



CAYMAN ISLANDS

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CULINARY GUIDE



*One of the world's premier places to indulge in recreation, relaxation and exquisite dining experiences.*

Nestled in an unparalleled tropical setting, this peaceful British Overseas Territory offers that luxurious blend of sun-kissed beaches, calm, turquoise seas and boundless experiences.

Our three islands, Grand Cayman, Cayman Brac and Little Cayman, are located in the western Caribbean, a four hour flight from Toronto or a quick one hour flight south from Miami, Florida. Legendary as being one of the world's premier places to indulge in recreation, relaxation and exquisite dining, Cayman is an adventure for people of all ages and interests. With such a diverse range of pursuits to enjoy and explore, your visit here can be filled with activities, day and night.

Do it all. Or do nothing at all, except savour the spectacular view, the warmth of the people and the perfect weather. Either way, one thing is certain, your time in Cayman will be one you'll treasure forever. Three islands. Endless possibilities.



STINGRAY CITY, GRAND CAYMAN



THE BLUFF, CAYMAN BRAC



POINT O' SAND, LITTLE CAYMAN

**GRAND CAYMAN**  
The largest of our three islands, cosmopolitan Grand Cayman offers a wealth of activities, restaurants, accommodation and attractions. It is home to Cayman's most famous attraction, Stingray City.

**CAYMAN BRAC**  
Unspoiled and unhurried. This is an island where breathtaking natural attractions and a rich seafaring heritage will awaken your adventurous spirit. A nature lover's paradise where diving, birding and snorkelling are celebrated.

**LITTLE CAYMAN**  
Blessed with pristine white sand beaches and miles of untouched wilderness, this is a favourite of divers, naturalists and photographers. Quietly redefining the word paradise, this is where time stands still.



# CULINARY CAPITAL *of the Caribbean*

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.



## *Culinary Excellence*

### INSPIRED DINING TO WHET YOUR APPETITE

Dedicate your days and nights to relishing in the heightened culinary culture at one of Cayman's 200+ restaurants. Freshly caught fish, vibrantly coloured fruits and vegetables, succulent organic meats and world-class wine lists awaits you. Unwinding with a good meal in the Cayman Islands can span from casual venues under the stars to fine 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 an 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 Cayman-style lobster. 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.

### EPICENTRE OF THE CARIBBEAN CULINARY SCENE

The Cayman Islands' exceptional cuisine and award-winning restaurants have been shining on centre stage for some time. With internationally celebrated chefs, acclaimed mixologists and sommeliers, Cayman is the choice of food-lovers the world over for their epicurean vacations. Our islands have received countless accolades, in fact, Forbes, FOOD & WINE, USA Today, Tasting Table, Robb Report and Vogue.com are just a handful of media that have crowned Cayman as a foodie heaven. Grand Cayman is also home to the Caribbean's only AAA Five Diamond restaurant, Blue by Eric Ripert.

Complementing each delectable dish, our infinite roster of Wine Spectator Award of Excellence wine cellars and talented mixologists who blend local spices and spirits into refreshing cocktails can be enjoyed island-wide. Food really is a way of life in Cayman and our incredibly talented chefs will take your culinary experience to a whole other level.

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



COCCOLOBA, GRAND CAYMAN



LUCA, GRAND CAYMAN



BACARO, GRAND CAYMAN

# GASTRO Must-Do List



HERITAGE KITCHEN, GRAND CAYMAN



## MUST EAT AND DRINK

The Cayman Islands' incredible array of restaurants, beach bars and festivals will feed any foodie's soul (and stomach), but what should you not miss on your next visit to the Culinary Capital of the Caribbean?

Check out this list of great gastronomical must-dos and see how many experiences you can cross off your list during your next culinary adventure!

### 1 MAKE IT A MUDSLIDE

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

### 2 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 indigenous to Caymanian waters.

### 3 AWARD-WINNING DINING

Three-Michelin star chef Eric Ripert fell in love with the Cayman Islands after visiting Stingray City, and soon after, opened [Blue](#) by Eric Ripert, the Caribbean's only AAA Five-Diamond restaurant at The Ritz-Carlton, Grand Cayman. Experience masterfully prepared decadent local seafood with seasonal flavours to entice your palate.

