

Owen Island, Little Cayman



CAYMAN ISLANDS

GRAND CAYMAN | CAYMAN BRAC | LITTLE CAYMAN

FOOD GUIDE



LEADING THE WAY WITH
FARM & SEA-TO-TABLE

TOP PICKS – BEST OF BRUNCH

CANADIAN CHEF LYNN CRAWFORD'S
TOP RESTAURANT PICKS



CAYMAN ISLANDS

CULINARY SCENE

Sea for yourself

The best and freshest in
world cuisine in every corner
of this tropical paradise.

Heralded by the well-travelled as the **Culinary Capital of the Caribbean**, this trio of islands – Grand Cayman, Cayman Brac and Little Cayman, has long been known for culinary excellence and divine dining experiences.

INSPIRED DINING TO WHET YOUR APPETITE

Dedicate your days and nights to relishing in the heightened culinary culture at one of Cayman Islands' **200+ restaurants**. Freshly caught fish, vibrantly coloured fruits and vegetables, succulent organic meats and **world-class wine lists** await the most discerning diners. Unwinding with a good meal in the Cayman Islands can span from **casual venues under the stars to five-star dining**, to fish prepared straight off the boat! Fascinated foodies are sure to find an array of tasty treats to tempt their taste buds.

CAYMAN CUISINE

Visitors in search of the authentic Caymanian culinary experience have plenty of options. Dine on a meal of callaloo (sort of an exotic spinach), Cayman-style mahi mahi or perhaps the most traditional meal in Cayman, traditional turtle stew. Other superb Caymanian dishes include conch (pronounced 'conk') in creole sauce or stew, swordfish or snapper in coconut sauce, lobster tail cooked with scotch bonnet peppers or an old-fashioned fish fry.

CULINARY EVENTS

Cayman's culinary events are not to be missed – from weekly fares like **The Flavour Tour** at Camana Bay to annual foodie celebrations with **Cayman Restaurant Month** every October. For the ultimate foodie experience, set your taste buds every January for our internationally acclaimed epicurean event, **Cayman Cookout** with Chef Eric Ripert and his roster of famous chefs and wine experts followed by our largest culinary event of the year, **Taste of Cayman Food & Drink Festival** with live cooking demonstrations and local entertainment.

With exceptional culinary variety, unsurpassed ambience, and renowned local and international chefs, the Cayman Islands will inspire even the most discriminating gourmands.

For a listing of our restaurants, visit culinarycapital.com



Taste of Cayman Food & Drink Festival



VIVO, Grand Cayman



The Brooklyn, Grand Cayman



The Waterfront Urban Diner, Grand Cayman



Luca, Grand Cayman



CHEF *Paul Rogalski*

Executive Chef/Owner of Rouge, Calgary



I have been fortunate to experience many amazing places on this planet, but I can honestly say that Grand Cayman has no equal. The sun, the water, the people, and of course, the food, make it my favourite island destination. I know this because I lived and worked as a chef in Grand Cayman for several years before returning to my hometown of Calgary, Alberta, where I am currently owner of Rouge Restaurant and Bistro Rouge.

Over my 32 years as a chef, I've had some incredible career highlights, like serving as managing chef of the Athletes Village during the Vancouver Winter Olympics, seeing Rouge covered in the New York Times, and being named one of Alberta's 50 Most Influential People. But words could not describe how honoured I was to be asked by Eric Ripert to participate in Cayman Cookout 2012! My love for Cayman runs deep, and so does my love for the food there. I'm happy to share with you some of my favourite food experiences there:

1. **BLUE CILANTRO** – My old friend Chef Shetty owns this wonderful restaurant. The menu is a clever combination of international and local flavours and I recommend the set menu complimented by the sommelier wine choices.
2. **CHICKEN! CHICKEN!** – This place is a must-try if you want delicious take away. I always go for their house rotisserie and jerk chicken because I can never choose between the two!
3. **CASANOVA BY THE SEA** – This Italian favourite has the best seaside location. I always order their sangria and pair it with the fresh pasta. It's so good, we went twice the last time we visited.
4. **ABACUS** – Somehow it seems I've tasted the whole menu here! Everything is seasoned to perfection, from fish to fowl, beef and more. Plus the service is always spot on.
5. **THE BRASSERIE** – The farm-to-table movement is close to my heart and this restaurant is an amazing example of how to do it right. It is here you can really taste the terroir of Cayman. I particularly enjoy their ceviche and the honey from their personal hives is delicious!



CHEF *Lynn Crawford*

Executive Chef/Owner of Ruby Watchco, Toronto



With a career that's spanned over 25 years, I've hosted several TV shows, won awards as a cookbook author, and am the proud owner of two Toronto restaurants, Ruby Watchco and The Hearth. It's safe to say I've had some amazing and memorable moments as a chef! But I was truly honoured to represent Canada at Cayman Cookout in 2015, personally invited by Michelin-star chef Eric Ripert. The experience was a career highlight!

One of the benefits of travelling as a chef is the opportunity to get inspired by the local cuisine and to sample fresh ingredients not always readily accessible in Canada.

Here's my top five restaurant experiences that I recommend you try when visiting the Cayman Islands:

1. **LUCA** – The inventive Italian cuisine served here is to die for and the view of the ocean accented by the infinity pool is simply breathtaking!
2. **AGUA** – With delicious daily fresh catch dishes that are served with local produce you can really see why it is an award-winning restaurant.
3. **HERITAGE KITCHEN** – Eating on wooden tables outside of a tiny restaurant with the waves crashing over rocks, this place gave me a true taste of simple, local cuisine, done to perfection.
4. **CRACKED CONCH BY THE SEA** – I was told this restaurant was great and it did not disappoint. Fresh ceviche, cracked conch and coconut oil poached Caribbean lobster are just a few of the amazing items on their menu.
5. **BLUE BY ERIC RIPERT** – Last but certainly not least, I can't forget this AAA Five Diamond award-winning restaurant at The Ritz-Carlton, Grand Cayman. What a treat! From the innovative cuisine, to the impressive wine list and overall ambiance, Blue is truly an unforgettable experience.



