

Lime & Dine

GRENADA CARRIACOU PETITE MARTINIQUE



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HOOKAH & VAPE

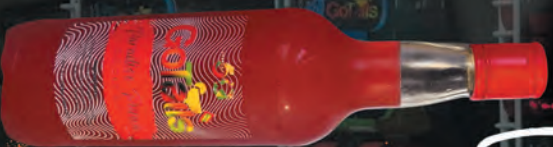
LOUNGE

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NEW
VYBZ!!!

TASTE BEYOND THE BEACH!!!

Experience a taste that keeps you
going til...



**NOW
AVAILABLE**

AT

PRICKLY BAY MARINA
ST. GEORGE





Lime & Dine
GRENADA CARRIACOU PETITE MARTINIQUE



Welcome
to
Pure Grenada
Spice of the Caribbean
Grenada, Carriacou & Petite Martinique

ENDORSED BY





Dream Greenz!*



This typical scene from the Annual Workboat Regatta held on our world famous Grand Anse Beach, is something islanders often take for granted. Oh the vibrant shades of greens and blues, the smell of spices and fresh ocean breezes! There's a simplicity of life that still exists here despite the complicated global cosmos of the 21st century.

Often when one leaves these shores, it is difficult to imagine that the lives we live here still exist. It's almost like an existential parallel universe. On the streets of London, New York, Paris ... casting our minds "home" makes us sometimes want to 'click our heels' and be back here. Sauntering, at the speed of Grenadian Meantime (GMT); exchanging greetings with old friends, and the ones we're just about to make.

We trust that this photorealism version of our cover scene conveys this.

When we're here we know it's real, but when we're not, Grenada can assume a dreamlike mantle, a fairytale quality that makes us wonder if it really is too good to be true!

We invite you to visit and step into the Greenz Scene. Make your visit to us real. We promise you will dream of it for some time to come!

*Greenz a.k.a Grenada

Care is taken to ensure that all information in this publication is accurate and current at date of publishing. The publishers will not be held liable for any changes, omissions and/or errors, which may become evident after publication.

Lime & Dine is distributed annually in the Spice Isles and proudly represents Grenada, Carriacou & Petite Martinique in Regional & International Markets.



Lime&Dine
GRENADA CARRIACOU PETITE MARTINIQUE

2024 - 2025

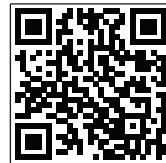
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Tel: (473) 420 2132 or (473) 420 2131

  /LimeandDine



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GRENADA LIME & DINE

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Minister's Welcome

Hon. Adrian A. Thomas

MINISTER FOR TOURISM, THE CREATIVE ECONOMY, AND CULTURE

As Minister for Tourism, The Creative Economy and Culture, the pleasure is mine to welcome you to "Pure Grenada, the Spice of the Caribbean"; three islands, one unique destination.

We are happy that you chose us as your vacation spot and as you "lime and dine" around our beautiful islands, I invite you to sample the many pleasures that we have in store.

You will soon discover that Grenada is a photographer's haven, packed with breath-taking scenery and beautiful landscapes; from cascading waterfalls and serene lakes, to stunning beaches and majestic mountains.

Our commitment to conserving our natural beauty and cultural heritage is evident.

Nature lovers and adventure seekers should visit the 450-acre, Ramsar-protected, Levera National Park and the protected Grand Etang National Park and Forest Reserve. Divers and snorkelers will relish the globally famous Molinere Underwater Sculpture Park, the oldest in the world. While swimmers and sunseekers can enjoy Grand Anse and Bathway Beaches in Grenada and Paradise Beach in Carriacou.

Most importantly, I wish to introduce you to our people, the heart and soul of Grenada. Their warmth and genuine hospitality will make you feel right at home. Engage with our local communities and savor traditional dishes, especially 'oil down'.

If you are here for an event, festival or carnival, immerse yourself in our rich and diverse culture. The harmony and rhythms of drums, steel pan music, creative dance, calypso and soca music will captivate you. Our people are passionate about life, and their "spice-infused" hospitality is legendary.

Despite the impact of Hurricane Beryl on Carriacou, Petite Martinique and the agriculture industry, Grenada's tourism product remains intact and is open and ready to welcome visitors and returning nationals. Our government is collaborating diligently with communities, stakeholders, and international partners to ensure a sustainable recovery in our sister isles of Carriacou and Petite Martinique. Our spirit is unbreakable, and our commitment to providing a safe, welcoming, and vibrant destination remains a top priority.

Enjoy your stay, and we look forward to welcoming you and your loved ones again.

Hon. Adrian A. Thomas

ON OUR PAGES



OUR ISLAND
Take a look below the sea at the World's First Underwater Sculpture Park!

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LOOK WHO'S COOKING

Enter 'comfort food' heaven and be spoiled for choice.



SHAKEN & STIRRED

Coffee-art. Some like it hot!



GRENADA LIME & DINE



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SISTER ISLES LIME

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Mmm... yum!