### 4 TASTE LOCAL

Make a point of experiencing authentic Caymanian flavours at [Miss Vivine's](#), the [Heritage Kitchen](#) or [Grape Tree Café](#). Conch, lobster, snapper and more is made to order and fresh from the sea.

### 5 SAY 'CHEERS' TO CRAFT GIN COCKTAILS

Home to the island's largest gin collection, [Anchor & Den](#) is the go to spot for custom G&Ts and signature gin concoctions. Their Juniper Club offers table side service for gin novices and connoisseurs to experiment with the nuanced flavours to create a botanical combination that's uniquely your own.

### 6 REV UP WITH ROADSIDE FAIR

Check out the Cayman food truck scene for yummy treats like kebabs and chicken tikka from [Al La Kebab](#) or casual American fare from its sister truck, [Good Mood Food Co.](#) Don't miss [Arepa 345](#) offering traditional arepas that marry Cayman's diverse tastes with this authentic Venezuelan dish.

## SIGNATURE

# Cayman Cocktails

What would a vacation of the highest culinary order be without the accompaniment of fresh, intriguing and cutting-edge mixology? From locally crafted rum and beer to distillery tours, festivals and signature cocktails you'll want to recreate at home, Cayman has you covered.

## COCKTAIL WEEK

This weeklong festival invites attendees to mingle with industry professionals and the most sought-after local mixologists and bartenders while sampling their amazing creations. Participants will not only learn about the latest cocktail trends and techniques, but can order high-end cocktails served up by Cayman's finest bartenders at special prices.

[caymancocktailweek.com](http://caymancocktailweek.com)

## THE CAYMAN ISLANDS BREWERY

Caymanian-owned and operated, The Cayman Islands Brewery produce a wide range of local beers. [Caybrew](#) is their signature beer but have since launched 10 beer brands and 3 seasonal beers. Caybrew is the beer of choice amongst locals and can be found in restaurants across the islands. The brewery's range of beers have not only won international awards, but are produced using sustainable practices from recycling waste water and spent grains to reusing beer bottles and much more. No vacation is complete without trying this true taste of Cayman.

[cib.ky](http://cib.ky)



## CAYMAN SPIRIT CO.

After experimenting and exploring the ocean floor, they found the perfect spot to unite rum with the sea. Cayman is home to the first-ever undersea rum maturation site producing the sought after [Seven Fathoms Rum](#). Hand-crafted rum inspired by the variety of flavours in native Cayman cuisine, they've created a family of rums to suit any taste and occasion.

[caymanspirits.com](http://caymanspirits.com)

## DISTILLERY TOURS

The Cayman Islands Brewery and Cayman Spirit Co. offer fun and spirited tours highlighting their facilities, brewing and distilling processes. Learn what goes on behind the scenes and enjoy sampling their wide range of products. Visitors can also enjoy The Rum Tasting Tour at the Thatch & Barrel at Pedro St. James. Cayman Spirit Co. serves up their locally-made rums and spirits as well as the uniquely distilled "1780 Rum" which commemorates the year the Great House was first built.



## COCKTAIL RECIPE

### SEVEN FATHOMS 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.*

*To make a pitcher of this traditional Cayman punch:*

- Boil 6 cups of water and add 2.5 cups of dark brown sugar
- Add 6 more cups of water
- Add 3 cups of fresh lime juice
- Squeeze 1 Cayman seville orange
- Leave fruit rinds in to soak
- Add 4 cups Seven Fathoms Rum

*Mix together in a large pitcher. Serve over ice and enjoy the taste of Cayman.*



## CHEF Massimo De Francesca

Executive Chef, Kimpton Seafire Resort + Spa  
Seven Mile Beach, Grand Cayman

Originally hailing from Toronto, Chef Massimo De Francesca is the Executive Chef at Kimpton Seafire Resort + Spa. An award-winning chef whose career took root in his culinary journeys through the kitchens of Italy, Canada, USA and Caribbean, he produces innovative dishes infused with local flare so it's no wonder we look to him for his expertise on the culinary scene in Cayman.