CAYMAN ISLANDS

Gastro Must-Do's

MUST EAT AND DRINK

The Cayman Islands has an incredible array of restaurants, beach bars and festivals to feed any foodie's soul (and stomach), but what can you not afford to miss on your next visit to the Culinary Capital of the Caribbean? Check out this list of great gastronomical must-do's and see how many experiences you can cross off during your next culinary adventure!

1 Take the 'Flavour Tour'

Don't miss this weekly progressive dinner held each Wednesday night at **Camana Bay**. Delicious small plates and creative cocktail pairings give you a taste of what's available at Grand Cayman's unique town centre.



2 Love some Lionfish

This prickly species also happens to be delicious! Order it and someone is sure to tell you the story behind their newfound place on Cayman menus.

3 Make it a Mudslide

No one should visit Grand Cayman without stopping at charming **Rum Point** for their world famous Mudslide. This delicious concoction, dusted with a touch of cinnamon, is the perfect libation for swaying in a relaxing hammock underneath shady palms.



4 Experience Elevated

Three-Michelin star-chef, Eric Ripert, fell in love with Cayman Islands after visiting **Stingray City**, and soon after, opened **Blue by Eric Ripert**, his restaurant at **The Ritz-Carlton, Grand Cayman**. Nothing tops masterfully prepared fresh seafood at the Caribbean's only AAA Five Diamond restaurant.



5 Rev Up with Roadside Fair

Check out the Cayman food truck scene for yummy treats like wood smoked BBQ from **Smokin' Bros**, Caribbean food from **Gabriel's Grill**, kebabs and chicken tikka from **Al La Ke-Vroom** and a truly Caymanian soursop smoothie from **Swanky Stop**.

6 Say 'Cheers' to Craft Cocktails

Experience the bustling 'Apothecary Happy Hour' scene at the **Marriott Grand Cayman's Anchor + Den**. Their talented mixologists create handcrafted cocktails using homemade syrups, infused waters, dehydrated fruits and their unique botanical blends.



7 Taste Local

Make a point of experiencing authentic Caymanian flavours at **Miss Vivine's**, the **Heritage Kitchen** or the **East End Fish Fry**. Conch, lobster, snapper – and more made to order and fresh from the sea.

8 Feed the Fish

Dine waterside at either **The Wharf** or **Grand Old House** and experience a post-supper fish frenzy you won't soon forget! Both restaurants offer visitors the opportunity to "feed the tarpon", a large fish that populates the waters of Cayman.



9 Discover a Distillery Secret

Explore the **Seven Fathoms Rum Distillery** and learn about how Cayman's own rum maker ages this local favourite under the sea. Not a rum drinker? Try **Caybrew**, the island's refreshing local beer, served everywhere.

10 Put Your Toes in the Sand

Celebrate the full moon by dining on the beach with **Kaibo's 'Luna del Mar'** event. Taking place just once a month, on the Friday closest to each full moon, you'll enjoy a delicious al fresco dinner, dancing on the beach and the chance to send your own lantern floating into the night sky.



11 Tour-Dine & Savour

Plantation Organics, a two-acre farm in the lower valley district of Grand Cayman, grows 400 types of organic fruits, nuts, spices, vegetables and herbs. The farm also hosts a "Tour, Dine & Savour" event, where a garden tour is followed by a farm-to-table dinner made by a local chef.

12 Buzz Through a Beehive

A favourite restaurant of locals and visitors alike, **The Brasserie** is the vision of Chef Dean Max of 3030 Ocean in South Florida. Foodies will revel in seasonal menus that change daily depending on what their own fishing boats catch fresh that day. In between courses, ask for a tour of the incredible kitchen garden and beehive.



LEADING THE WAY WITH *Farm & Sea-to-Table*



CAYMAN INSPIRED. LOCALLY SOURCED.

Just what you'd expect from the Culinary Capital of the Caribbean, our guests eat the best and freshest of everything the islands have to offer. In Cayman, we are committed to supporting local farms and fishermen by sourcing ingredients directly from them. This way you get local flavours, sustainable resources and unforgettable dining experiences.



Farm-to-Table

There are farm-to-table adventures to be had on all three of our islands. Here are just a few to start you off on your culinary journey.

The Brasserie has been a pioneer of the farm-to-table movement in the Cayman Islands for years. The restaurant and its adjacent market, source most of their



produce from a large kitchen garden out back, and from their very own deep sea fishing boat while also maintaining strong partnerships with farms across the island for other products.

In George Town, **Cayman Cabana**, located on the waterfront, is doing something really special

and unique as they collaborate with local farmers and fishermen to host a weekly Thursday evening *Oceanside Farm-to-Table Dinner Series*. It is authentic, true to its name and heritage, intimate and absolutely delectable.



Cabana are not alone in their efforts to connect food to fork. **Southwest Collective, The Greenhouse, and Jessie's Juice Bar** also create menus that are based on what is locally available.



On the other side of the farm-to-table trend is **Charlito's Greenhouse**, owned and run by a young millennial focused on healthy living, providing the public with pure, guilt-free produce and building a stronger community.

The greenhouse focuses on vegetables, herbs, trees and oils. No shortcuts are taken in the craft and no pesticides are used to grow the produce. Everything is grown from seed and is maintained purely with rain water and composted soil derived from unused produce from the greenhouse.





