MONARQUE WEEKLY

ISSUE No. 01
OCT 07 - 13
2026

FOOD · PEOPLE · PLACES · CULTURE

Curated by Chef Luis Hes



RIO, BEYOND THE POSTCARD

Food, memory and a city that never stops reinventing its table.

MANOEL BEATO

Wine is a language.

AROUND THE WORLD

What the food world is talking about.

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MONARQUE WEEKLY
Founder & Editor · Chef Luis Hes
Miami · United States

Editorial · Gastronomy · Culture
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MONARQUE
WEEKLY

ISSUE 01 / OCTOBER 7 - 13, 2026

THE FIRST TABLE.

Welcome to the first edition of Monarque Weekly. From Rio to Miami, we bring together food, people, places and the stories that make a table memorable.

As our website opens its doors, this issue begins a new ritual: a weekly invitation to taste, discover and share.

Chef Luis Hes

Founder & Editor - Monarque Weekly

ON OUR RADAR / NEXT WEEK

DESSERT WARS ORLANDO

Saturday, October 17, 2026 / Central Florida Fairgrounds (indoors)
4603 W Colonial Drive, Orlando
VIP entry: 3 PM / General admission: 4 PM / Event ends: 6 PM
Book ahead: tickets are not sold at the door.
dessert-wars.com

EDITORIAL SOURCES / CLICK TO EXPLORE

Miami Spice
JAPAN Fes Paris
London Restaurant Festival
World Gourmet Festival
Oktoberfest by the River
The Real Food Academy
Zoo Miami
Rio
MICHELIN
MICHELIN

Calendar checked October 6, 2026. This issue runs through Tuesday night, October 13 (Miami time). Completed festivals are included as recent highlights; future events retain their own dates.

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COVER STORY

04

RIO, BEYOND THE POSTCARD

Food, memory and a city that never stops reinventing its table.

Rio de Janeiro is usually introduced through its landscape. But another Rio lives around the table.

In its botequins, neighborhood counters, contemporary kitchens and restaurants hidden in the hills, food carries something more enduring than a trend: memory.

The festival has ended.
The stories remain at the table.

RIO - OCTOBER 2026

FOOD IS PART OF THE LANDSCAPE.

MONARQUE
by Luis Hes

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COVER STORY
05

WHEN A BAR BECOMES HERITAGE

In Rio, preserving culture can also mean preserving a table.

Rio de Janeiro recognizes its bars and botequins as part of its cultural heritage. Since 2010, the city has been preserving these places as intangible cultural assets for their importance in the memory and everyday life of cariocas. Today, the official circuit includes **52** establishments, with an average of **73** years of history, receiving around **2.9 million** customers per year.





BAR URCA

PATRIMONY SINCE 2012

With one of the most beautiful views in the city, Bar Urca has been part of Rio's cultural heritage since 2012. Located by the Guanabara Bay, it is a classic botequim where tradition meets one of Rio's most iconic sunsets.

Pastel de camarão, bolinho de bacalhau and a cold beer by the bay.



BAR DA PORTUGUESA

PATRIMONY SINCE 2021

Founded in 1972 in Ramos, Bar da Portuguesa was declared cultural heritage in 2021. It is part of the neighborhood's identity and also connected to the musical memory of Pixinguinha, where food, samba and community have always gone hand in hand.

Bacalhau, pasteis, comida de raiz and a table full of stories.



BODE CHEIROSO

PATRIMONY SINCE 2023

Near the Maracanã, Bode Cheiroso is a reference for authentic botequim food and was recognized as cultural heritage in 2023. Its culinary soul lives in the stove, in the generous plates and in the spirit of a neighborhood that breathes football, music and good company.

Torresmo, moela, fejião amigo e a verdadeira cultura de botequim.



A CITY CAN PRESERVE ITS MEMORY ONE TABLE AT A TIME.

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COVER STORY
06

RIO NOW

The table keeps moving.

Rio's table is not standing still. Across tasting menus, neighborhood bars, contemporary kitchens and new voices, the city's gastronomic identity continues to expand.