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LIMERS & DINERS

PUBLISHER'S MESSAGE



We are delighted to bring you our 17th edition of Lime & Dine Grenada, Carriacou & Petite Martinique. As things evolve and change around us, not one day, much less a year can be taken for granted. We are thankful to have the opportunity to share our Pure Grenada with you once more!

As you peruse the pages of this latest edition showcasing our island, it will be impossible for you to miss that we are acknowledging Grenada's 50th Independence Celebratory Year, 2024! Grenada has the distinction of being the very first country in the Organisation of Eastern Caribbean States (OECS) to reach this historic milestone!

We also wish to acknowledge the tragedy that struck our Sister Isles on July 1st, 2024. You will find our sentiments, support, and well wishes, included in the bespoke section of our publication: "Sister Isles Lime" (pgs 46 to 59).

Like any successful and dynamic brand, the building of Lime & Dine has developed, and evolved over time. We know that over the years you will have become accustomed to seeing our magazine in many locations, on and off island, regionally and internationally.

We trust that each time you catch sight of it, it makes you smile, as you anticipate what gems we have unearthed for your enjoyment! That has always been our primary mission.



We did go just a little brand crazy when we took the publication to London for the World Travel Market last year!

We are grateful to have had the opportunity to earn the trust and confidence of our advertising partners, readers, and app users. And humbled, to have the privilege of being a voice for the Spice Isles. We trust it's one which speaks to our visitors and residents, and communicates the love and pride we Grenadians have for our home, people, and traditions.

Our purpose is always to provide the opportunity for you to enjoy a truly authentic Spice Island experience, even if up to now you are only able to lift the words off our pages and let the imagery allow your imagination to soar!

Come and visit us soon, because try as we might we can never do full justice to the actual experience of being here!

Alleyne & Dayliah
(AllyDay)



Grenada Tourism Authority

Ms. Petra Roach

CEO GRENADA TOURISM AUTHORITY

The Spice of the Caribbean welcomes you to experience our delightful culinary adventures!

As you explore Grenada, Carriacou, and Petite Martinique, we are thrilled to share the treasures of our islands with you. Lime & Dine Magazine is your guide to discovering our vibrant culture, stunning landscapes, and mouthwatering cuisine. It's your chance to appreciate our farm-to-table experiences: where we toil from the soil. From St. Patrick's to Harvey Vale, our communities are brimming with culinary excellence.

Grenada offers a haven for nature lovers and adventure seekers and honours our agricultural society. Our spices; nutmeg, mace, clove and cinnamon are deeply rooted in Grenadian life and crucial to our economy, serving as culinary ambassadors for our nation.

For food enthusiasts, the Spice Isles are a culinary paradise that create award-winning Grenadian cuisine. Our history, infused with symbolic spices and flavours, promises an unforgettable gastronomic experience. Whether you're learning about nutmeg, savouring the catch of the day, or indulging in our national dish, Oil Down, each meal celebrates our vibrant culture.

We acknowledge the talent in our culinary and hospitality sectors. Our Grenadian people drive these industries forward, supported by training programs with institutions like T.A. Marryshow Community College. Our epicurean landscape is part of the global culinary conversation, with partnerships including the James Beard Foundation's "Culinary Symphony" and the Chef Orlie Roberts Academy and Internship Program. Our future is bright!

In the face of recent and unprecedented adversity, our communities have come together, demonstrating incredible resilience and unity in rebuilding and moving forward. We are deeply grateful for the support and solidarity shown by our people and visitors alike. Together, we lean into the power of purpose as a nation, and work unitedly to showcase the best of Grenada.

As you explore all that our islands have to offer, we hope you create lasting memories and experience the warmth and hospitality that define our country. Thank you for choosing to visit us and for being a part of our journey.

Enjoy your stay, and may your time here be filled with joy, discovery and a true taste of paradise.



YOU MAY NEED TO KNOW



WHAT LANGUAGE IS SPOKEN IN GRENADA?

See 'Limin' Talk' on page 10!



CURRENCY EXCHANGE RATE

US \$1.00 to EC \$2.67.
Banks open
Mon. to Fri. 8:00am - 2:00pm



CREDIT/DEBIT CARDS

Most businesses accept card payments.
Ask first!



WE DRIVE ON THE LEFT

A local driving permit is required. Wear your seatbelt!



SAFETY FIRST

Using mobile devices whilst driving is illegal.



RIDING MOTORCYCLES & SCOOTERS

You must wear a helmet.



TRAVELLING WITH LOCAL BUSES

Inexpensive travel.
See zone and route on the front of the bus.



STANDARD ELECTRICITY 220 VOLTS

110 volts can be used with a transformer.



BUSINESS OPENING HOURS

Mon. to Fri. 8:00am - 4:00pm
Sat. 8:00am - 12 midday
(excluding offices)

TAXIS

Taxis are readily available at the airport & hotels. If you need one, your hotel & guest-house staff will be happy to assist in arranging transportation for you.