Caymanian culture is sea-centric, so it's no wonder seafood is such a key ingredient in our cuisine. From Caribbean lobster to conch stew to grilled fish, there are so many delicious choices to be had in Cayman. Our chefs and restaurant owners take it that extra mile by serving locally sourced and sustainable fare, ensuring you the freshest, top-notch, responsible food experience. Here are a few tasty spots to try.



At **Morgan's Seafood Restaurant**, their very own local fishermen pull up to the marina, their catch is purchased and it's on the grill the same day. Wahoo, trigger, mahi mahi, tuna, conch and lobster (when in season), all local, all fresh, all outstanding. It doesn't get fresher than this.



At the charming **Calypso Grill**, which overlooks the waters of North Sound, they source wahoo, mahi-mahi, tuna and snapper, as well as scallops, lobster and shrimp from local fishermen. Head Chef George Fowler is the mastermind behind two signature dishes that have become runaway hits with locals and tourists alike: crab cakes and the British classic, sticky toffee pudding. These are not to be missed!

Cracked Conch by the Sea offers Caribbean delights and international fare using the freshest local ingredients. Signature conch specialties including tender cracked conch and robust conch chowders are served alongside new classics including seared



local snapper. All are served up in an unparalleled ocean-front setting.

Built in 1908 as the Petra Plantation House, then transformed into the Cayman Islands' first upscale restaurant, **Grand Old House** is now a historical waterfront landmark. Their award-winning chefs expertly prepare Caribbean-international classics using the freshest local ingredients and whatever the fishermen and local farmers have brought in that day.



LET'S GET SOCIAL HOW TO TAKE GREAT FOOD PHOTOS

By Jessica Moore

As a dedicated foodie and owner of a thriving Cayman Islands catering company, Taste This Life (Instagram: @taste.thislife), I'm always the one snapping photos of my food wherever I go! As a chef I've participated in Taste of Cayman and was chosen to photograph and blog Cayman Cookout for the Cayman Islands Department of Tourism. Follow my tips for snapping and sharing your next tasty dish in Cayman. And remember, practice makes perfect, so eat, eat, eat!

1. **ANGLES + LIGHT** – Try positioning your smartphone directly above food or up close to the side of your dish in the best natural light. Different angles lend visual interest and will ensure your social feeds are more engaging.
2. **PHONE CAMERA** – Use the camera on your phone rather than the Instagram camera. It has a higher resolution which is better for food shots.
3. **BACKGROUND** – Try to include an attractive background item or backdrop to provide depth in the photo so your photos don't appear flat. Consider your sunglasses, cutlery, hands or even a unique piece of art or a mural in the restaurant.
4. **FOCUS** – Remember that your photo doesn't always have to capture the entire item. Take a portion or use a unique angle to highlight one particular item on the plate.
5. **EDITING** – Use the Instagram editing options (or other editing apps) like brightness, contract, sharpness, etc rather than relying solely on standard filters. Curate a unique look for your social pages by altering photos the same way each time so your page feels consistent.

Don't forget to hashtag your Cayman food photos with **#caymaneats** and follow on Instagram **@visitcaymanislands**



TOP PICKS

Best of Brunch

FRESH CITRUS VERRINE

Local foodies and visitors alike say the Cayman Islands' brunch scene is beyond compare. Stretching across the afternoon, it's a lazy day affair that simply must be experienced. From casual eats to dressed-up dining, brunch is an island-wide institution that offers something for every palate and pocketbook. We asked those in the know for the inside scoop on all their favourite brunch treats and the resulting list is your go-to guide for a Cayman Sunday fun day!



1 Agua

EAT: From the fresh ceviche and oyster bar.

The chef, who hails from Peru, creates several varieties of ceviche each Sunday. Great service and a huge variety of sashimi round out the experience. You'll also love the authentic semifreddo and bomboloni for dessert.



2 Anchor & Den

EAT: The charcuterie meats imported from Spain.

This "Boulangerie Brunch" features some of the world's most delicious meats and cheeses, a crêperie, raw bar and authentic cocktails made with the most delicious, botanical ingredients.



3 Ave, at the Kimpton Seafire Resort + Spa

EAT: A banana nut waffle with butterscotch caramel.

It's worth every calorie. Ave's brunch is new to the food scene in Grand Cayman, and features six stations including charcuterie and cheese, seafood, desserts, meat carvings, pastry and breads, plus a unique "liquid buffet" with specialty craft cocktails.



6 KARoo

EAT: The Brazilian beef picanha. It's just one of the several amazing menu items on their mouth-watering Caribbean BBQ brunch menu. Baby back ribs, fresh wahoo, jerk pork and more make this stop a meat and seafood lover's dream come true.

4 Catch

EAT: The duck confit on toast.

Served on toasted bread with cranberry butter, poached egg and hollandaise, it's sure to satisfy. The rich and righteous tapas-style brunch menu is beyond compare with decadent items like truffle eggs benedict, mini fish tacos and lobster rolls.



7 Luca

EAT: The peanut butter cream cheese crepes.

Locals tell us they are not to be missed. What's more, the freshly made sushi and peel-and-eat seafood bars make Luca one of the most popular brunches on the island. From sweet, to salty, to savoury, you can't go wrong here.

5 Craft

EAT: The jerk chicken poutine.

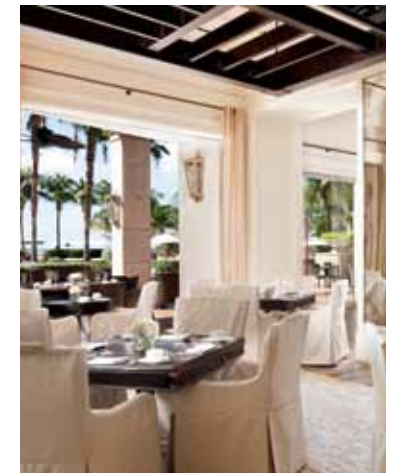
Decadent and delicious, you'll want to wash it down with their famous traditional Caesar for good measure. On holiday weekends and special occasions the restaurant features a "build your own" Caesar bar with amazing toppings and garnishes every Canadian will appreciate.