18
CATEGORIES

The Prêmio Rio Show de Gastronomia 2026 took place on September 18 at the Jockey Club Brasileiro, recognizing excellence across 18 categories.

R$66.4M
POTENTIAL ECONOMIC IMPACT
RIO GASTRONOMIA 2026

6,000
FORMAL BARS & RESTAURANTS IN RIO



JESSICA TRINDADE
CHEF DO ANO

Recognized as Chef do Ano, Jessica Trindade has spent two decades working alongside Claude Troisgros and is currently associated with Madame Olympe, Chez Claude and Cantina do Claude.



JULIANA MAGIOLI
CHEF REVELAÇÃO

Recognized as Chef Revelação, Juliana Magioli has stood out for her work from Alloro al Miramar, bringing a fresh and contemporary approach to Rio's dining scene.



LASAI
MENU DEGUSTAÇÃO

Lasai received first place in the Menu Degustação category, reinforcing Rio's position on the global gastronomic map with its precise, seasonal and deeply Brazilian cuisine.



THE CITY CHANGES. THE TABLE CHANGES WITH IT.

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COVER STORY
07

ABOVE THE CITY APRAZÍVEL

Where Brazilian cooking, landscape and memory meet.

In the hills of Santa Teresa, Aprazível was born from the home of chef Ana Castilho. What began as gatherings among friends around a table soon became a restaurant that captures the essence of Brazilian hospitality.

Today, Aprazível celebrates the country's diverse food cultures — from Minas Gerais traditions to ingredients from across Brazil — in a place where nature, landscape and cuisine come together in perfect harmony.



CALDINHO DE CAMARÃO

Finished with fresh lime.

A classic from the Brazilian coast, served with local shrimp and a touch of tradition.





SECRETO

AN INTIMATE TABLE WITHIN APRAZÍVEL.

Inside Aprazível, Secreto offers a more intimate and exclusive journey. With limited seating and a tasting menu that changes with the seasons, it reveals another layer of Ana Castilho's cuisine — more personal, surprising and deeply connected to place.

More than a restaurant, Aprazível is a view, a feeling and a table that reminds us why Rio is unforgettable.



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MONARQUE BOOKS

SOME TABLES ARE REMEMBERED FOREVER.

UNA MESA FESTIVA PARA RECORDAR

Recipes made from scratch.
Stories made to stay.

COCINAR
RECETAS
QUE CONECTAN

COMPARTIR
HISTORIAS
QUE INSPIRAN

RECORDAR
MOMENTOS
QUE PERDURAN



MONARQUE BOOKS
by Chef Luis Hes

NOW AVAILABLE ON AMAZON
Explore the English edition

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MANOEL BEATO

WINE · SERVICE · HOSPITALITY

A lifetime devoted to wine, service and hospitality.



"Wine is a language that connects people, places and stories."

MANOEL BEATO

From the dining rooms of Fasano to wine lists that inspire a generation, Manoel Beato has elevated the art of service in Brazil and beyond. His passion, knowledge and quiet generosity have made him a reference in the world of wine and gastronomy.

PHOTO · RODRIGO ZORZI / FASANO

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THE ART OF SERVICE

For Manoel Beato, wine has never been only about what is inside the glass.



A JOURNEY BUILT ON PEOPLE, PLACES AND WINE

Manoel Beato is one of the most respected names in the Brazilian wine scene. His career is a story of dedication, study and an unwavering commitment to hospitality.

1984 — He began working as a waiter while studying *Literature* (Letras).

1989 — His first position as a sommelier.

1992 — He joined the Fasano group, where he has been instrumental in shaping one of the most iconic wine programs in Brazil.

MORE THAN A SOMMELIER

At Fasano, Manoel helped elevate the role of the sommelier, bringing a deep understanding of wine, a refined palate and a genuine belief in service as an art. For him, the sommelier is a host — someone who receives, listens, guides and creates memorable experiences around the table.

HIS BOOKS

KNOWLEDGE THAT INSPIRES



GUIA LAROUSSE DO VINHO
Manoel Beato



QUEIJOS BRASILEIROS À MESA



CACHAÇA



MONARQUE HONORS

People who have helped shape the way we eat, drink and gather.