TAXES

Most hotels and restaurants add a service charge of 10% & VAT at 15%. *Tipping is at your discretion.*

DRESS CODE

Out of respect for our culture, we request that you keep your swimwear for the beach, and that you please put on a few more clothes when you leave it to go elsewhere.

TRAVEL TO CARRIACOU & PETITE MARTINIQUE**BY SEA**

Osprey Lines: Tel: **440 8126**
Monday to Saturday (No Sunday Service)
Departs Grenada 9:00am
Departs Carriacou 3:30pm

The Dolly C.: Tel: **404 0629/419 8895**
Monday, Wednesday, Friday
Departs Grenada 4:00pm
Departs Carriacou 5:00am

Tyrell Bay Express.: Tel: **444-6060**
Tuesday, Thursday, Saturday
Departs Grenada 5:00pm
Departs Carriacou 5:00am

BY AIR

Grenadine Alliance (SVG Air): visit www.grenadine-air.com.
Friday to Tuesday
Departs Grenada 9:20am and 4:30pm
Departs Carriacou 8:30am and 4:00pm

IMPORTANT TELEPHONE NUMBERS

Emergency Services: **911**

Police Headquarters: **440 3999**

Grenada Coast Guard: **444 1931**

General Hospital, St. George's: **440 2051**

Princess Alice Hospital,
St. Andrew: **442 7251**

St. Augustine's Medical Services, St Paul's,
St. George (*Private Hospital*): **440 6173**

Maurice Bishop International Airport
(MBIA): **444 4101**

Lauriston Airport, Carriacou: **443 6306**

Mount Royal Hospital, Carriacou: **443 7400**

INTERNATIONAL CALLS

Grenada's Country Code: **473**

To call the UK dial **011 44** and remove the 0 (zero) if there is one, at the start of the telephone number you are calling. Eg 011 44 0207... = 011 44 207...

To dial North America and other Caribbean islands dial **(1)** before the country code.

**GRENADA LIME & DINE**

Download App



Disclaimer: This information is current at date of publication. The publishers will not be held liable for any changes, omissions or errors, which may become evident after publication.



Limin' Talk

Proper

Prim & Proper

Give meh ah lil' sponsor nah.	Could you possibly gift me some cash to tide me over?
Watch nah, yuh might fin' yuhself in monkey pants!	Be very careful, you could find yourself in a substantial amount of trouble.
Ah killin' sleep!	I just can't stop sleeping, it's like the Sleep Olympics!
He pass meh like an exam!	He didn't even acknowledge my presence!
Muh mind ran on yuh.	For some reason you popped up in my thoughts
Ah had to mash brakes.	It necessitated an emergency stop manoeuvre!
De last lap.	One final celebratory act or event before party-time is over!
Town say so!	It is the general public consensus. As good as the bona fide truth. Veracity confirmed! ;)
How yuh do dat ting, ali-pang so?	You took absolutely no pride in carrying out that task, it was definitely a hasty endeavour.
Cock up yuh foot, nah.	Why don't you take the weight off your feet. Sit back and relax.
Yuh bad mind!	Your intentions are malevolent.
Dat is where de road buss out.	That is the juncture where the track meets the main road.
She liecle piece, liecle piece.	She is extremely petite and fine boned.
Yuh makin' meli' mout' run water!	You have me salivating at the thought of that delectable morsel.

We can say a lot with a great economy of words.
Try it out and add gestures to enjoy fully!



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St. Paul's, St. George

INSURANCES ACCEPTED WITH
VERIFICATION AND APPROVAL



@samsgnd

LIMIN' IS...

**ALWAYS PRETTY
GOOD WHEN
A BODY OF
WATER IS
INVOLVED!**

Humans and water... it's a symbiotic relationship, we are over 50% water ourselves, after all! Put us and water together and the happy hormones are ready to party!

Gliding, flying, hurtling down a waterfall...

Any activity, with people who get you. Who've got you. When just being you is enough!



ONE PEOPLE, ONE JOURNEY, ONE FUTURE



Sunset, anywhere in the world!



Food and drinks with friends, whilst enjoying a festival of lights courtesy of the sunbeams dancing on the ocean's surface.



Peaceful contemplation interrupted only by the sound of the surf crashing on the shoreline.

Lower Waterfalls, Royal Mt. Carmel, St. Andrew



**Your R & R .
Your Down Time.
Your Way!**

LIMIN' TIME

SUNDAY

Secret Harbour -
Sunday Brunch 8:00am
- 2:00pm (**Last Sunday
of the Month**)

Khun Thai - Open 7
Days a Week! 8:30am
- 10:30pm Breakfast,
Lunch & Dinner

Brisa Mar - Sunday
Brunch 8:00am - 2:00pm.
Open 7 Days a Week!
8:00am - 11:00pm

The Original Slipway -
Roast Lunch & Live Music
11:30am - 2:30pm

Prickly Bay - Sunday
Roast from Midday. Daily
Happy Hour 4:00pm -
6:00pm. Entertainment
from 7:00pm

Coconut Beach - BBQ
1:00pm - 5:00pm
& Live Music from
3:00pm - 5:00pm

Umbrellas - \$10 Bahama
Mama All Day Special! Live
Music from 6:00pm

Six Senses La Sagesse
- Sunday Lunch at
Callaloo Restaurant
12:30pm - 3:30pm

MONDAY

Cassada Bay,
Carriacou - Lunch,
Dinner or Drinks with
Unbelievable Views!