8 Mizu

EAT: Their dim sum brunch.

Dive into an endless supply of delicious sticky buns, fried dumplings, noodles and appetizers like pork belly bites and prawn wraps at this Asian bistro.



9 Seven, at The Ritz-Carlton, Grand Cayman

EAT: The truffle eggs benedict and freshly made kronuts.

Did we mention endless glasses of Mötet? The relaxed yet sophisticated vibe at one of Grand Cayman's finest hotels makes this brunch the perfect spot for special occasions.



10 The Lighthouse

EAT: The Alaskan rum cured smoked salmon.

This traditional Mediterranean-style brunch comes with all the fixings including a sashimi and raw bar, pasta station, Caribbean jerk specialties, vegan dishes and much more.



BRING HOME *Cayman*

A DEDICATED GROUP OF CAYMANIAN FARMERS, SKILLED ARTISANS, CREATORS AND PURVEYORS of local cuisine, jams, jellies, pickles, rums and a rich assortment of hand-crafted goods, can be found in the Cayman Islands.



CAYMAN SEA SALT

Cayman Sea Salt is 100% hand-produced, all-natural sea salt. Using solar evaporation they hand harvest the salt crystals producing the purest sea salt with its full compliment of minerals and the delicate taste of the cleanest Caribbean Sea. This delicious taste brings out the best in all your recipes. For a new taste sensation we also recommend trying it on chocolate, strawberry, papaya, mango or your favourite tropical fruit. The balance of flavours will excite your taste buds.

www.caymanseasalt.com

POWDER MONKEY GOURMET TREATS

You haven't had marshmallows until you have had these! Cayman's very own locally made marshmallows in many different flavours including chocolate, passion fruit, coconut and even kosher/vegetarian. You can pick up your own treat at the following locations: Cayman Distillery Company, Kirk Market, National Trust Eco Store at Dart Park or Tortuga Rum Store at the Airport. You can also email them at powdermonkeycayman@gmail.com



THE BACKYARD FARMER

Located in Bodden Town, the Backyard Farmer is a small, family owned and operated farm specialising in handcrafted artisan products. All of their handcrafted soaps, scrubs, butters and other body products are made with locally produced coconut oil, raw honey, fruits, vegetables, aloe, and herb infusions that can be grown in the Cayman Islands. To order visit www.thebackyardfarmer.ky or www.locallymade.ky

SEVEN FATHOMS RUM

In rum's golden age, flavour was produced by the sea as waves pushed and pulled the ancient ships as they made their journeys. With many attempts, the Seven Fathoms Rum family finally found the perfect spot to reunite rum with the sea. The Cayman Islands is home to the first-ever undersea rum maturation site producing the sought after Seven Fathoms rum. For more information visit www.caymanspirits.com



CAYMAN ISLANDS

Food Glossary

Enjoy the delicious local fare that abounds. The Cayman Islands has some unique ingredients and dishes which you might not be familiar with. Below are the names and descriptions of some of the items you will see on menus so you will know what you're trying! Enjoy!

CONCH

The large sea crustacean with firm, white flesh is eaten in stews, soups and fritters. Often presented as a ceviche - raw slices marinated in lime juice, with other flavourings.



BREADKIND

Breadfruit, sweet potato, yam, pumpkin, plantain and cassava are eaten as a staple.



NASEBERRY

Fruit with brown, rough and sticky skin when ripe. The seeds are inedible while the flesh is pasty and sweet.



SEASON PEPPERS

Season peppers, are sweet and aromatic, without the heat level of a habaneros or Scotch Bonnet. These are used to flavour many local Cayman dishes.



HEAVY CAKE

Usually made from cassava, yam or cream of wheat, with brown sugar and coconut milk. These starchy cakes contain no flour or eggs.



SWANKY

Swanky is a traditional Caymanian drink that is made using limes, native sour oranges and brown sugar. Some locals find pleasure in adding rum for a unique drink.



A RICH HARVEST - LOCAL PRODUCE LOCAL MARKET Scene



CAYMAN ORGANIC

This 1.2 acre farm started its humble beginnings in 2011 and is now used to supply several restaurants and locals with organic produce. In 2016, Cayman Organic became a member of the Organic Trade Association. They are the first member of the OTA from Cayman. They use no chemicals to ensure that their fruit and veggies are pure nourishing goodness. They deliver organic local veggie boxes across the island.

[f/OrganicCayman](#)
Tel: 1-345-938-5876

The local market scene has exploded in the Cayman Islands over the past few years and both residents and visitors alike are enjoying the benefits. Grand Cayman now boast two convenient locations to purchase fresh produce, products and locally crafted gifts. The newly opened **Farmers' Market** on Huldah Avenue in **George Town** is open at 7:30am Monday through Saturday. This market brings together approximately 30 farmers from all over the island. You can choose from the many vendors offering fresh produce, crafts, baked goods, natural juices, coconuts and more.

The life of any market, and one in which visitors enjoy, are the conversations with the locals and learning about Cayman's history and culture. Just imagine the long lasting relationships that are formed in this type of setting. This market has become the livelihood of many local farmers as they look forward to selling

their products and sharing with their regular customers on a daily basis.

The **Camana Bay Farmers & Artisans Market** is a showcase for all that is grown and made in Cayman. Held every Wednesday from 12:00pm - 7:00pm on The Paseo, visitors will discover an array of local purveyors offering products and experiences found only in Cayman. Shop for authentic, handmade souvenirs and sample fruit and locally made products on-island. Do not miss out on the must have coconut oil, pepper jelly, hot sauce and body scrubs to name a few.