### What is your favourite spot for brunch?

**AVE**, of course! But when I am not assisting in executing our brunch at AVE restaurant, I enjoy visiting **Bacaro** for their Sunday brunch. Neatly crafted food and drinks are served a la carte style. The views are gorgeous as it is situated adjacent to the Cayman Islands Yacht Club Marina and the service is personal and efficient.



### Best spot for a romantic dinner?

**Agua** is a great spot in Camana Bay. Sit either outside at their al fresco dining area or be sure to sit next to a window for a nice view. The Mediterranean-South American inspired concept offers a warm intimate setting, great food, along with excellent handcrafted cocktails and an extensive wine list.

### Where do you head to when you're looking for an awesome but casual grab and go?

I love good ol' roasted chicken. At **Chicken! Chicken!** they smother fresh herbs and slowly roast whole chickens on a rotisserie grill, slowly, to perfection. Be sure to have a Congo brownie, a decadent double chocolate, rum and coconut flavored brownie.

### What's your favourite hidden gem and why?

Within **Grand Old House**, you'll find a quaint and very special wine bar, called "Nino's Wine Bar". A true authentic old school wine bar with wood finishes and leather seats. You will instantly notice the cave-like-wine-cellar-aroma throughout.

### Tell us about your favourite local beach spot?

**Heritage Kitchen** has spectacular views of the ocean and sunset. Enjoy authentic Caribbean & Caymanian cuisines with true cooking techniques and the use of local ingredients. Conch fritters, crispy fried snapper with a fresh mango juice is the way to go!

### Why do you think Cayman is the Culinary Capital of the Caribbean?

Undoubtedly, Chef Eric Ripert's influence, inviting world class celebrity chef's each year for the "Cayman Cookout" has spearheaded the international awareness for Cayman's culinary scene.



## CHEF Dylan Benoit

Chef - Writer - Consultant, Prime Group Cayman

Dylan Benoit is the Executive Chef of Prime Kitchen, Cayman's premier private chef and catering company as well as the Chef Partner of Carnivore Premium Meats - Cayman's bespoke butcher shop, serving the island with the highest quality meats and hand made products.

### What is your favourite spot for brunch?

**Anchor & Den** at The Marriott is my favourite brunch spot. The variety of both classic brunch and international food offerings makes it one of the most diverse brunches on the island and they also have a wider array of beverage options including pour-over-ice, pre-batched cocktails as well as the typical bottomless bubbles.

### Best spot for a romantic dinner?

**Ristorante Pappagallo** in West Bay. It's an Italian restaurant nestled over a pond surrounded by a bird sanctuary with a great wine list and fresh made pastas. Try the osso bucco.

### Where do you head to when you're looking for an awesome but casual grab and go?

**Peppers** on Seven Mile has good jerk and grilled foods for a reasonable price in a casual outdoor environment. Try the jerk combo, ribs and conch fritters.

### What's your favourite hidden gem and why?

To find the best hidden gems on the island contact **Prime Food Tours** and get a true taste of the Caribbean! letseat@foodtours.ky

### Tell us about your favourite local beach spot?

**Heritage Kitchen** is the best local fish shack in a casual setting with a great view of the sea!

### If you've never been to the Cayman Islands, what is the one thing that you shouldn't miss?

You must get on a boat and head to **Stingray City** and interact with the stingrays in their natural habitat. It's a truly spectacular interaction with the natural world, unique to Cayman.

### Why do you think Cayman is the Culinary Capital of the Caribbean?

Because we have some of the most incredible chefs and a wide variety of restaurants to please any palate. Not to mention a diverse and multicultural workforce of talented chefs, cooks, and front of house representatives that when simmer together, create a unique culinary landscape.





## TOP PICKS

# Best of Brunch

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 white tablecloth dining, brunch is an island-wide institution that offers something for every palate and pocket. 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!

