


LUZDOC (see maps on reverse) **101** 

Under direction of Dr. Maria Alice Serrano e Silva. Surgery Hours 9am-9pm. 24 Hour Dr./Nurse on call. **Emergency Service. Tel. 282 780 700**
 Fax. 282 780 709. **After Hrs. 917 811 988.**

- International medical service • **Emergency & Home Calls** • Clinic with immediate diagnostic & specialist facilities • Lab tests, ECG etc. • Wide range of specialist consultants • Multilingual • Specialise in all paperwork for foreign medical insurance claims & repatriation of sick visitors • Transport available • Rua 25 de Abril 12, Praia da Luz. In Notfall Hausbesuch.

WORLD'S BEST BAKERY German Bakery

A trip to Wini & Elke's small family bakery & café is a Must if you are in Lagos!

Their cakes & breads are truly amazing! The ultimate in cheese cakes, divine chocolate cakes, Black Forest gâteau, fabulous breads, crusty whites, whole grains, yeast, spelt bread etc. Sandwiches on their excellent bread, a sinful dessert & their wonderful coffee makes a great lunch! Baked fresh every night by Wini & served by charming wife Elke. Eat in or Takeaway. Tel. 282 760 146. Open Mon.- Fri. 8am-6pm, Sat. 8am-1:30pm. Directly up walking street from back of Golden church. **DEUTSCHE KONDIOTERIE:** Typisch deutsche Backwaren, feinsie Brot u. Brötchensorten, Beste Kuchen täglich Frisch. Deutscher Filterkaffee.

A FLORESTA RESTAURANT & snack bar

A wonderful family-run restaurant, over 21yrs successful. Hard to beat this! Tasty dishes: Juicy daily roasts, savoury lamb chops, flavoured beef stroganoff, fresh grilled fish, prawns flambe, delicious beef of the house etc. The clam starter is fantastic! Extremely reasonable prices. **Snack bar open all day. Closed Sun. Alex/Pedro: 282 763 719.** Below Hotel Tivoli. Suppression & Portionen. Nähe Hotel Tivoli.

Tapas & Wine Bar "MEU LIMAO" 10 

Looking for something different? Wide selection of scrumptious tapas matched by Portuguese wines makes this a favourite hang-out in Lagos. Highly recommended for a romantic, quality meal at the right price! Breakfast to late night candlelight dining. Also Vegetarian dishes. Bookings: 282 767 946. 11am-11pm. In front of Golden Church/Museum. www.meulimao.com.pt

LAGOS SURF CENTER - Surf Shop 2

Fantastic surfboard selection, wetsuits, sunglasses, surfwear, cool footwear, accessories, skate & much more! **Rentals & daily surf lessons with their Surf Safan!** To Book: 282 764 734 or 966 243 498 or at shop central main st. surfagos@hotmail.com www.lagosurfcenter.com

LAUNDRY 11 

Service wash, iron & dry clean. 9am-1pm & 3-7pm. Good Prices. Tel. 282 763 1318.

VINO DIVINO - WINE BAR & RESTAURANT

Excellent traditional & modern Italian kitchen. Large assortment of starters, light meals & vegetarian dishes. Changing weekly specialities, delicious risotto, home-made lasagne, cannelloni, fresh pasta ai frutti di mare, duck, succulent black Angus sirloin, huge T-bone steaks, roast rack of lamb, duck etc. **Very good value for money.** Open Wed.-Sat. from 7pm. Rua 1ª De Maio #4. Reservations: Tel. 917 009 238.

SOUTH SIDE BOUTIQUE \$OUTH \$IDE

Give yourself some of that summer flare! Latest: Hello Kitty, Betty Boop, Nici, Playboy, Miss B, Esprit, Didi etc. Sunglasses, hairclips, rings, necklaces, flip flops, mobile accessories, watches, bags, children's gifts, novelties & tons more! **Great new gear! Everything cool & stylish at a great price! Check sales / promotional items** Across from Britaica to the right.

RESTAURANTE CHICCA 16 

Unbelievably amazing food in a unique new restaurant. Gorgeous light relaxed environment by the sea! Seasonal & local organic produce picked from the farm in the morning, on the table by lunch. Bar: light meals & tapas. Restaurant: lemon tarragon chicken, confit of duck, fantastic steaks, tempura prawns & scallops, extensive vegetarian selection, amazing salads. Cocktails/specially selected excellent wines by the glass, Bellini's at the bar or terrace. White chocolate & raspberry shortcake, cherry & almond fanzpani, 85% cocoa solid chocolate & chilli tart, apple & pecan crumble & bakewell tart. **Chicca's food is fabulous! This is not nouvelle cuisine! This is food heaven, you'll love it here!** Open from 12 noon. Tel. 282 788 434. Also try Chicca's in Luz, see # 5 on other side of map.