The **Backyard Farmer**, located in **Bodden Town**, is a small family-owned and operated farm specialising in handcrafted artisan products. All of their handcrafted soaps, scrubs, butters and other body products are made with locally produced coconut oil, raw honey, fruits, vegetables, aloe, and herb infusions that can be grown in the Cayman Islands.



LUIGI MOXAM'S

Best Local Foods

Artist, entrepreneur, restaurateur and dedicated foodie, Luigi Moxam, is one of Cayman's most passionate advocates of fresh, local, authentic cuisine and a committed guardian of Caymanian culture. Born and raised in Grand Cayman, Luigi is an official "Caymankind" ambassador and founded his own Cayman Islands inspired clothing brand, One Tree Four Five Collection, followed by the opening of his successful seaside restaurant, **Cayman Cabana** in 2012.

"I'm really passionate about creatively communicating our unique culture, lifestyle and heritage through everything I do," says Luigi. "Opening the restaurant was a chance to create a culinary conversation that is a place for artists and artisans, musicians and local farmers to unite, in the creation of a traditionally progressive celebration of local food, drink and arts in the Cayman Islands. It's about inviting everyone to come together to enjoy an authentic experience of what the Cayman Islands has to offer."

Luigi has the pulse on what's local and shared his top picks for where to experience the most authentic cuisine in Cayman:



LOBSTER POT
lobsterpot.ky

Not only do they provide great food complemented by a great view, I appreciate that they have produce from local farmers and freshly caught seafood.

CHICKEN! CHICKEN!
chicken2.com

Tropical, wood-roasted chicken served with their special rosemary citrus sauce and home-style sides. Don't forget to ask for a honey drizzle on the cornbread and Pickapeppa Sauce on the chicken. It's a must!



DI KIT-CHIN

This roadside jerk spot has some of the island's best traditional jerk chicken combos, plus curry goat, stew pork and much more.



GRAPE TREE CAFÉ
grapetreecafe.ky

Located on the beach in historic Bodden Town, this is a favourite spot to stop by for delicious fresh 'fry fish' and fritters. Items like chicharron, roast snapper, fried wahoo, jerk chicken, conch fritters and more, make this place popular with locals and visitors alike.



YOLANNI'S PLACE

Located in George Town, they serve some of the most delicious Caribbean dishes like turtle stew, sweet and spicy mahi mahi, and 'Cayman-style' beef, which we Caymanians affectionately call, 'cook food'.



VIVINE'S KITCHEN

Worth the drive to the East End, you'll experience home cooking of traditional Caymanian foods like oxtail, conch and callaloo. The food is cooked right in Miss Vivine's home kitchen! Relax ocean side with a cool breeze and a swing in the hammock while she prepares a meal to remember.

CAYMAN CABANA

caymancabanarestaurant.com

I can't forget my own restaurant! Every Thursday, we offer an amazing family-style 4-course, farm-to-table harvest dinner featuring some of the best locally grown produce and freshly caught seafood. During the week, don't miss our Fresh Catch menu. We recommend having our chef prepare your fish with our signature Scotch Bonnet cream sauce, with caramelised plantain, and traditional rice and beans.



HEALTHY EATS

Whether you're vegan, on a paleo diet, gluten-free or simply love your green juice, the Cayman Islands has a multitude of healthy living choices. Check out this list of restaurants, juice bars, meal delivery services and more for your healthy fix:

- ① JESSIE'S JUICE BAR
jessiesjuicebar.com
- ② THE GREEN HOUSE
greenhousecayman.com
- ③ ISLAND NATURALS CAFÉ
islandnaturalscafe.com
- ④ VIVO Café + Restaurant
vivo.ky
- ⑤ SMOOTHIE KING
smoothieking.ky
- ⑥ BREAD & CHOCOLATE
cafe.ky
- ⑦ SAUCHA
sauchaliving.com
- ⑧ FULL OF BEANS
fullofbeans.ky
- ⑨ KIRK MARKET
kirkmarket.ky
- ⑩ GREEN2GO
green2go.ky
- ⑪ THE BRASSERIE MARKET
brasseriecayman.com
- ⑫ CAYMAN CABANA
caymancabanarestaurant.com

FEATURED ITINERARY

EPICUREAN *Delight*

WHAT'S ON YOUR ITINERARY?



WAKE UP TO A MORNING OF "FRY-UP" AT THE WATERFRONT

Arguably the best place to get breakfast in Cayman. **The Waterfront Urban Diner** marries city dining and the laid back tropics. Savour American classics and gastro-pub fare made from the freshest, local ingredients and enjoy warm hospitality in an inspired setting.



STROLL OVER TO THE FARMERS & ARTISANS MARKET

The **Camana Bay Farmers Market** is a place where the authenticity of truly great food and shopkeepers who care reign above all else. Come out and meet with local producers and shop for fresh produce, spices and tasty Caymanian treats and local crafts at our farmers' market. Every Wednesday 12:00pm – 7:00pm.



DISTILLER'S TOUR AND TASTE AT SEVEN FATHOMS RUM

Come get a behind-the-scenes look inside the custom-built 5,000 square foot facility you'll see a 1,200 gallon Vendome copper pot still, the 30 foot tall Gun Bay Vodka tower,

and the original Christian Carl pot still used to perfect **Seven Fathoms Rum**. The tour concludes in their tasting room, where you'll sample fresh batches of Seven Fathoms Rum, Gun Bay Vodka, and Governor's Reserve Rum.



FARM-TO-TABLE LUNCH

Experience **The Brasserie**, Cayman's leader of the field-to-fork and sea-to-fork movement. Chef Dean Max, owners King & Lisa Flowers, and their talented team make every Brasserie visit unique and something to remember. Their links with the finest local growers, thriving kitchen garden, and very own deep sea fishing boat keep things fresh every day.