### AGUA

**EAT:** *From their fresh ocean catch to bottomless Prosecco.*

The chef, who hails from Peru, creates a family-style brunch with a new menu each week. Enjoy house made organic pasta, fresh farm-to-table produce and bottomless Prosecco and wine. Don't forget to finish off your meal with their delightful sweet endings. [agua.ky](http://agua.ky)

### ANCHOR & DEN

**EAT:** *The freshest baked breads and pastries from the boulangerie station.*

"Wanderlust Brunch" offers a fun and relaxed atmosphere for foodie nomads with a new menu each week that traverses culinary flavours from across the globe. The menu always features a carving station, a boulangerie station and raw bar, all paired with bottomless glasses of bubbles, mojitos and margaritas. [anchorandden.com](http://anchorandden.com)

### AVE

**EAT:** *The 'Banana Split'.*

A perfectly ripened banana split down the middle, layered with decadent toppings including Greek yogurt, fruit, granola and dulce de leche; how can you go wrong!? Ave's brunch features various stations including charcuterie and cheese, seafood, meat carvings and pastries. Plus a unique "liquid buffet" with specialty craft cocktails. [averestaurant.com](http://averestaurant.com)

### KARoo

**EAT:** *The Brazilian beef picanha.*

It's just one of several amazing menu items on the delectable 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. [karoo.ky](http://karoo.ky)

### LUCA

**EAT:** *The classic Italian tiramisu.*

Locals tell us it's some of the best on the island. What's more, the freshly made sushi and peel-and-eat seafood bars make Luca one of the most popular brunches in Cayman. From sweet, to salty, to savoury, you can't go wrong here. [luca.ky](http://luca.ky)

### 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. [mizucayman.com](http://mizucayman.com)

### SEVEN

**EAT:** *The Moët & Chandon pairing*

Seven is the place for the only Moët & Chandon champagne brunch. The relaxed yet sophisticated vibe at one of Grand Cayman's finest hotels makes this brunch the perfect spot for special occasions. [bit.ly/rcgcseven](http://bit.ly/rcgcseven)

### TILLIE'S

**EAT:** *Delicious vegan dishes*

Tillie's offers a clean and refined approach to classic Caribbean dishes. Brunch includes a raw seafood bar with oysters, wild shrimp and ceviche stations. The vegan table features Tillie's own Dr. Aris Latham and his highly celebrated juices and sun-fired foods. [tillies.ky](http://tillies.ky)



# 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.

In Cayman, our chefs and restaurant owners take it that extra mile by serving locally sourced and sustainable fare, ensuring you enjoy the freshest, top-notch, responsible food experience.

The Caymanian culture has always been sea-centric, so it's no wonder seafood is such a popular ingredient in our cuisine.

Here are a few tasty spots to try: Located on the waterfront in George Town, **Cayman Cabana** collaborates with local farmers and fishermen to host a weekly *Oceanside Farm-to-Table Dinner Series*. It is authentic, true to its name and heritage, intimate and absolutely delectable.

The **Brasserie** restaurant and its adjacent market, source most of their produce from their large kitchen garden and from their very own deep sea fishing boat. The Brasserie even has its own apiary which assists in the health and production of its fruits and vegetables while yielding fresh honey for the restaurant.

Now a historical waterfront landmark, **Grand Old House**, a former Plantation House built in 1908, was Cayman's first upscale restaurant. Their award-winning chefs expertly prepare Caribbean-international classics using the freshest local ingredients and whatever the fishermen and local farmers bring in that day.

Just north of Grand Cayman's Seven Mile Beach, West Bay is home to a wonderful array of restaurants that pride themselves in using the freshest local ingredients to create delicious and innovative menu options. All are served up in an unparalleled oceanfront setting. Don't miss trying **Cracked Conch by the Sea's** signature conch specialties such as tender cracked conch and conch chowder or one of their new classics including seared local snapper.

At the charming **Calypso Grill**, Head Chef George Fowler is the mastermind behind two signature dishes - crab cakes and the British classic, sticky toffee pudding. These are not to be missed!