BRITAICA Snack Bar & Ice Cream Parlour

Everyone drops in here daily. Definitely Lagos' favourite meeting place. Excellent value for money. A real find. Huge menu served 8:30am-late! All home-made food. All day English breakfast, home-made soups, delicious omelettes, toasties, burgers, salads & small steaks, chips, etc. Fabulous ice creams, natural juices. **Can't beat their prices.** Run by Cinzanolina, wife & twin sons! Bekannt für gute Snacks und leichte Speisen.

CAFÉ XPREITAQUI NATURE

Jassi & Zeca: new owners make you happy! Delicious salads, omelettes with pan fries including grilled veggie, prawn omelette, 11 scrumptious home-made pizzas, Beef & pork sandwiches, grilled beef dinner plate, specials. **Everything fresh.** Huge list wonderful special healthy drinks. Fresh juices: orange papaya, mango etc. Excellent smoothies / milk shakes, try their fabulous iced coffee. Apple pie. Plus ily! **World's best coffee!** And v. good beer of course! Very Low prices. Great decor & music. Tel. 282 762 758. 10am-2am.

EASYGO HOLIDAYS - Travel Agency

Cristina, Filipa & Anabela 'locals' with the answers to all your holiday questions in English! **AIRPORT TRANSFERS.** Great rates: mini bus hire for golf or family tours, with or without driver! Car hire. All excursions! Accommodation: apartments, hotels, villas across the Algarve. Plus all other tourism services. Friendly, honest reliable, personal service. Lagoa office: (+351) 282 089 375, Carvoeiro office: (+351) 282 081 465. mail@easygo-holidays.pt www.easygo-holidays.pt

IMPERIO DO MAR II

Jose, after 14yrs in Switzerland, & wife Graça cooking. Very popular! **Hearty portions of excellent food: fresh fish, great salads; Tropical or Imperial (with shrimps & Bacon)! Seafood, Angus fillets, monkfish & shrimp etc. plus daily plates from €7-9.** Fondue: bourguignone, cheese & chocolate. Try the mixed meat kebab, you get 2: 1 beef & 1 chicken, with curry/mango sauce, potatoes/veg, a really delicious meal! Snacks all day. Kids menu. **Large room for groups upstairs! Lovely outside terrace.** Very reasonable prices. Tel. 911 113 449.

WINE TASTING At Family Vineyard 6

A wonderful way to visit the countryside & see the unique Monte Da Casteleja a real family vineyard. Guillaume took over his grandfather's farm & is tending it organically. They were chosen in London as the only Algarvian wine on the best 50 Portuguese wines list. **Enjoy wine tasting in their original Portuguese farmhouse.** 3-6pm by appointment (summer 4-7pm) Tel. Maria 282 798 408 or 917 361 041. 5 min drive from Lagos. N125 direction Fôrtimão, pass BP garage & aerodrome. Take next left turn for Sarçagal & follow winding road for approx. 3 mins. (7 bends). Look for small sign on left for 'Monte da Casteleja' follow narrow road & follow road to left, pass the first farm & then turn right into Monte da Casteleja, look for sign on stone. GPS: 37° 07' 50"N 8° 41' 05"W www.montedacasteleja.com

O ALBERTO RESTAURANT 20 

Alberto has been cooking here for 30yrs! And is loved by his regulars! **Fantastic meals:** pepper steak & fillet with béarnaise, delicious cataplana of fish or clams, wonderful shrimps with piri piri, tuna steak etc. All with vegetables. Lunch specials €7.50 reasonable prices. Tel. 282 769 387. Typische portugiesische Küche: Fangfrischer Fische, Meeresfrüchte und Fleisch auf dem offenen Holzholzgrill. Behind Hotel Tivoli.

KIDZ ON SAFARI clothing 7 

Go do some 'Out of Africa' shopping at the great new Kidz on Safari shop in Lagos Centre. Stacked with good quality, durable kids wear with exciting African Safari designs. From adorable baby wear, beanies & booties to funky outfits for the bigger ones. **Ages 0-10yrs.** You & your kids will go wild for it!