Secret Harbour -
Breakfast Daily. 8:00am
- 10:30am

Khun Thai - Open 7
Days a Week! 8:30am
- 10:30pm Breakfast,
Lunch & Dinner

Cilantro - Monday to
Saturday 11:30am -
9:00pm. Enjoy the Best
of Venezuelan Cuisine!

Le Phare Bleu - Daily
Happy Hour 4:00pm -
6:00pm

Umbrellas - \$10 Rum
Punch All Day Special! Happy
Hour 4:00pm - 6:00pm

Prickly Bay - Buy
a Drink & Get Your
Pizza for ½ Price from
4:00pm. Daily Happy
Hour 4:00pm - 6:00pm.
Live Band from 7:00pm

Brisa Mar - Happy
Hour 4:00pm - 6:00pm
Monday to Thursday

Dodgy Dock - Wings,
Pizza & Beer Specials
from 6:00pm - 10:00pm

Secret Harbour -
Dinner 6:00pm - 9:00pm

TUESDAY

Brisa Mar - Breakfast
Every Day 8:00am -
11:00am. Open 7 Days a
Week! 8:00am - 11:00pm

**House of Chocolate
Bakery at True Blue
Bay** - Specials on Cakes
& Ice-cream 9:00am -
5:00pm

Umbrellas - \$10 Rum
Cooler All Day Special!
Happy Hour 4:00pm -
6:00pm

The Original Slipway
Lunch & Dinner. Tuesday
to Saturday

Cilantro - Lunch or
Dinner - Monday to
Saturday 11:30am-
9:00pm. Enjoy Some
Fine Dining! Seafood
Rice and Lots More!

Prickly Bay - Daily
Happy Hour 4:00pm -
6:00pm. Trivia & Pasta
Night from 7:30pm

Le Phare Bleu - Daily
Happy Hour 4:00pm
- 6:00pm. 3 for 2 Pizza -
Buy 2 Get One Free!

Dodgy Dock -
Grenadian Night with
Specials & Live Music
from 6:30pm - 10:00pm

Six Senses La Sagesse
- Call and Book Your Spa
Package!!

All information is accurate as at time of publishing. Please note this information is provided as a guide and that some activities listed may take place in high season only. It is recommended that you call your chosen venue and confirm, to avoid any disappointment. Please see index on page 100 for contact numbers.

When & Where to Find the Lime!

WEDNESDAY

True Blue Bay
Sankalpa Yoga Studio
- Yoga 8:30am - 9:30am

Cilantro - Lunch or Dinner - Monday to Saturday 11:30am-9:00pm. Enjoy Some Fine Dining! Prawns with Garlic & Mushroom Sauce and Lots More!

Umbrellas - \$10 Blushing Bitch All Day Special! Happy Hour 4:00pm - 6:00pm

Brisa Mar - For an Ice-cream Treat with a 'Kick!' Order Affogato or Amar Al Vino!

Le Phare Bleu - Daily Happy Hour 4:00pm - 6:00pm. Wings Wednesday from 4:00pm.

Secret Harbour - Cruisers Night. Food & Drink Specials from 5:00pm

Dodgy Dock - Street Food, Live Music, DJ & Drinks 6:30pm ...until

Prickly Bay - Daily Happy Hour 4:00pm - 6:00pm. BIG BINGO NIGHT - 7:30pm

THURSDAY

Khun Thai - Open 7 Days a Week! 8:30am - 10:30pm. Breakfast, Lunch & Dinner

House of Chocolate Bakery in St. George's
- Specials on Cakes & Ice-cream 9:00am - 5:00pm

Brisa Mar - Open 7 Days a Week! 8:00am - 11:00pm. Try the Salmon Fillet, Alakiev or Lasagna for Lunch or Dinner!

Secret Harbour - Lunch Wednesday to Monday. Midday - 3:00pm. Dinner 6:00pm - 9:00pm

Le Phare Bleu - Daily Happy Hour 4:00pm - 6:00pm

Prickly Bay - Daily Happy Hour 4:00pm - 6:00pm. \$1 Dollar Wings & Taco's Night from 6:00pm

Umbrellas - \$10 Umbrella Cooler All Day Special! Happy Hour 4:00pm - 6:00pm

Dodgy Dock - Chocolate Night with Food & Drink Specials & Live Music from 6:30pm-10:00pm

Coconut Beach - \$1.00 Wings & Live DJ from 7:30pm

FRIDAY

True Blue Bay
Sankalpa Yoga Studio
- Yoga 8:30am - 9:30am

Rosa Guesthouse, Carriacou - Veggie, Chicken, Beef & Goat Roti PLUS Fresh Juices. 12noon 'til it's done!