# HEALTHY EATS

Whether you are vegan, on a paleo diet, gluten-free or simply love your green juice, the Cayman Islands has no shortage of choices for healthy living. 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 **SOUTHWEST COLLECTIVE**  
southwestcollectivecayman.com
- ③ **ISLAND NATURALS CAFÉ**  
islandnaturalscafe.com
- ④ **VIVO Café + Restaurant**  
vivo.ky
- ⑤ **SMOOTHIE KING**  
smoothieking.ky
- ⑥ **BREAD & CHOCOLATE**  
cafe.ky
- ⑦ **FULL OF BEANS**  
fullofbeans.ky
- ⑧ **KIRK MARKET**  
kirkmarket.ky
- ⑨ **GREEN2GO**  
green2go.ky
- ⑩ **THE BRASSERIE MARKET**  
brasseriecayman.com
- ⑪ **FRESH KITCHEN & COFFEE**  
freshcayman.com



# LOCAL Market Scene

*A dedicated group of Caymanian farmers, skilled artisans, creators and purveyors showcase their work around the island.*



Grand Cayman boasts two convenient locations to purchase fresh produce, products and locally crafted gifts.

The Hamlin Stephenson Market at The Cricket Grounds in George Town takes place Monday through Saturday while The Farmers & Artisans Market at Camana Bay runs on Wednesday afternoons. The markets host over 30 local farmers and vendors giving you a wide range of products from locally harvested vegetables and fruit to cooked meals and artisan crafts.

Locally produced coconut oil, pickled pepper mango jam, body scrubs and artisan candles are just some of the items available. Be sure to take home unique souvenirs including jewellery made from the indigenous semiprecious stone, Caymanite, or a variety of traditionally weaved-thatch products, including bags, hats, fans, place mats, and “Wari” board games.



## GROCERY STORES

If you're renting a villa or a condo for your Cayman vacation, you're probably planning to do a little cooking. If you can't make it to one of our local farmers market, you can stock up on groceries at one of our many supermarkets that offer an incredible array of food.

- fosters.ky
- kirkmarket.ky
- hurleys.ky

## BRING HOME Cayman

A RICH ASSORTMENT OF  
HAND-CRAFTED GOODS,  
CAN BE FOUND IN  
THE CAYMAN ISLANDS.



## CAYMAN SEA SALT

The Cayman Sea Salt Farm located in Grand Cayman is the only artisanal sea salt farm in the Caribbean. What's more, Cayman Sea Salt is 100% hand-produced, all-natural and eco-friendly. Using solar evaporation, the salt crystals are hand harvested producing the purest sea salt with its full complement of minerals and the delicate taste of the cleanest Caribbean Sea bringing out the best in all of your recipes. We recommend trying it on chocolate or your favourite tropical fruit.

[caymanseasalt.com](http://caymanseasalt.com)



## POWDER MONKEY GOURMET TREATS

You haven't had marshmallows until you've tried Powder Monkey marshmallows! Cayman's locally made marshmallows come in many different flavours including chocolate, passion fruit or coconut with kosher and vegetarian options available. 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.

[powdermonkeycayman@gmail.com](mailto: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.

[thebackyardfarmer.ky](http://thebackyardfarmer.ky)

# UNIQUE CULINARY *Experiences*



## 1 PRIVATE CHEF

Cayman is built for intimate and elevated experiences with its abundance of chic low-rise hotels, villas, and condominiums. The destination provides the ultimate setting for a meal in the privacy of your own home away from home with one of the destination's many talented Private Chefs. These world-class chefs and catering companies offer everything from tasting menus to meals specifically tailored to your taste and preferences.

## 2 DINING ON THE BEACH

Reserve your spot under the stars for an unforgettable beach dining experience. Allow one of the islands' chefs to create an unforgettable, private, candle-lit meal under the stars; just you and a few friends with your toes in the sand and the soothing sounds of waves rolling in.

## 3 HIDDEN GEM

Le Soleil d'Or's twenty acres of elevated organic garden overlooks the alluring sea below on Cayman Brac. Its garden inspired menu celebrates the sun's embrace, the season, and the nature it is surrounded by.

## 4 PICNIC BY THE SEA

Maximise every minute of your beach vacation with a picnic on the world famous Seven Mile Beach, Rum Point and beyond. Delectable packed meals can be arranged at your hotel,

restaurants, local cafés or with private chefs and catering services.

## 5 APIARY AND HERBS ON THE SPOT

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, edible garden and apiary.

## 6 LUNA DEL MAR

Celebrate the full moon by dining on the white sand beach at [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 and dancing on the beach and the chance to send your own lantern floating into the night sky.

