do Almada 501, 4050-039 PortoWebsite: @tatiata.porto on InstagramShould I book? Yes!Best Porto restaurant for: a cosy atmosphereIf you gravitate towards restaurants that feel homely rather than minimal, youll love Dona Maria. Located in The Lodge hotel in Gaia, its yet another place with a stunning view of Portos many layers. We think its extra beautiful when the sun goes down, thanks to the giant vine leaves that light up the ceiling and inviting wine cellar.The menu here is Portuguese, and you can expect dishes such as black pork tenderloin stuffed with farinheira (pork sausage made of flour and spices) and green apple puff pastry with spinach or Bacalhau 2 do Pipo (salt cod fish baked and gratined with mayonnaise), making this a great restaurant to sample the countrys flavours.Price range: Where? Vila Nova de GaiaAddress: Rua Serpa Pinto, 60 4400-307 V. N. Gaia PortoWebsite: thelodgetel.ptShould I book? Yes!Best Porto restaurant for: incredible viewsOne thing about Porto: theres a great view wherever you look. Its impossible not to be charmed by this rugged, colourful city. Nowhere will you feel more in love with the place than down by the river, where you can stroll along to the Dom Lus bridge or gaze across the water to Gaia. Down on the street, the tourists can be a little overpowering but if you manage to bag one of the tables overlooking the river at Casario, youll miss all the hustle and bustle, leaving you to enjoy the blissful sunset over dinner.Found in the Gran Cruz House, now a hotel in a 16th-century building formerly used as a trade house for coffee, Casario undoubtedly has some of the best tables among Porto's restaurants. The restaurant is sleek but holds on to its Portuguese traditions; expect a huge range of local wines, and port made just across the river. Food is classic octopus and watercrss on sweet potato mash to start, followed by pork belly with cabbage and garlic sauce but wed highly recommend the tasting menu, chosen by the chef. Its also worth noting that service really stands out here; staff go the extra mile to ensure you have a wonderful meal, and the result is a truly memorable meal.Price range: Where? Ribeira SquareAddress: R. de Cima do Muro 61, 4050-200 PortoWebsite: granacruzhouse.ptShould I book? Yes!Best Porto restaurant for: Francesinha sandwichesYou absolutely cant leave Porto without trying this classic Portuguese sandwich, and we think this is the best one in the city. We recommend the classic, which will keep you full until way past dinner time, but vegetarians have other classic Portuguese options on the menu such as Bacalhau Brs (cod fried with onions and thin potatoes) or simply a plate of fries served with the incredible Francesinha sauce.Its certainly not Michelin dining, but theres something wonderfully homey about the dish so much so, you might even be tempted to return during your trip. Go hungry and expect to queue, especially if youre visiting on a weekend.Price range: Where? Central PortoAddress: R. de Passos Manuel 226, 4000-382 PortoWebsite: cafesantiago.ptShould I book? No, but youvll probably have to wait for a table Skip to content This post may contain affiliate links to things like tours, hotels, Amazon associates and products. These help me earn a small commission at no additional charge to you. There were many reasons I was excited to move to Portugal. As well as the weather, culture and grammable tyles, I was keen to find out what to eat in Porto and how to immerse myself in the Porto food scene. The only Porto food I knew before visiting was pastel de nata and, as I discovered, they dont even originate from Porto. Yup, I was in for a food education (fooducation, did I just invent a word?) involving meat, carbs, cheese, more meat, more carbs. Visiting Portugals Madeira island? Read about my top 25 Madeira foods to try, too! PORTO ESSENTIALSaccommodation: Booking.com / HostelworldGetting there: flight (Skyscanner), train (Omio), bus (FlixBus)Activities: GetYourGuideFood tours & activities: EatWithGetting around: walk / Metro / bus / taxiGuidebook: Lonely Planet Porto Read my other Europe food guides to Prague, Hamburg, Bratislava and Budapest Portos food scene may be lesser-known than Lisbons but thats always the way when the two cities are compared. Personally, I like that you dont have a predefined image of Porto before visiting; cities like this let you form your own opinions. Portos culinary scene has centuries of history and takes influence from various regions. Its meat and dairy-heavy with many traditional Porto dishes using all parts of the animal. How many eggs ful Portos endless supply of pastis de nata? The limit surely does not exist.To summarise, the food is a solid reason to visit Porto. There are no-frills local restaurants serving the same dishes for centuries, quirky Porto coffee shops, fine dining and places to go for brunch in Porto. In this guide, Ill be talking less about where to eat and more about WHAT to eat in Porto. Portugal. Read next: 80 best things to do in Porto. These dishes are in no particular order although the first is most definitely my favourite The number one Porto food to try is, of course, the ubiquitous francesinha. When I first researched food in Porto, I could barely believe my eyes when I saw photos of this ridiculous sandwich oozing meat, cheese and simmering in a bath of thick sauce. So, what exactly comprises a francesinha? Well, an outrageous amount of meat. Recipes vary depending where you eat in Porto but generally include steak, sausage and ham at a minimum, stuffed between thick slices of white bread. The caloric creation is drenched with melted cheese, topped with a fried egg and laid to rest in a pool of sauce made from tomato an beer. Yes, beer. I cant lie, I was a little disappointed by the story of the francesinha, which translates as little French woman. I was hoping for a tale about an inspirational woman, forever commemorated as a sandwich (note to my loved ones this is what I want!) but the inventor, Daniel Silva, was simply inspired by the French dish, croque monsieur. He returned to Porto and began serving an early, simple version of the francesinha at Regaleira restaurant, a place that still exists but is no longer known as this Porto food guide.Disappointingly, bacalhau is not fished off the Portuguese coast but from colder Scandinavian waters. Still, youll see it everywhere from upscale restaurants to supermarkets where enormous and very, ahem, fragrant fillets are salted and airdried. This method of preserving cod kept it fresh in centuries gone by during its long journey back to Portugal. Look out for bacalhau com natas, a heavy but delicious dish of diced bacalhau baked with cream and potato, and bacalhau Braga, where the fish is fried and served on a bed of thick potato slices. The quintessential codfish fritter is easily one of the best things to eat in Porto. Of the 1,000 ways to serve bacalhau, this is my favourite (although I cant promise Ive tried the other 999).These small bitesize appetisers are made from fresh cod, mixed with potato, parsley and onion, coated with breadcrumbs. They originate from the Minho region of Portugal and were invented after potatoes came to Portugal from South America in the late 1700s.In the south of Portugal, theyre called pastis de bacalhau (cod pastries) and in the north, theyre usually called bolinhos de bacalhau (cod cakes) but rest assured, theyre the same and equally delicious. From afar, these beige morsels look similar to bolinhos de bacalhau. However, rissoles have a slightly different shape (similar to tiny empanadas) and a different filling. Rather than cod, rissoles de carne are filled with meat, usually flavoursome ground pork mixed with herbs and spices.Rissoles can be eaten as a starter, snack or main dish with chips and salad. You cant beat Cana Verde, a small restaurant on Rua dos Caldeireiros in the city centre. This street on a hill is slightly hidden and not one youd stumble down unless you were looking for something in the Porto food scene. The only Porto rissole dish I know before visiting was pastel de nata and, as I discovered, they dont even originate from Porto. Yup, I was in for a food education (fooducation, did I just invent a word?) involving meat, carbs, cheese, more meat, more carbs. Visiting Portugals Madeira island? Read about my top 25 Madeira foods to try, too! 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