END THE EVENING WITH A FLAVOUR TOURING

The **Flavour Tour** is a must-do! Experience a guided dining adventure featuring local ingredients presented in the unique styles of Camana Bay's signature restaurants. At each stop, meet and mingle with locals and visitors from around the world while you enjoy small plate courses complemented by featured wine or cocktail pairings. It's a journey you'll appreciate long after the evening is done.

For more ideas and to create your custom itinerary, please visit visitcaymanislands.ca



INSTA-WORTHY *Experiences* BY JESSICA MOORE

Food and eating is a social experience so it's no surprise that the social media revolution has changed the way we think about, and engage with, food. As a chef and food blogger, I've been eating my way through the Cayman Islands for years and I love that I can now share my food experiences with the world (@taste.thislife on Instagram). Try my favourite 'Insta-worthy' dishes below – they are guaranteed to satisfy your craving and feed your social appetite at the same time!

1. MIZU ASIAN BISTRO + BAR – THE STUFFED ROLL

As its name suggests, the Stuffed Roll is filled with tuna, crab, salmon, shrimp, avocado, mango and cucumber that's coated with tempura and deep fried to perfection. Drizzled with the signature Dynamite Sauce and Eel Sauce, then sprinkled with tobiko and crunchy tempura bits, it's heaven to eat and makes for a great 'gram!



2. CRAFT FOOD + BEVERAGE CO – TUNA POKE

The Tuna Poke is definitely worth visiting for. Fresh local tuna, tossed with avocado, red onions, sesame seeds and wakame salad over a bed of fresh white rice and topped with their incredible soy marinade, makes this dish a standout.



3. TUKKA – TASTING MENU

Located in the East End of Grand Cayman, Tukka offers insanely delicious foods and often unheard of bites, like the Kangaroo Lollipops. Get the full experience by ordering the tasting menu and take your taste buds on a local and international adventure.



4. AGUA – BRAISED SHORT RIB

This restaurant is a must-visit, especially during Cayman Cocktail week, but that's another story! Go for their gorgeous braised short ribs with sweet potato mash, sautéed mushrooms and a red wine reduction. The presentation is beautiful and the taste, even better.

5. AVE – FRESH SEAFOOD SPECIAL

This new restaurant in the modern and incredibly Instagram-worthy Kimpton Seafire Resort + Spa, is attracting a lot of attention for its fresh seafood specials and amazing plating. On my last experience, I enjoyed this gorgeous dish with shrimp, scallops, saffron coconut couscous, grilled zucchini and smoked tomato romesco.





SAVOUR THE TASTE OF *Grand Cayman*

The best way to understand a place is through its food. Indeed, meals are such an integral part of travel, and that's particularly true in Grand Cayman, where food culture reigns. From haute cuisine eateries on Seven Mile Beach to seaside fish shacks in East End, Grand Cayman, the largest of the Cayman Islands, has something for everyone. Here are a couple of favourite recipes for you to try at home.

BLUE CILANTRO'S SWEET CORN AND PUMPKIN FRITTERS

Ingredients:

1 cup corn kernels
1 cup pumpkin, diced
½ cup onion, diced
4 cloves garlic, crushed
½ cup fresh cilantro, chopped
¼ tsp scotch bonnet pepper, chopped
1 cup flour
1 tsp baking powder
1 egg

Directions:

Combine all ingredients in a mixing bowl to form a thick paste. Shape into balls and deep fry at 350° for 3-4 minutes until golden.



SWANKY: A TRADITIONAL CAYMANIAN LEMONADE

Ingredients:

3 cups of water
1/2 cup freshly squeezed lime juice
1 tsp honey
1/2 cup brown sugar
Add Seven Fathoms Rum to taste

Directions:

Combine ingredients together. Stir. Enjoy!



CAYMAN-STYLE LOBSTER

Ingredients:

4 – 6 lobsters
½ cup chicken stock
½ cup red pepper, diced
½ cup green pepper, diced
½ cup onion, diced
2 cloves garlic, minced
½ scotch bonnet pepper, chopped and seeded
2 tsp corn starch, dissolved in water
2 tbsp olive oil or butter
salt to taste
pepper to taste
thyme to taste

Directions:

Rinse lobster under cold running water. Bring water and salt to boil in a 12 quart pot. Quickly plunge lobsters, head first, into boiling water. Cover and boil for 20 minutes or until lobsters turn red. Remove lobster and allow it to cool. Remove lobster tails and cut shell down to middle to remove the meat. Cut the tail meat down the middle to remove the vein inside. Remove large claws and smaller legs by twisting them away from the body. A nut cracker can be used to crush the claw and legs to remove the meat inside. Chop lobster meat. Heat butter, or olive oil, in large pan over low heat. Sauté red, green and scotch bonnet peppers, thyme and garlic. Add salt and chicken stock to pan, then add lobster meat and sauté for 10 – 15 minutes. Thicken sauce with the corn starch and water mixture. Serve with your choice of vegetables, salad and/or rice.

RICE AND BEANS

Ingredients:

½ bag of red beans
1½ cup white rice
1 can coconut milk
1 onion, diced
3 scotch bonnet peppers, whole
1 tbsp black pepper
½ tsp salt

Directions:

Cook beans until tender, add rice, coconut milk, onion, black pepper and salt, and add enough water to just cover the ingredients. Place scotch bonnet peppers on top, careful not to burst them. Simmer until rice is tender. Remove peppers before serving.