Brisa Mar - Open 7 Days a Week! 8:00am - 11:00pm. It's Friday - Fancy Some Fish & Chips!

Le Phare Bleu - Daily Happy Hour 4:00pm - 6:00pm

Cassada Bay, Carriacou - Lunch, Dinner or Drinks with Amazing Views!

Wayne's Bar, Carriacou - Weekend Lime & Music from 6:00pm

Umbrellas - \$10 Rum Woo Woo All Day Special! Happy Hour 4:00pm - 6:00pm. Live Music from 6:00pm

Prickly Bay - Daily Happy Hour 4:00pm - 6:00pm. Party Night! Live Steel Pan & Band Music from 6:30pm. Plus DJ

Dodgy Dock - Fiesta Friday - Mexi- Caribbean Night - Live Music, Salsa Dancers, Supersized Cocktails & Taco Stand

SATURDAY

Dodgy Dock - Family Breakfast 7:30am-11:00am

Khun Thai - Open 7 Days a Week! 8:30am - 10:30pm. Breakfast, Lunch & Dinner

Brisa Mar - Open 7 Days a Week! 8:00am - 11:00pm. Try Our Filet Mignon for Lunch or Dinner

Cilantro - Lunch or Dinner - Monday to Saturday 11:30am-9:00pm. Enjoy Some Fine Dining! Beef Tenderloin & More!

Rosa Guesthouse - Veggie, Chicken, Beef & Goat Roti PLUS Fresh Juices 12noon 'til it's done!

Umbrellas - \$10 Pain Killer All Day Drink Special!

Prickly Bay - Buy a Drink & Get Your Pizza for ½ Price from 4:00pm. Daily Happy Hour 4:00pm - 6:00pm. Live Band from 7:00pm

Secret Harbour - Lunch Midday - 3:00pm

Le Phare Bleu - Daily Happy Hour 4:00pm - 6:00pm


OUR ISLAND

LIFTING THE VEIL

...WHAT LIES BELOW



ONE PEOPLE, ONE JOURNEY, ONE FUTURE



"There's nothing wrong with enjoying looking at the surface of the ocean itself, except that when you finally see what goes on underwater, you realise that you've been missing the whole point.

Staying on the surface all the time is like going to the circus and staring at the outside of the tent."

- Dave Barry

Join water sprite and writer **Chioma PAUL** as she invites you to put your head under the water!

Our blue planet could undoubtedly be renamed Ocean, instead of Earth, due to the cerulean hue that covers the majority of our globe's surface. Here in Grenada, our stunning turquoise waters lure visitors from the four corners of the planet to our exquisite island. And while our iconic stretch of shore, Grand Anse Beach, has held a prime position in the top fifty beaches in the world, there is much more to life around water, than we tend to appreciate.

Come with us as we lift the veil of the sea's surface and delve into Grenada's Underwater Sculpture Park. It's the very first of its kind and listed as one of the **Top Twenty Five Wonders of the World**.

In 2004, the now infamous Hurricane Ivan destroyed much of Grenada's coral reef. British sculptor Jason DeCaires Taylor considered using sculptures, placed on the ocean bed, to attract sea life back to the coastal spaces to help with regeneration.

DeCaires identified a suitable site, just off Grenada's south-western coastline, and got to work. By 2006 the sculptures were ready to be submerged and the **World's First Underwater Sculpture Park** was officially open! The Government of Grenada declared the site a national Marine Protected Area (MPA), which safeguards the reefs and the sculptures from anchorage and refuse being dumped there.



The statues are positioned over an area of eight-hundred square metres. Guided tours usually take about forty-five minutes to navigate the park. This is more than adequate to allow you time to whirl, float and frolic, among the beautiful mounds and sand gullies that are home to a superfluity of colourful sea-life.

Each dive is a unique exploration, so repeat visits are a must!

Over time you'll become acquainted with the coils and spirals that rise from the winding sand gullies, alleys, and coral formations that are dotted around the park. Whether the water is calm or slightly agitated, be prepared for a wholly immersive and genuinely cathartic experience!

Your adventure officially starts when the boat anchors to a mooring. Look landward and the striking vista of Grenada's mountainous landscape

#1



#1 A journalist at his desk, hunched over his typewriter. 'The Lost Correspondent' has newspaper articles from as early as the 1970s (a significant time in our island's history) strewn across his desk.

unfolds before you. Look oceanward and waves churn and sweep toward an endless horizon; your anticipation of what lies below this surface is more than exciting! Plunge into the salty ocean, and forget for a moment why you're there, as the briny sea washes over and around you, and all your senses are stimulated. If you're not a strong swimmer and get tired easily, don't worry. A life jacket will give you that extra reassurance as you acclimatise to your aquatic surroundings.

Breeeeathe! It can be a little overwhelming if it's your first time, but the 'feel good' factor is guaranteed. Get comfortable with the sensation of the waves.

Be sure to stay close to your guide during the entire tour so you

don't miss anything! You'll enjoy the naturally beautiful alien-like creatures of the deep, and admire the reef and the life forms therein.