Luz Bay 27 

Great professional service & great properties! "Sellers we have serious buyers! Buyers we have excellent properties!" **Wonderful time to buy property on the Algarve!** Drop by their office for a chat or call Mediação Imobiliária Real Estate to make an appointment. Mon.-Fri. 10am-6pm. Lagos Office: 282 762 645, Luz Office: 282 782 240 www.luz-bay.com info@luz-bay.com AMI 6048

XXS, CHILDREN SHOP 0-10 yrs 8 

Toys, Gifts & Clothes for children pre-born - 10 years. This beautiful Dutch owned shop is the place to go if you want something different! **Adorable (wooden) toys, little inexpensive toys, gifts for newborns & a colourful collection of clothes.** You can look all over the Algarve & not find another shop like this! Daily 10am-7pm, closed for lunch. Rua Candido dos Reis 62, same street as Casa & Mullens. Tel. 282 760444

Freemaps On Line: www.freemaps.net

COCKTAIL STRIP CLUB - Praia Da Rocha

Very comfortable, nicely decorated bar. Strip Tease. Late night erotic dance shows. Table dancing, private dance, erotic show. Beautiful girls. Special price for groups. Tel. 282 426 609 or 961 164 585. Open 10pm-5am. Av. Rocha Vau, Edifício Marivau, Lote 4, next to Fountain Vau. www.cocktailstrip.com

INTERMARCHÉ 21 ECOMARCHÉ 22

The BEST KNOWN NAMES IN SUPERMARKETS around Lagos for all holiday grocery shopping! Many Imported English Products: Bacon, sausages, beans & bread. Extensive stock of all grocery items & organic products. Huge fresh fish selection (incl. shrimps) in # 21. **Quality meats for the BBQ!** Very good Portuguese & French (for connoisseurs) WINE & ALCOHOL selection, at much better prices than home! Extremely reasonably priced. **French Champagne. Fresh Bread & Baked Goods Daily** (small coffee shop). Portuguese gifts: honey in ceramic jars, special virgin olive oil, Maps, Guide Books etc. One stop shopping... to ensure your holiday is perfect! **Free Parking in #21.** Directions to #21: at the "top" of Lagos, go through 1st roundabout, turn left at next lights then immediate right & second right into parking. Open: Mon.-Sat. 9am-9pm, Sun. 9am-1pm.

ECO MARCHÉ 23 

French Champagne. Fresh Bread & Baked Goods Daily (small coffee shop). Portuguese gifts: honey in ceramic jars, special virgin olive oil, Maps, Guide Books etc. One stop shopping... to ensure your holiday is perfect! **Free Parking in #21.** Directions to #21: at the "top" of Lagos, go through 1st roundabout, turn left at next lights then immediate right & second right into parking. Open: Mon.-Sat. 9am-9pm, Sun. 9am-1pm.

DON TORO ANGUS STEAK HOUSE

'THE' place for Superb Quality Steaks in Lagos! Succulent Argentinian Angus steaks, grilled to perfection. Excellent top quality gourmet beef burgers, veggie burgers, salads & fish. **Special: €10 Angus Argentinian Steak - Fantastic Value!** Lunch & Dinner. Tel. 282 767 234. www.dontorocow.com

ARTE DOS SABORES Gourmet Café

Fabulous heated gourmet café & gifts. Hot chocolate & comforting food including special crepes, wholesome soups, Brioche toast, etc. **Wines by the glass & afternoon teas, elegantly served.** 10:30am-late. Plus indulgent foodie gifts, unique Algarvian produced Very reasonable prices! Special touches by Patricia. Tel. 282 782 453.

TRIBAND INTERNET 30a 30b

INTERNET, 6 computers, send & receive email. Web cam & printer. **Computer repairs. Also mobile phones & promotions on computer equipment.** FAX, charging mobiles. Shop 1 (30a): Rua Infante de Sagres 22 B, in front of Multiptica. Shop 2 (30b): close to Town Hall. triband@netvisao.pt

PIRI PIRI RESTAURANTE 31 PIRI PIRI

Est. 26yrs Very good traditional Portuguese food at low prices. Famous for Chicken Piri-Piri, Prawns in Garlic, Cataplana. Open late. Tel. 282 763 803.

