



APEGO

*a cuisine of time,
land and people*

We cook with what the season provides—and what brings us together.

APEGO was born out of respect for Time, the Earth, and the People who work with each ingredient. Our menu is an expression of our heartfelt cuisine: crafted from memories, influences, and the stories of the people who produce and shape it every day.

Chef Aurora Goy, a Portuguese-French chef, and our young, multicultural team of female cooks collaborate by sharing a diversity of perspectives in the kitchen—with respect, curiosity, and emotion.

At APEGO, everything is designed to be savored without haste. With presence. With TIME.

Thank you for choosing us!

AURORA GOY | *FR/PT* | Chef
JOANA SOUSA | *PT* | Kitchen
DANIELA MORAIS | *MZ* | Kitchen
MILENA TEODORO | *BR* | Kitchen

MARINETE PAIVA | *BR* | Kitchen
VICTOR COELHO | *BR* | Service
BRUNO ESQUÁRCIO | *BR* | Service
CARLA BRITES SANTOS | *PT* | Manager

WE WORK WITH SMALL, LOCAL AND MOSTLY ORGANIC SUPPLIERS. THEY INSPIRE US!

VEGETABLES, FRUITS, BREAD & COFFEE: Formiga Gloriosa | H2Douro | Bio Olga, Mercado Matosinhos | Trindade Pão Artesanal | Torra Roasting & Coffee

FISH AND MEAT: Nutrifresco | Talho Europa | Talho das Manas

WINE: Cave Bombarda | Temple | Terroir | Vigneron

time to feel

Our cuisine evolves over time — just like the seasons and the people.

That's why we've created two culinary journeys: two ways to experience TIME at the table.

We invite you to slow down, savor the moment, be present and create memories.



APEGO

5 moments — 70€ | Wine Pairing — 50€

A celebration of the essential.

Dishes born of memory, care, and respect.

A more intimate moment, where every ingredient is treated with care.

An invitation to slow down—to simply be, to chat, to savor each bite.



DESAPEGO

7 moments — 90€ | Wine Pairing — 60€

journey of discovery.

More freedom and more time.

Remaining curious, being open to the unexpected.

A more sensory experience, shaped by travel memories, the team's inspirations, and encounters between cultures and flavors.

ADDITIONAL OPTIONS FOR BOTH MENUS, SUBJECT TO AVAILABILITY:

 PESCATARIAN

 VEGETARIAN