ROASTED SWEET POTATO SOUP

Ingredients:

2 lbs sweet potato, peeled & roughly cut
1 medium onion, peeled & roughly cut
1 medium carrot, peeled & roughly cut
4 cloves garlic, peeled
2 tbsp olive oil
1 qt chicken stock
1 cup heavy cream
1 tbsp sugar
salt & pepper
splash of hot sauce or pinch of cayenne to taste

Directions:

In a heavy bottomed saucepan, sauté the sweet potato, onion, carrot & garlic in olive oil until tender. Add chicken stock and bring to a boil, reduce heat and simmer for 30 minutes. Blend to a purée then return to the saucepan, add cream and bring back to a boil. Season with salt, pepper and hot sauce to taste.



CAYMAN BRAC & LITTLE CAYMAN

RECIPES FROM OUR

Sister Islands

For the ultimate escape, seek out the serenity of our Sister Islands, Cayman Brac and Little Cayman. Work up an appetite exploring the Brac’s breathtaking 153 ft. bluff or hiking trails and caves. Discover Little Cayman’s tranquil nature walks and secluded beaches at Point O’ Sand or kayak over to Owen Island. Afterwards rest your feet in warm white sand while dinning on an eclectic blend of international and Caribbean cuisine. And it’s not just great food you’ll find, the mixologists at any of our resorts will treat you to a colourful variety of delicious cocktails. Here are a couple of favourite recipes for you to try at home.

PIRATES POINT RESORT

SEARED LIONFISH WITH TROPICAL FRUIT CHUTNEY

Yield: 6 servings
6 - 6 oz Lionfish fillets (or any white flaky fish), seared with salt and pepper, cooked until just done.

- Ingredients:**
- Tropical Fruit Chutney**
- 1 cup yellow onion, medium dice
 - 1 tsp garlic, minced
 - 1 tbsp sesame oil
 - 2 tbsp vegetable oil
 - 2 tbsp salt
 - 1 tsp curry powder
 - ½ tsp ground ginger
 - ¼ tsp allspice
 - ½ tsp turmeric
 - ¼ tsp Chinese five spice
 - 2 tsp coriander
 - 1 tbsp cardamom
 - ¼ tsp cayenne
 - ½ tsp paprika
 - 2 cups apple juice
 - 1 ½ cup pineapple juice
 - 3 oz rice vinegar
 - 2 oz mirin
 - 3 oz honey
 - 4 cups tropical fruit, medium dice
 - 1 cup apples, peeled, medium diced in acidulated water
 - flour and water as needed

Directions:
Saute the onion and garlic with the salt in the vegetable and sesame oil over medium heat until cooked but not coloured. Add all of the spices, then add the apple juice, pineapple juice, vinegar mirin and honey and bring to a boil. Thicken with the flour and water to the consistency of jelly. Let cool to room temperature, and add the apples and tropical fruit. Cut each filet in half, top with some of the chutney, stack the other piece on top and re-top with more of the chutney...enjoy!



LITTLE CAYMAN BEACH RESORT

“CAYMAN KISSES”

Yield: 4 servings
Ingredients:

- 1 lb jumbo shrimp
- 20 bacon strips
- 4 oz tomato ketchup
- 4 oz apple grape jelly
- 2 oz vinegar
- 2 oz lime juice

Directions:
Wrap the shrimp with the strips of bacon and char grill until bacon is fully cooked. Remove from skillet and toss with special sauce. Enjoy!

Sauce:
Whisk tomato ketchup, apple grape jelly, vinegar and lime juice until smooth.



BRAC REEF BEACH RESORT

RUM PUNCH

Yield: 1 Gallon
Ingredients:

- 16 oz gold rum
- 4 oz banana rum
- 4 oz pineapple rum
- pineapple juice
- orange juice
- grenadine

Directions: Fill large pitcher with specified ounces of rum then fill container up to half point with pineapple juice then add orange juice almost to the top. Leave enough room to add grenadine to adjust sweetness level to taste. Shake vigorously. Strain into glasses and garnish with an orange slice.



Directions: Fill a rocks glass with ice. In a cocktail shaker, muddle the pineapple, lime juice and lime wedges with the simple syrup. (2 parts sour to 1 part sweet). Add the vodka and 1 cup of ice and shake vigorously. Strain the mixture into the rocks glass and garnish the caipiroska with a pineapple wedge.

LITTLE CAYMAN BEACH RESORT CAYMAN TRIANGLE

Yield: 1 serving
Ingredients:

- 4 oz mahi mahi
- 2 oz crab meat
- 4 oz medium shrimp
- 1 teaspoon fresh garlic
- Salt and pepper to taste

Directions:
Tenderise the mahi mahi and marinate with fresh garlic, salt and pepper. Mold the crab meat and shrimp on the mahi mahi then roll and secure the end with a tooth pick. Bake in 350 degree oven for 20 minutes or until fully cooked. Top with lemon butter sauce. Enjoy!

Sauce:

- 4 oz heavy cream
- 2 oz lemon juice
- 2 oz butter
- salt and pepper to taste

Method:
On low heat reduce the heavy cream and whisk in the butter. As the final step, add the lemon juice along with the salt and pepper.

SOUTHERN CROSS CLUB

PINEAPPLE CAIPIROSKA

Yield: 1 serving
SCC’s classic drink that everyone loves!
Ingredients:

- Ice
- 1/2 oz fresh lime juice, plus 4 lime wedges
- 4 pineapple chunks
- 1 oz simple syrup
- 2 oz vodka



SOUTHERN CROSS CLUB

CRAB CAKE

Yield: 4 servings
Ingredients:

- 1 cup seasoned bread crumbs
- 2 green onions, finely chopped
- 1/4 cup finely chopped sweet red pepper
- 1 egg, lightly beaten
- 1/4 cup reduced-fat mayonnaise
- 1 tablespoon lemon juice
- 1/2 teaspoon garlic powder
- 1/8 teaspoon cayenne pepper
- 12 oz crab meat, drained, flaked and cartilage removed

Directions:
In a large bowl, combine 1/3 cup bread crumbs, green onions, red pepper, egg, mayonnaise, lemon juice, garlic powder and cayenne; fold in crab.
Place remaining bread crumbs in a shallow bowl. Divide mixture into eight portions; shape into 2 inch balls. Gently coat in bread crumbs and shape into a 1/2 inch thick patty. In a large non stick skillet, heat butter over medium-high heat. Add crab cakes; cook 3-4 minutes on each side or until golden brown.