[#1] Linger and ponder over how much communication has changed, around the fluctuating political landscape of Grenada and the globe. An inevitable and continual process of; decay, rebirth and metamorphosis. Too deep?! Not so deep then; just enjoy the sensation of the water washing over you and the feeling of the sun on your back as you glide around weightlessly!

The feeling of limitless space beneath you is truly exhilarating.

Soak in the continuous flux of the surroundings: Schools of sardines swarm around and past you, a sting-ray, half hidden by the seabed, reveals itself as the sun filters through the water's surface and bounces off its wings. The warm patches in the sea may feel familiar, but the muffled silence below the surface is surreal and emotive. You might feel alone, despite the abundance of life surrounding you, or you may find this exploration of the unfamiliar, truly mesmerizing.

You turn to point out the stingray and it's gone, deftly camouflaged by the sand. Watch out for sea urchins! Do not touch the black ones, they'll be clinging to giant coral rocks and they're not so friendly! Look out for lobsters peeping from natural crevices or even one of the sculptures' caverns. These were deliberately included in many of the pieces, to provide safe havens for parenting, and anchors for algae.



[#2] The park's most recent installations are the result of an island-wide design competition. The Coral Carnival features a procession of characters that immortalise the spirit of Grenada's popular annual carnival celebration. Spicemas! (Another experience you must come and enjoy).

At first there's a shadow, then another one; life-size figures, sculpted in dynamic poses, presenting themselves more clearly as you near them. If you swim between them, it feels as though they're swaying with you! Culture, celebration and tradition captured in stone and preserved by the sea.

Each character is easily identified by its traditional accessories: the Jab-Jabs, horned helmet, serpent, animal skulls and dead fish in hand, all expertly sculpted by local artists. And even at fifteen feet below sea level it really does feel like a Fête.

Your journey and adventure are twofold; the statues simultaneously tell stories and teach lessons.

This collection is entitled; 'Wet Fête, Spicemas Underwater', and was sculpted and submerged in October 2023.

Winning design by Alleyne Gulston

The symbiosis between the animate and inanimate reminds us of the importance of living harmoniously with our surroundings. Instead of being invasive, these statues have assimilated and encouraged new life to flourish in once damaged reefs.

As moss, algae and coral grow and flourish on the crevices and bumps, the statues take on new forms and the reef's protective arm spreads even further. While you float, why not contemplate the juxtaposition of the park's inhabitants, with the constantly-moving sea. It is a nice reminder that whether we embrace it or not, change is inevitable.

Once you've seen everything, your guide will usher you back aboard your boat. An ice-cold beer, rum punch, or local juice to sip on would be nice, as the wind blow dries your hair; ideal after your Underwater Sculpture Park expedition. Relax and enjoy as the sun makes salt crystals on your skin and you mentally relive your underwater adventure.



#2

#2 Jab Jab: Staple characters of Grenada's Spicemas, painted with organic black squid ink to symbolise the molasses, or engine oil that traditionally blackens their bodies for the masquerade.

Photography courtesy of Arthur Daniel Creative and Dive Grenada.

#3 Short-Knee, Vieux-Corps and The Wild Indian, mandatory Spicemas characters, are also all detailed in their appearance. The Short-Knee has his trainers and ankle bells, as well as the infamous wire mask complete with sheep or goat's face. The Vieux Corps, a menacing figure with mask and cloak has been painted with a range of organic pigments including cochineal (a cactus like plant), squid ink and turmeric. The Wild Indian is complete with feathers, jewels and sequins and is distinctively painted, pre-empting the colouration and texture that will eventually be added with time in its new underwater home.



#3

We recommend taking this memorable underwater excursion on a bright, sunny day, for clear seas and good visibility. And assure you of an unforgettable escapade at the world's first Underwater Sculpture Park!

News Flash: Our Sister Island Carriacou was due to have its very own Sculpture Park from July 2024. The much anticipated collection pays homage to its rich boat building culture.

Entitled "A World Adrift", this collection will feature a fleet of thirty boats, each intricately designed as artificial reefs, to protect the natural reef and promote further growth.

July 1, 2024: Hurricane Beryl paid an unwelcome visit to our beautiful Sister Isles, which will necessarily put this venture on pause.



#4

#4 Vicissitudes: Locally coined 'The Unity Ring', the statues hold hands and face outwards towards the sea's nutrient-rich waters. Originally intended to portray how we are inscribed and formed by the nutrients that we absorb, this instalment simultaneously tells a tragic and triumphant tale of loss, strength and survival. Each member of the circle signifies an unknown tale lost in the depths of the sea on the treacherous journey across the Middle Passage.

FOODIES LIME

...ICING ON THE CAKE!




ONE PEOPLE, ONE JOURNEY, ONE FUTURE

The memory is never solely about the food.
Often it's about the who, the why... the
ambience, the company.

Of course it's also about; the where, the place and
even the country. We guarantee that here on our
Spice Isles you're in for a treat!