TIFFANY'S RIDING

Beginner rides to great all day adventures. Tel. 282 697 395. GPS: 37°05'58"N 8°45'31"W Other side #105

ALGARVE SURF SCHOOL & CAMP 104 

Dream of surfing? Book online or directly at the beautiful beach Praia do Amado. From simple one day lessons to weekly packages at one of their surfcamps. Lessons for all levels. Equipment for hire & accommodation. Check out their Website: www.algarvesurfschool.com Bookings: Tel. 962 846 771, Email: info@algarvesurfschool.com

O CANTINHO ALGARVIO 38 

Marvelous small restaurant renowned for excellent traditional Portuguese & international dishes: grilled prawns & fresh fish, cataplana, delicious marinated roast lamb, 2 days in advance (takes 2 days to marinate). Real home-made dessert! Special very reasonable lunch menu. **Weekend special, 3 courses including wine & cover €15.** Booking Carlos: 282 761 289. info@ocantinhoalgarvio.com

RESTAURANTE SÃO GONÇALO 39 

Really a delightful restaurant! All the little touches are perfect here. Specialities of fresh fish, cataplana & flambeé. **Everything is great!** Plus Home-made Tiramisu. Check the daily specials on boards outside. **Small, a good idea to reserve.** Lunch 12-3pm, dinner 6-11pm. Closed Sun. **Not to be missed!** Named after the fishermen's Saint Gonçalo. **Specials at credit crunch prices!** Tel. 282 761 330.

LAGOS Everything Tried & Tested by FREEMAPS!

ROADS TO EASY PARKING ARE MARKED IN RED 5 min. walk to centre

All Restaurants featured in the FREEMAPS are owner operated, where there is an owner on the premises welcoming you & watching over your food & service.

Freemaps 2010 All words & artwork

GNR - Police: 282 770 010 Traffic Police: 282 262 930 Emergency Number: 112

LAGMUNDO TRAVEL AGENCY

- Fantastic last minute promotions
- Very Low Cost Flights
- Fluent English
- Tailor Made Holidays
- Tel. Risa: 282 764 220
- www.lagmundo.web.pt

CANTINHO DO MAR ADEGA GRILL 44 

A lovely little family run restaurant near walking street. Very good selection: mixed fish plate (very popular), prawns & garlic, fish stew, monkfish kebab with prawns, squid & prawn kebab. For meat lovers mixed grill, chicken kebab with prawns & delicious house style steak. **Excellent fresh food, generous portions.** Closed Sun. Tel. 282 767 722.

NO PATIO RESTAURANT 45 

Lagos' best kept secret! Once found, never forgotten! Something for everyone. **No Patio offers a fantastic 'winter weekly' menu featuring all your favourites,** including fabulous home-made pies, lamb shanks, bubble & squeak, scallops with celeriac puree & pudding of the year, syrup sponge with custard. Warm welcome from outstanding chef/owner Martyn. Open Tues. - Sat. from 7pm & Traditional Sunday Roast from 1pm. Don't miss this! **Reservations advised:** Martyn: 912 582 636 or 282 763 777.

PASHMINA TANDOORI INDIAN RESTAURANT 46

Is this your curry night back home? All the authentic flavours & tastes of Indian food head straight to Pashmina! Every special dish you travel from tandoori to curries, made exactly as you like it! Plus all the delicious extras you love, naan, pakoras, special rice, biryani, tikka masala, onion bhajji etc. **Cosy, very comfortable interior.** Open 7 days. Children's menu. **Takeaway:** Tel. 282 762 249 or 960 453 376.

PIRATE SHIP "Santa Bernada" -Portimão 

Cruise on this traditional, marvellously restored 25m wooden sailing vessel. **Take expedition, coast trips & beach BBQ. 100% Pure relaxation! Don't miss it!** Tickets at your Hotel reception or from stand in Portimão harbour: Tel. 967 023 840. www.santa-bernada.com info@santa-bernada.com

Freemaps On Line: www.freemaps.net

SENSES SKIN CARE CENTRE 48 

Beauty & Skin Care Specialist. Using only the very best in products, treatments & technologies. **Dermatological facials & body treatments,** gel nail extensions, Jessica manicures & pedicures, reflexology, Swedish & aromatherapy massages, eye lash extensions, hot stone massages, waxing & packages. **2 for 1 treatment offer, contact salon for details.** Senses Mobile Service also available: "we come to you wherever you are" **Booking advised, call, text, e-mail or via their website:** 282 762 261 or 913 275 869 or info@senses-skincare.com or www.senses-skincare.com

PORTAL DO INFANTE Restaurants 49 

All in one location & what a fabulous venue it is! Marina's Largest sun-drenched terrace. Three restaurants: **Cafeteria do Mar: coffee shop:** Breakfast, snacks, ice cream etc. All day. **Restaurante do Portal:** traditional Portuguese cuisine: specialising in seafood especially prawns & fresh fish. Value priced daily specials & children's menu. Noon-3pm, 7-11pm. **Opening April: Fabulous steak house! Prime quality steaks grilled to perfection, any size as you order.** Great prices. A magical place for a meal/afternoon dreaming! Closed Mon. Tel. 282 792 197. Michael 961 939 043. Easy Parking at Marina.