## 7 LOVE SOME LIONFISH

Though Lionfish make delicious flaky, buttery filets, this invasive Indo-Pacific fish ended up in the Caribbean where it quickly threatened the local reef population due to its voracious appetite and ability to reproduce rapidly. To protect their local marine life, the Cayman Islands now have lionfish culling and sell their catch to local restaurants so eat up and save the sea!





# LUIGI MOXAM'S *Best Local Foods*

Local restaurateurs and dedicated foodies

Luigi Moxam and his wife Christina are passionate advocates of fresh, local, authentic cuisine and are committed guardians of Caymanian culture.

“We are passionate about creatively communicating our unique culture, lifestyle and heritage through everything we do,” says Luigi. “Opening our seaside restaurant, Cayman Cabana was a chance to create a culinary conversation that is a place for artists and artisans, musicians and local farmers to unite. It’s the creation of a traditionally progressive celebration of local food, drink and arts in the Cayman Islands. Cayman Cabana is about inviting everyone to come together to enjoy an authentic Cayman experience.”

Born and raised in Grand Cayman, Luigi, an official “Caymankind” ambassador, is also an artist and entrepreneur who founded his own Cayman Islands inspired clothing brand, One Tree Four Five Collection. Luigi and Christina have the pulse on what’s local and shared their top picks for where to experience the most authentic local cuisine in Cayman:

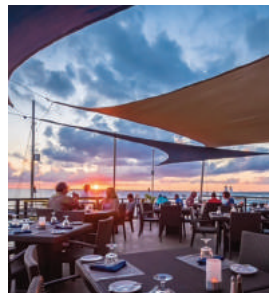
## LOBSTER POT

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. [lobsterpot.ky](http://lobsterpot.ky)



## CHICKEN! CHICKEN!

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 corn bread and Pickapeppa Sauce on the chicken. It’s a must! [chicken2.com](http://chicken2.com)



## 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

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. [grapetreecafe.ky](http://grapetreecafe.ky)



## CAYMAN CABANA

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. [caymancabanarestaurant.com](http://caymancabanarestaurant.com)



## 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.



## LOCAL FOOD TOURS

Prime Food Tours goes off the beaten path to showcase the true, local flavours and cuisine of the Cayman Islands. Their variety of tours range from the Island Essential, an introduction to local dishes like fish fry and jerk chicken to an island wide dine-around known as The Grand Tour, and everything in between. [foodtours.ky](http://foodtours.ky)

# Food Glossary

Enjoy the delicious local fare that abounds. Cayman 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.



# EXCEPTIONAL Culinary Events

*Cayman's culinary events are renowned. With exceptional culinary variety, unsurpassed ambience and acclaimed local and international chefs, the Cayman Islands will inspire even the most discriminating gourmands.*

## CAYMAN COOKOUT

Hosted by chef Eric Ripert along with his roster of celebrity chefs and wine and spirits experts, Cayman Cookout is one of the most prestigious celebrations of food and wine in the world. Guests at this exclusive, interactive festival enjoy dynamic cooking demonstrations, exclusive tastings and dining events, exciting local tours and unique epicurean experiences - all presented with a sense of barefoot elegance. The intimate events and celebrations allow for unprecedented access and interaction with some of the world's most famous and beloved chefs, as well as unforgettable meals all set across the most amazing locations on Grand Cayman from Seven Mile Beach to Rum Point. [caymancookout.com](http://caymancookout.com)

## TASTE OF CAYMAN

Cayman's largest culinary event of the year, Taste of Cayman Food & Drink Festival offers something for everyone from delicious ice-creams to grown-up cocktails, street food to gourmet masterpieces. The festival has been running for over 30 years and offers the very best of Cayman's diverse cuisines, local produce and as well as live cooking demonstrations and local entertainment. [tasteofcayman.org](http://tasteofcayman.org)

## RESTAURANT MONTH

Every October, the Cayman Islands Tourism Association coordinates Restaurant Month, with local restaurants offering prix fixe menus at excellent value. This is an incredible opportunity to learn more about what Cayman has to treat your palate, as you sample some of the best food the Caribbean has to offer. For wine and spirit lovers, these prix fixe menus can also feature drink pairings. Treat your taste buds and come and take part in all things culinary in Cayman. [restaurantmonth.ky](http://restaurantmonth.ky)