**Bon Appetit,
Guten Appetit,
Buen Provecho,
กินให้อร่อย.**




Naturally, you have come to taste our world-famous spices, sun-drenched, and ripened fruit and vegetables. However, you will definitely notice that our islands are becoming a blossoming hothouse of food options, from around the globe.

A unique advantage to our increasingly diverse culinary experiences, is that so many talented chefs have blended our renowned local ingredients with the flavour profiles and cultural elements of their own cuisine. All infused with their particular genre of gastronomic expression.

Of course, along with our spices, our chocolate and rums, (never the shy, retiring kind), will not be happily placed on the back burner. No sirree! And any sweet tooth is always in for a taste, and experience overload in the Spice Isles!

Take a little 'lime' through our pages; they won't disappoint. And be sure to include some of our local flavours, and those from around the globe, now intrinsically interwoven into the Spice Island culinary tapestry.



As we say in Grenada: "Eat yuh belly full. Better belly buss' dan gud fud waste!"



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Breadfruit Cheese Pie

INGREDIENTS

- 1 Breadfruit
- ¼ Tsp Salt
- 3 Tbsp Butter
- 3 Tbsp All-purpose Flour
- 1½ Cups Evaporated Milk
- 2 Tbsp Fresh Parsley (*chopped*)
- ¼ Scotch Bonnet Pepper (*diced*)
- 1 Tbsp Dry Mustard
- ½ Cup Monterey Jack Cheese
- 1 Cup Medium Cheddar Cheese (*grated*)
- ½ Cup Onion (*diced*)
- Pinch Ground Nutmeg
- ¼ Tsp Ground Black Pepper

METHOD

Preheat the oven to 350°F (180°C).

Cut off the stem part of the breadfruit. Rest the flat side down and cut into wedges. Peel the skin off with a potato peeler or sharp paring knife.

Remove the spongy centre of the breadfruit.

Rinse with cool water, place in a deep saucepan and cover with water. Bring to a boil, add salt and allow to cook until tender (approx. 20 minutes).

CHEESE SAUCE

In another saucepan heat the butter on low heat, as it melts add the all-purpose flour and cook for 4 to 5 minutes.

Add the evaporated milk, turn the heat up to medium and whisk.

Add all of the remaining ingredients. Keep some of the grated cheddar to sprinkle on top of your pie.

Cook for a few minutes until you have a thick and smooth sauce.

Slice each wedge of cooked breadfruit into pieces approx. ¼ inch thick. Place a layer onto a greased cooking dish. Add a layer of cheese sauce, then another layer of sliced breadfruit and top with the remaining cheese sauce.

Sprinkle the remainder of the grated cheese over the top of the pie.

Place on the middle rack of the preheated oven and bake for approx. 30 minutes.

Allow to cool slightly and serve!

Note: Breadfruit can be steamed, fried, roasted, baked and even dried and preserved as flour.

You will have heard of it as the main ingredient in our National Dish - Oil Down. However, we're sharing something a little easier to get you started on your own breadfruit adventure of discovery!