LAGOS MOBILITY & AIRPORT TRANSFERS

Electric 4 wheel scooter rentals & minibus transfers. Tel. Dave/Geraldine (+351) 282 768 731 or 914 665 179. Extremely competitive prices! 100% legal! Lagos: 4 people €65, up to 8 people €75. dave@algarve-365.com www.lagosmobility.com

EMERGENCY & HEALTH CARE

PRIVATE HOSPITAL - Alvor 

"Hospital Particular do Algarve" **24 HOUR EMERGENCY 282 420 400** do Alvor **Private Ambulance Service.** Open to all. English speaking doctors & nurses. Full hospital services, most major specialities. Scans & X-rays. Cardiology department, diagnostic & treatment of cardiovascular disease. Neurophysiological Studies & Respiratory Function Centres. They work directly with most major health insurance companies. Estrada do Alvor. Tel. 282 420 400. Fax. 282 420 404. www.hpsal.com **New Faro Hospital Tel. 707 282 828.** Most major specialities & 24hr. Emergency Services. Gambelas, near Faro Airport.

BOAVISTA GOLF 5 STAR RESORT

A stunning 18 hole Championship Golf Course overlooking Atlantic Ocean. Quality British developer, 50yrs experience, 30yrs in the Algarve. All properties built to excellent standards. Newly released properties range from 2 bedroom golf view apartments to opulent detached villas with private pools, in a safe environment. 2 bedroom golf apartments from €250k or tried & tested 13 week quarter share ownership from only €112k. **Facilities include Essential Fitness & Spa with spectacular heated indoor pool, tennis courts, 2 restaurants & much more. Tour the resort & receive a 3 day Spa Pass on production of this advert!** 2 min. from motorway, Lagos & beaches. Sales: Tel. 282 000 170. www.boavistaresort.com

FALÁ Wine Shop & Wine Tasting 54 

You absolutely must visit this very special wine shop & try these incredible Italian wines. Roberto drives to his hometown Verona, Italy, (the incredibly romantic village of Romeo & Juliet) to bring them back himself. **This is the only place to get them in the Algarve & at these prices** outside of Italy! Buy for yourself or as a wonderful gift! **Free Wine Tasting!** Daily 10-7pm, closed Sun. Tel. 282 732 023 or 914 670 129. From the main square with the King statue at back, walk to the next square with the green tiled building in front of you. Turn left onto Rua Candido dos Reis & up the short passing XG's Children Shop & Casa. See Fala towards end of road on right, just after Lagmundo.

RESTAURANTE COFFEE SHOP 55

Sometimes restaurants on the back streets have the best food. Make sure you order their specialities, generous servings of oven baked lamb, roast pork etc. **Cod & creamed potatoes & €!** Really good! Large terrace. Many salads & all day snacks. All fresh ingredients. Very reasonable prices. Don't miss it! 9am-late, closed Thurs. Tel. Sr. Joaquin 917 841 087. Near statue in main square, look for chalk board. www.restaurant-coffee-shop.com

ELEMENTS RESTAURANT AND BAR

The ideal place to enjoy a diverse world fusion menu, with fresh local ingredients, organic where possible, prepared in a traditional manner. **Extraordinary food includes:** gourmet pizzas & home-made breads from the wood fired oven, creative vegetarian options, grass fed beef, free range chicken, fresh fish, organic: delicious fresh fruit cocktails & small bites at the bar. An extensive wine list & wonderful home-made desserts. Lunch & Dinner: **Happy hour & free Wi-Fi.** Tel. 915 838 280 or 282 763 640. www.elementslagos.com

LUIS'S BAR In front of Hotel Tivoli. Tel. 282 761 731

Golfers head for Luis's before they unpack. **All Sky sports, Setenta, Premier & Box Office. Snacks all day. Open 7 days. Happy hour 5-8pm. NEW Wonderfully redecorated for his special client! Smoking Bar!**

RESTAURANTE/BAR O ARTISTA 58 

Charming atmosphere. • Delicious home made food • Happy Hour 5-8pm • Entertainment: • Mon. & Fri. Live Music 60's nights • Tues. Quiz • Wed. & Sun. Karaoke • Sat. Irish night • Sky Sports, Setenta, Premier & Box Office • Draught Guinness, Boddingtons, Fosters, John Smith, Strongbow cider. "Best English breakfast in town". Meals 10:30am-10:30pm, Bar to 2am. In front of Hotel Lagos. Tel. 282 769 147.