MONARQUE EDITORIAL

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PLACES
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RIO AT THE TABLE

LILIA

A DIFFERENT RIO LIVES UPSTAIRS.

Behind an unassuming door on Rua do Senado, a staicrase leads to a restaurant where ingredients — not rules — write the menu.



THE STORY BEHIND THE NAME

Lilia was named in honor of the grandmother of its chef and founder, Lúcio Vieira.

FAMILY CONNECTION
Lilia was considered the heart that brought the family together.

HOSPITALITY
She was known for welcoming everyone with warmth, affection and a genuine sense of home.

INSPIRATION
That spirit of gathering people around the table helped inspire the restaurant's philosophy in downtown Rio de Janeiro.





"Lilia is a place where Brazilian ingredients, culture and creativity meet at the table."

COM LIBERDADE CRIATIVA.

PHOTOS · BRUNO MACHADO / LILIA

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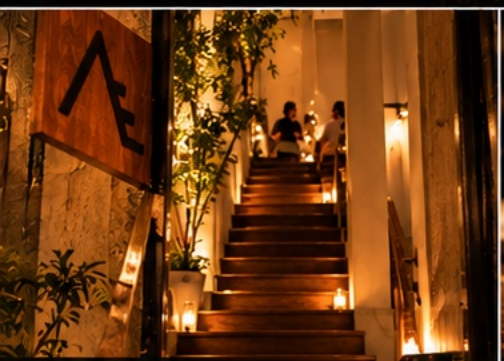
PLACES
12

RUA DO SENADO

WHEN A STREET FINDS ITS TABLE AGAIN.

In the heart of Rio's historic downtown, Rua do Senado is living a new chapter. Once a quiet street, it has become a gastronomic and cultural destination where restaurants, bars, wine, music and art bring new life to centuries-old architecture.

Here, tradition and contemporary cuisine walk side by side, inviting everyone to slow down, share a table and experience a different Rio.



LILIA

AN EARLY BET ON THE STREET.

Lilia was one of the first independent projects to see the potential of Rua do Senado, helping to put this historic street back on the gastronomic map of Rio.



LABUTA

FOOD MEETS THE BOTEQUIM SPIRIT.

With a casual and creative approach, Labuta brought a contemporary energy to the street, combining great ingredients, relaxed atmosphere and the true botequim spirit.



MERCADO CENTRAL

FOOD · WINE · MUSIC · CULTURE

Housed in part of the former Granado factory, Mercado Central brings together restaurants, wine, music and cultural programming, reinforcing Rua do Senado as a vibrant meeting point in the city.

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THE INGREDIENT —

CAJU

THE FRUIT WITH ITS SEED ON THE OUTSIDE.

Bright, fragrant and unmistakably Brazilian, caju is much more than the cashew nut the world already knows.

Native to Brazil, caju grows abundantly across the country and has been part of the culture, cuisine and daily life for centuries. Its juicy, aromatic fruit and nutritious nut have inspired drinks, sweets and savory dishes, from street food to fine dining.

*“ One fruit.
A thousand tables. ”*



FRESH

Juicy, aromatic and rich in vitamin C, caju is enjoyed fresh across Brazil.



JUICE

Its sweet and tangy flavor makes one of Brazil’s most beloved natural juices.



CAJUÍNA

A traditional, non-alcoholic drink made from clarified caju juice, with a unique flavor.



CASHEW NUT

The seed, or castanha-de-caju, is one of Brazil’s most valuable exports and a key ingredient in countless recipes.



CAIPIRINHA DE CAJU

Fresh caju, cachaça, sugar and ice — one of Brazil’s most vibrant expressions of the caipirinha.



FROM NORTHEAST TO THE WORLD

Caju is deeply rooted in Brazil’s history, from indigenous cultures to colonial times, and today it continues to inspire chefs, producers and mixologists around the world.



by Chef Luis Hes

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IN THE GLASS

BRAZIL IN A GLASS

CACHAÇA, BEYOND THE CAIPIRINHA.

