



MONARQUE WEEKLY

ISSUE Nº01
SEP 28 — OCT 04
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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around
the table.*

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**MIAMI FOR
LITTLE FOODIES**



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**SEE YOU
NEXT WEEK**

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WEEKLY

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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.

And this week, the city is
celebrating exactly that.

RIO · SEPTEMBER 2026

FOOD IS PART
OF THE LANDSCAPE.

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.**

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.**

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.



CALDEIRÃO 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.*



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

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

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



MONARQUE HONORS

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

PHOTO CREDIT · TO BE CONFIRMED

RIO AT THE TABLE

LILIA

A DIFFERENT RIO
LIVES UPSTAIRS.

Behind an unassuming door on Rua do Senado, a staircase 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

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.

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.



IN THE GLASS

BRAZIL IN A GLASS

CACHAÇA,
BEYOND THE
CAIPIRINHA.

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



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 —



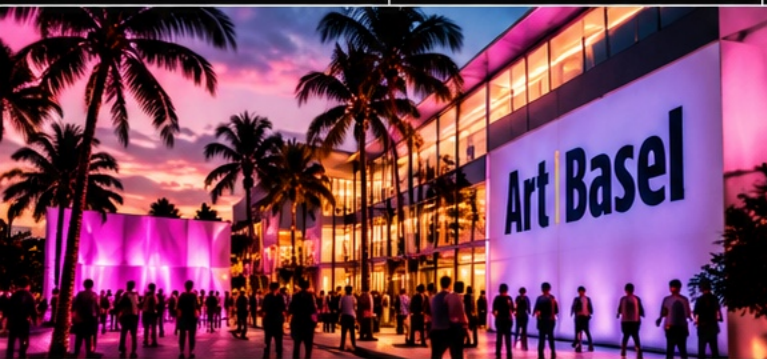
DINNER
— \$50 • \$65 —



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.



AROUND THE WORLD

WHAT THE FOOD WORLD IS TALKING ABOUT.

TORONTO

LONDON

PARIS

TOKYO

BANGKOK

PLACES

16

BANGKOK

WORLD GOURMET FESTIVAL
SEP 29 — OCT 4

International chefs, unique menus
and an unforgettable culinary week.

PARIS

JAPAN FES
OCT 3 — 4

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.

BANGKOK BY THE RIVER

When global tradition
meets the rhythm
of the Chao Phraya.

OKTOBERFEST BY THE RIVER

SEP 19 — OCT 04, 2026

Anantara Riverside
Bangkok Resort

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

FOOD · RIVER · CULTURE

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



KIDS CLASS · PANCAKES & EGGS

 Sat, Oct 3, 2026
9:45 – 11:30 AM  Ages 5–12
\$50 per child

 570 NE 81st St, Miami, FL

Hands-on cooking classes for kids and teens.
realfoodacademy.com

THIS WEEK WILD FORK MEAT & SEAFOOD FESTIVAL AT ZOO MIAMI



SAT · OCT 3, 2026 · 5 – 9 PM

 Zoo Miami
12400 SW 152nd St, Miami, FL
 Kids Zone, animal encounters,
cooking demonstrations and more.
 Tickets: Adults from \$75
Children (3–12) \$25
zoomiami.org

FAMILY BRUNCH THE CITADEL MIAMI



A FAMILY-FRIENDLY FOOD HALL

 8300 NE 2nd Ave, Miami, FL
(Miami Design District)
 Variety of cuisines, casual atmosphere
and options for all ages.
 Other great options: Time Out Market Miami
and family-friendly restaurants across the city.

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.*



ONE LAST THING.

*The table always
brings us back.*

**SEE YOU
NEXT WEEK.**

Next stop...

Barcelona.

Chef Luis Hes

MONARQUE
BY LUIS HES