O AMIGO 59 

Cosy, friendly bar. Sky Sports, Setenta, Premier & Box Office. Large TVs. Many draught beers. **Happy hour 5-8pm.** Open 10:30am full snack menu. Luis's famous 'full English Breakfast'. Fish & Meat BBQ for lunch & dinner. Open 7days till 2am. From Lagos, take EN125 direction camping, left at Ball roundabout, left at tulip roundabout, rt at T junction, 50 mt past minimarket, on rt. **Smoking Bar!**

FOR SALE: BAR IN CENTRE OF LAGOS

Make your dream come true!!! **Fully licensed, refurbished & equipped:** Small bar. Licensed from 8am-2am including food. Available Freehold or Trespassé. Tel. 913 358 837.

RESTAURANTE CASA DO PINTOR 33 

Outstanding! So good you will be booking for your next meal before you finish the first! French gourmet Bistro, don't let that scare you! After 25yrs in France, José Batista (Portuguese) & French wife Laurence & family Sandra & Alex (rest. managers) returned to enchant you here! **Undoubtedly some of the best, beautifully presented food in Lagos!** Lamb carré, foie gras, duck confit, fresh scallops, John Dory, sublime bilis & leeks etc. Death by chocolate. Lunch menus, 4 courses inc. coffee: €13.50/€23.50. Dinner menus, 4 courses inc. coffee: €30. Small: best to book. Tel. Sandra 917 334 398, Alex 918 311 669. Slightly out of town centre. Walk/drive up the Avenida in direction of Fort, go past & round right bend. Turn first right in front of Fire Station & go straight on to the first small square 'Santa Maria da Graça', restaurant is on right.

FILIGRANUM JEWELLERY SHOP 34 

Truly fabulous delicate Portuguese filigree jewellery in gold & silver: Stunning innovative modern designs. As featured in women's magazines. Gifts that last a lifetime. These items are not to be found elsewhere in the Algarve. **Incredible workmanship. Very unique Souvenirs. Must be seen.** €15- infinity! Tel. 918 916 618. Temporarily closed. Congratulations on the new baby!

ATLÂNTICO RESTAURANTE 40 

For over 25yrs, Sr. Matos has been recommended in the best guide books & magazines. Although a bit out of Lagos, his restaurant filled with old-world charm (including himself), is well worth trying. **Excellent speciality dishes** of roast duck & fruit, rack of lamb, flambé steaks & sauces, wonderful fish & seafood plates not done elsewhere incl. sole flambeé, clams Atlântico, etc. & other regional specialities. Wine Tasting. A fabulous wine cellar of 7,000+ bottles & vintage ports, some 100+ yrs. old. Sea-view terrace. **A little out of your way, definitely worth it!** Reasonable prices for quality. Bookings advised: Antonio Matos 282 792 086 or 961 425 081. Only 5 mins from Lagos, Easy by taxi. **From Palmareis Golf: Meia Praia rd, 3km west on right. From Lagos: over old bridge, 2 km east along Meia Praia road on left. Look for Atlântico sign & pink building on left.** www.restaurantatlantico.com

GAIVOTA BRANCA Beach Bar/Restaurant 41 

Heaven on earth! Absolutely fabulous! On untouched part of Meia Praia beach. Perfect for lunch, dinner & snacks! Don't miss Martin & Marcia's (formerly from O Pirate) family run Portuguese restaurant. **'One of the best!' Top quality at very reasonable prices.** Very good service. Wonderful fish soup, excellent Portuguese steak, giant prawns, swordfish & sautéed bananas, prawn curry, cataplana, filleta, stroganoff, kebabs, fresh fish choice direct from the fishermen. Home-made desserts. Sunny terrace & beach for kids. Open daily. Half way along Meia Praia rd, look for sign on yellow building. Tel. 914 588 074.

HEALTH SHOP MEDICONFORTO 42 

Lagos' largest shop for: Natural food, minerals, vitamins, homeopathic & natural cosmetics, Birkenstock shoes. 10am-1pm, 3pm-8pm. Tel. 282 767 327.