## ONGOING EVENTS

### GRAND CAYMAN

- THE HAMLIN STEPHENSON MARKET AT THE CRICKET GROUNDS

Monday - Friday 7:30am-5:30pm

Saturday 7:30am-3:00pm

[caymanfarmersmarket.com](http://caymanfarmersmarket.com)

- CAMANA BAY WEEKLY FARMERS MARKET

Wednesday, 12:00pm-7:00pm

[camanabay.com](http://camanabay.com)

- LIVE MUSIC AT WEST INDIES WINE COMPANY

Wednesday through Friday

[wiwc.ky](http://wiwc.ky)

- IMAGINATION PLAYGROUND

Tuesday and Saturday

Crescent Fountains

[camanabay.com](http://camanabay.com)

- NATIONAL TRUST WEEKLY TOURS

[nationaltrust.org.ky/tours](http://nationaltrust.org.ky/tours)

### CAYMAN BRAC

- LE SOLEIL D'OR FARM

Wednesday, 1:00pm-5:00pm

[lesoleildor.com](http://lesoleildor.com)

## January

- CAYMAN COOKOUT - [caymancookout.com](http://caymancookout.com)

## February

- RED SKY AT NIGHT FESTIVAL - [explore cayman.com](http://explore cayman.com)

## March

- CAYMAN AGRICULTURE SHOW  
[facebook.com/Caymanagricultureshow345](https://facebook.com/Caymanagricultureshow345)

## April

- TASTE OF CAYMAN FOOD & DRINK FESTIVAL  
- [tasteofcayman.org](http://tasteofcayman.org)
- CAYMAN ISLANDS INTERNATIONAL FISHING TOURNAMENT - [fishcayman.com](http://fishcayman.com)
- CARNIVAL JUNIOR PARADE - [explore cayman.com](http://explore cayman.com)

## May

- CAYMAN BRAC CARNIVAL - [braccanal.com](http://braccanal.com)
- CAYMAN CARNIVAL BATABANO - [caymancarnival.com](http://caymancarnival.com)

## June

- FLOWERS SEA SWIM - [flowersseaswim.com](http://flowersseaswim.com)

## September

- INTERNATIONAL SCUBA DIVING HALL OF FAME  
- [isdhf.com](http://isdhf.com)

## October

- RESTAURANT MONTH - [restaurantmonth.ky](http://restaurantmonth.ky)
- CAYMAN COCKTAIL WEEK - [caymancocktailweek.com](http://caymancocktailweek.com)

## November

- Pirates Week Cayman Islands - [piratesweekfestival.com](http://piratesweekfestival.com)

## December

- Cayman Islands Marathon - [caymanislandsmarathon.com](http://caymanislandsmarathon.com)



PALM HEIGHTS

## COSMOPOLITAN *Grand Cayman*

Living up to its name in every sense, Grand Cayman fuses arts with culture and nature with wonder, to produce the perfect atmosphere. On the west side of the island is award-winning Seven Mile Beach, a crescent-shaped stretch of sand with infinite possibilities. Meanwhile, the North Sound is home to a neighbourhood of stingrays that's so big, we call it a city. Come face to face with the inhabitants of Stingray City and you'll leave grinning from ear to ear.

Off the beaches of Grand Cayman, you can stroll through George Town, surrounded by traditional architecture and modern treats. Enjoy designer shopping or meet local vendors and craftsmen that have made the perfect unique gift.

Across the island, the eastern districts of Grand Cayman feature outdoor delights including the rare Blue Iguanas at the Queen Elizabeth II Botanic Park. And be sure to stop and taste the freshly caught fish at nearby restaurants when you're out this way. After all, the flavours are second only to the tales told here.

### 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°F for 3-4 minutes until golden.

## ADVENTUROUS *Cayman Brac*

Cayman Brac, with its distinct and dramatic limestone bluff, is a nature and adventure lover's paradise, offering natural hiking trails, an abundance of caves to explore, exotic flora and fauna and spectacular world-class diving.