A spirit born from Brazilian soil, fruits and people — simple ingredients, endless possibilities.



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PLACES
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MIAMI NOW —

MIAMI SPICE

ONE MORE MONTH.

Miami's biggest restaurant celebration isn't over yet.

Enjoy specially curated three-course menus at many of the city's top restaurants through October 31, 2026.



BRUNCH & LUNCH
— $40 —



DINNER
— $50 · $65 —



MIAMI SPICE RESERVE
— FROM $95 —



GREAT FOOD.
BRIGHT NIGHTS.
ONLY IN MIAMI.



ON OUR RADAR

MIAMI ART WEEK 2026

The city is already preparing for another unforgettable week of art, design and culinary experiences.

Nov 30 — Dec 6, 2026.



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AROUND THE WORLD

WHAT THE FOOD WORLD IS TALKING ABOUT.



ORLANDO

DESSERT WARS

ON OUR RADAR · OCT 17, 2026

Central Florida Fairgrounds
VIP: 3 PM · General admission: 4 PM
Event ends at 6 PM



PARIS

JAPAN FES

OCT 10 - 11

Japanese street food and culture near the Arc de Triomphe.



LONDON

RESTAURANT FESTIVAL

OCTOBER 2026

Restaurants and global cuisines across the city.



TOKYO

MICHELIN GUIDE

+10 NEW RESTAURANTS

Ten new restaurants added to the September 2026 selection.



TORONTO

MICHELIN 2026

5 NEW BIB GOURMANDS
11 NEWLY RECOMMENDED

A dynamic and diverse culinary scene continues to grow.

by Chef Luis Hes

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BANGKOK BY THE RIVER

When global tradition meets the rhythm of the Chao Phraya.

RECENTLY
BY THE RIVER

Oktoberfest at Anantara Riverside Bangkok Resort ran Sep 19 - Oct 4, 2026.

German brews and Bavarian-inspired flavors met Bangkok's riverside rhythm.

The event has concluded.

by Chef Luis Hes

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MIAMI FOR LITTLE FOODIES

TEACHING CHILDREN TO TASTE, COOK AND DISCOVER.

From interactive museums to hands-on cooking classes, Miami is full of delicious experiences for curious kids and happy families.

SWEET ADVENTURE

MUSEUM OF ICE CREAM MIAMI

851 NE 1st Ave
Paramount Miami Worldcenter

A colorful, interactive experience with unlimited ice cream, playful installations and the famous Sprinkle Pool. Fun for all ages.



VISIT DURATION
60 – 90 minutes

ALL AGES
Kids 2 and under enter free

INCLUDES
Unlimited ice cream & immersive rooms

TICKETS & INFO
museumoficecream.com

COOK TOGETHER

THE REAL FOOD ACADEMY MIAMI



BENTO BOX - KIDS CLASS
SAT, OCT 10, 2026
9:45 AM - 11:30 AM

Japanese-inspired cooking:
katsu chicken, rice balls and zoodles.
570 NE 81st St, Miami
Bookings: therealfoodacademy.com

WEEKEND EXPLORING A FAMILY DAY AT ZOO MIAMI



ZOO MIAMI
Open daily, 10 AM - 5 PM
12400 SW 152nd St, Miami
Explore wildlife and plan a relaxed family outing this weekend.
Tickets & current activities:
zoomiami.org

FAMILY BRUNCH

THE CITADEL MIAMI



A FAMILY-FRIENDLY FOOD HALL
8300 NE 2nd Ave, Miami
Little River
A variety of cuisines and a casual atmosphere for a relaxed family meal.
Explore the vendors and current hours:
thecitadelmiami.com

by Chef Luis Hes

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THE EDIT

THINGS WORTH KNOWING.

RITUAL

A GOOD CUP OF COFFEE

Exceptional coffee, a sweet companion and a slower moment to end the day.

The final course doesn't always arrive on a plate.

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ONE LAST THING.

The table always brings us back.

SEE YOU NEXT WEEK.

Next stop...

Barcelona.

Chef Luis Hes

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BY LUIS HES