{ PRACTICAL Information }



TIME ZONE

Eastern Standard Time is observed in Cayman, but there is no change for daylight savings.



BEING BRITISH

From the landmarks of our first capital Bodden Town, to the tiny Stake Bay Museum and the cricket pitches on Grand Cayman; guests of the Cayman Islands are never far removed from the British history and heritage that make our islands so special. One important note: We drive on the left. Something to keep in mind when renting a car or crossing the street.



SHOPPING

FOREIGN EXCHANGE

The Cayman Islands dollar (CI \$) is on a fixed exchange rate — \$0.80 CI equals \$1.00 US. The US dollar is accepted throughout all our islands, change will be given in CI dollars. Automated Teller Machines (ATM) are also available that give both US and CI dollars.

CREDIT CARDS

American Express, Discover, Mastercard and Visa are widely accepted.

DUTY-FREE

In George Town, our capital, duty-free shopping is a high art. Be sure to check out the merchandise from names like Tiffany, Gucci, Baccarat, Cartier, Rolex and more.

FITNESS CENTRES & SPAS

Cayman offers professionally staffed spa facilities equipped to pamper both men and women. Ask for a massage on the beach and let the cooling sea breeze add to your relaxation. For those who can't miss a workout, Grand Cayman has a number of world-class gyms, featuring the latest exercise equipment, programmes and classes.

ENTRY REQUIREMENT

Guests of the Cayman Islands are required to present a valid passport and must complete a customs and immigration form. All guests must possess a return airline ticket. For more information visit www.immigration.gov.ky For questions on Cayman Islands Customs please visit www.customs.gov.ky



MEDICAL FACILITIES

The Cayman Islands has a full complement of modern medical facilities on Grand Cayman and Cayman Brac, including government hospitals and private medical centres like Health City. Little Cayman is staffed by a full-time nurse. Grand Cayman also houses a hyperbaric chamber.

PUBLIC HOLIDAYS

JANUARY – New Year's Day, National Heroes Day
MARCH – Ash Wednesday
APRIL – Good Friday, Easter Monday
MAY – Discovery Day
JUNE – Queen's Birthday
JULY – Constitution Day
NOVEMBER – Remembrance Day
DECEMBER – Christmas Day, Boxing Day

CAYMAN ISLANDS

Calendar of Events

For up-to-date event information please go to visitcaymanislands.ca

JANUARY

- **Cayman Cookout**
caymancookout.com
- **Taste of Cayman Food & Drink Festival**
tasteofcayman.org

FEBRUARY

- Cayfest artscayman.org/cayfest
- Legends Cayman Tennis Championship
legendscayman.com
- Red Sky at Night Festival
explorecayman.com

MARCH

- **Cayman Brac Annual Agriculture Show**
facebook.com/BracAgricultureShow
- **Grand Cayman Agricultural Show**
explorecayman.com
- Grand Cayman Mardi Gras
explorecayman.com
- Island Golf Championships ciga.ky

APRIL

- Cayman Islands International Fishing Tournament fishcayman.com
- Carnival Junior Parade
explorecayman.com
- NORCECA Beach Volleyball
explorecayman.com
- The National Trust Golf Tournament
nationaltrust.org.ky
- Sister Islands Swim Club Annual Sea Swim
caymanactive.com/events/24-cayman-brac-sea-swim

MAY

- Cayman Brac Carnival – Braccanal
braccanal.com
- Cayman Carnival Batabano
caymancarnival.com
- Brac Jackpot Annual Fishing Tournament
fishcayman.com
- CAL Track & Field Invitational
cayman-invitational.runnerspace.com

JUNE

- CAL Football Invitational U-14 Youth Cup
explorecayman.com
- Flowers Sea Swim
flowersseaswim.com
- CayFilm International Film Festival
cayfilm.com

JULY

- Brac Escape – Cayman Brac
thebracescape.com
- Caribbean Amateur Golf Championship (Summer 2018) ciga.ky

SEPTEMBER

- International Scuba Diving Hall of Fame
isdhf.com
- **SITA Brac Bash and Cook-off**
sita.ky

OCTOBER

- **Restaurant Month**
explorecayman.com
- Cayman Brac Autumn Festival
bracautumnfestival.wixsite.com
- **Cayman Cocktail Week**
caymancocktailweek.com

NOVEMBER

- Pirates Week Cayman Islands
piratesweekfestival.com

DECEMBER

- Cayman Islands Marathon
caymanislandsmarathon.com
- Cayman Islands Golf Invitational
ciga.ky

Eric Ripert hosts Cayman Cookout





Cayman Islands

THE CULINARY CAPITAL OF THE CARIBBEAN.

Nestled in an unparalleled tropical setting, this peaceful British Overseas Territory offers that blend of sun-kissed beaches, calm, turquoise seas, local heritage foods, international flavours and boundless experiences. With a diverse range of pursuits to enjoy and explore, your visit here can be filled with activity, day and night.

Do it all. Or do nothing at all, except savour the delicious views and cuisine, the warmth of the people and the perfect weather.

The Cayman Islands – a culinary dream come true.



FIND YOUR CAYMANKIND



visitcaymanislands.ca



Air Canada and WestJet offer year-round, four-hour nonstop flights from Toronto to Grand Cayman.