This rugged and charming island of 36 square kilometres allows visitors to explore the limestone caves high above the water. For the underwater adventurers, Cayman Brac's crystal-clear warm waters provide awe-inspiring wall dives, shallow diving and wreck diving at all levels and interest, making for a dream dive vacation.

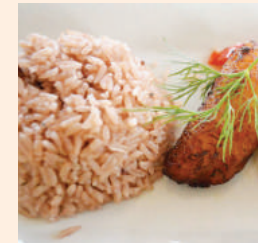
Visitors can also enjoy lush green forests throughout the island, which is home to more than 200 species of birds and the 180-acre Cayman Brac Parrot Reserve.

Foodies will not want to miss Le Soleil d'Or, The Brac's amazing boutique hotel set against a twenty acre organic farm on the Caribbean Sea.

For adventure above and below the sea, your Caribbean vacation would not be complete without a visit to Cayman Brac.



### CAYMAN STYLE *Rice and Beans*



#### Ingredients:

- ½ bag of kidney 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.



## TRANQUIL *Little Cayman*

At only 16 kilometres long and a 1.6 kilometres wide, Little Cayman is the least developed and most tranquil of the three Cayman Islands. This beautiful island offers seclusion and striking scenery in every corner, making it the definition of a true “secret hideaway.”

With a population of less than 170, most of Little Cayman remains uninhabited, offering a rare combination of sun-drenched solitude, glistening beaches and miles of untouched tropical wilderness. Sun-worshippers can bask on empty beaches that seem straight from a magazine or take a bike ride and meander around the island. Those who venture to the remote South Hole Sound Lagoon, can enjoy a swim or paddle out to tiny, deserted Owen Island to soak up a view of nature in its most pristine form.

What’s more, Little Cayman is home to 50-plus unique dive sites as well as the largest colony of Red-Footed Boobies in the western hemisphere.

And for those who simply want to relax, what better way than to pick up a book, crawl into a hammock and indulge in the solitude of some of the quietest and most secluded beaches in the Caribbean?

## SOUTHERN CROSS CLUB'S *Crab Cake*



**Yield: 4 servings**

### Ingredients:

- 1 cup seasoned bread crumbs
- 2 spring onions, finely chopped
- ¼ cup finely chopped sweet red pepper
- 1 egg, lightly beaten
- ¼ cup reduced-fat mayonnaise
- 1 tbsp lemon juice
- ½ tsp garlic powder
- ⅓ tsp cayenne pepper
- 12 oz crab meat, drained, flaked and cartilage removed

### Directions:

In a large bowl, combine ⅓ cup bread crumbs, spring 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 ½ 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*

*Here is some useful information before you arrive in the Cayman Islands for your perfect vacation.*

### ENTRY REQUIREMENTS

Guests of the Cayman Islands are required to present a valid passport and must complete an immigration form. If there are any items to declare, guests should also complete a customs declaration form. All guests must possess a return airline ticket. For more information visit [cbc.gov.ky](http://cbc.gov.ky)



### 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.

### TIME ZONE

Eastern Standard Time is observed in Cayman, but there is no change for daylight savings. Cayman is 5 hours behind Greenwich Mean Time (GMT).

### 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

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.

### 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 facilities like Health City. Little Cayman is staffed by a full-time nurse. Grand Cayman also houses a hyperbaric chamber.



### TRANSPORTATION

We highly encourage you to roam and explore our islands however you feel comfortable. If you wish to get around at your own pace, rent a vehicle, scooter or a bike from one of the many rental companies. Just keep in mind that we are a British Territory, so we drive on the left.



Alternatively, you can catch a taxi that will take you exactly where you need to go. Be sure to download the CIGO Taxi Fare app from Google Play or Apple App Store to find out exactly what you should be paying. Taxi’s primarily are ‘cash only’.

### MORE INFORMATION

*Visit our FAQ section on [visitcaymanislands.com](http://visitcaymanislands.com) for more information and tips on how to enhance your on-island experience.*



AIR CANADA

WESTJET 

*Air Canada and WestJet  
offer 4 hour nonstop flights  
from Toronto to Grand Cayman with  
easy connections across Canada.*

CAYMAN ISLANDS 

GRAND CAYMAN | CAYMAN BRAC | LITTLE CAYMAN

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