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Egmont, Grenada

OUR PEOPLE

CREATIVES

...MATERIALS REBORN



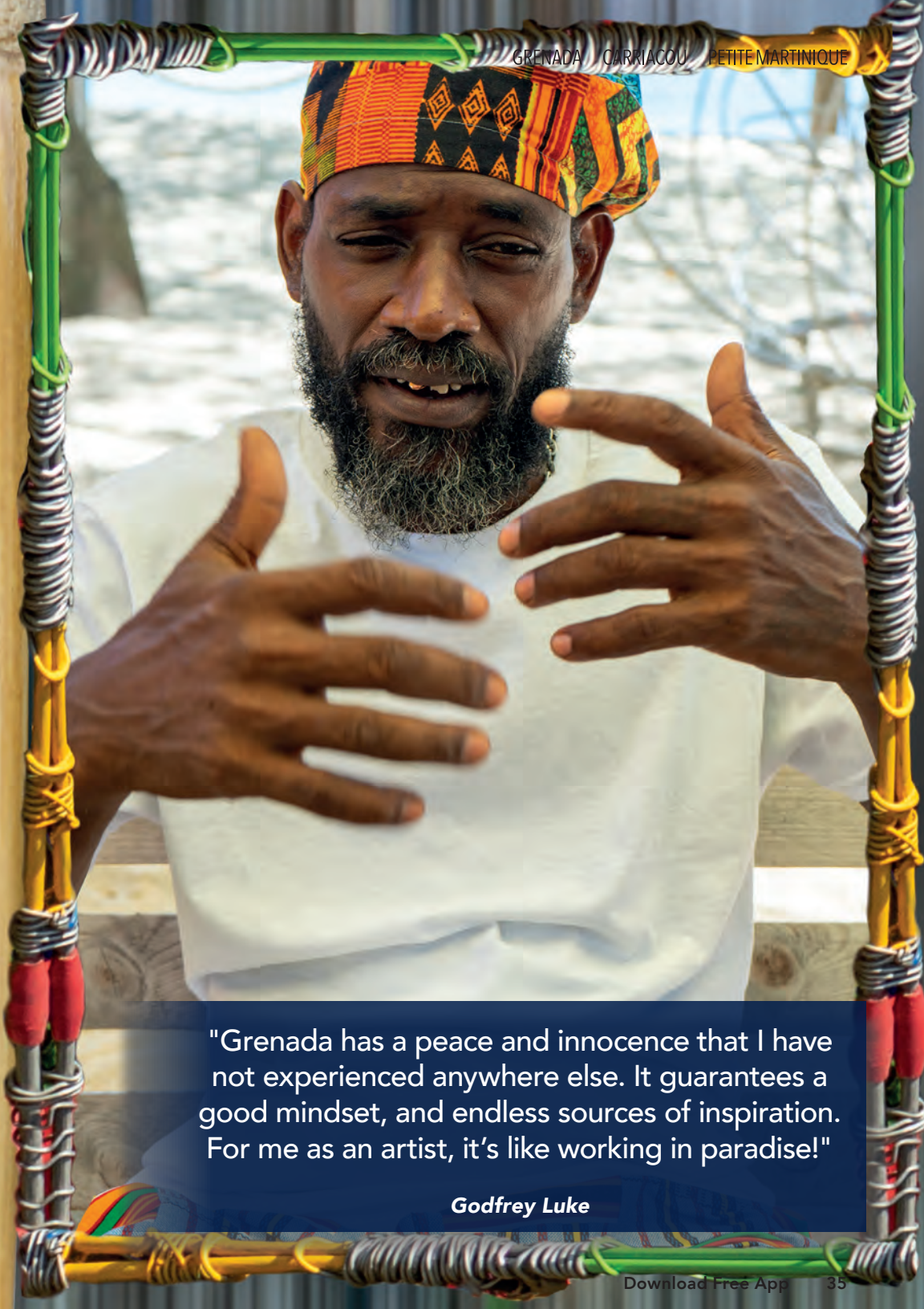
Samuel Smith

1974 - 2024 50TH INDEPENDENCE



GRENADA
CARRIACOU & PETITE MARTINIQUE

ONE PEOPLE, ONE JOURNEY, ONE FUTURE



"Grenada has a peace and innocence that I have not experienced anywhere else. It guarantees a good mindset, and endless sources of inspiration. For me as an artist, it's like working in paradise!"

Godfrey Luke



If you follow the main road leading out of the hustle and bustle of Grand Anse, and head through what is locally known as “The Valley”, you will reach the bumpy corner where you definitely need to slow down. Now you have the choice to stay en-route towards Calivingy, or turn off to the right, and into Lower Woburn.

Turn off and follow the winding route, until you pass the pasture on your left-hand side. Just beyond on the right, you will notice a number of local eateries and bars, for which this busy little fishing village is renowned. Naturally, there is also the stunning view over the water with boats a plenty, bobbing in safe harbour.

Now it's time to keep your eyes firmly fixed on the left-hand side of the road. If you're very fortunate, and also listen carefully, you may notice some unusual acoustics floating down towards you from higher up. It's the light, almost

xylophonic, sound of the wind finding its way through and around shards of some genre of soft wood. The warm ocean breezes encourage them to dance together, and at intervals to lightly tap each other, making the chiming sound they were created for.

It's not the tinny metallic tones of wind chimes fabricated from manmade materials, nor the light tinkling sound of glass or seashells waltzing together in the wind. It's a different timbre; the tone of bamboo! Alluding to the rivers, the water's edge, the rustle of reeds and, here in Grenada, our rainforest, one of the favourite habitats of the bamboo plant.

Even more special than these whimsical bamboo creations are the hands and heart of their maker. A gentle, softly spoken, unassuming soul by the name of Samuel Smith.

"From boyhood, I was always making something; a fowl house, rabbit huts... any little thing I could think of along the way."

If you can coax a smile out of him, like we did, when you stop to look at his roadside booth, adorned top to bottom with natural fibres and materials, that will be the icing on the cake! You will have the unique experience of meeting a truly quintessential son of the soil, one of

Our People!

Because you may not get the opportunity to speak with him, let us do it for you.

Talk to us Samuel:

"I was born in the village of Marian, St George, not very far from here. I came to Woburn because the area is brisker. I mean there's more opportunity for people passing to see my work, to stop and chat, and to buy hopefully! The sound of the wind chimes and my display of bamboo huts, always attracts them!!

To be honest, as I got older, I believe that my creativity was born of necessity. When jobs were scarce I just had to see what I could do. Here we say 'we all had tuh 'eat ah fud' - it means; to make a living, to get by. It seemed natural to do what I have always enjoyed, since childhood.


I might start by picking up a coconut in its raw stage, and then think about



how I might form it into something. What's the best way to manipulate it? What finish will I give it, to make it more appealing to a potential customer? Something they will want to have as a keepsake, an ornament in their home, or even a gift; grown and crafted here on the Spice Isles.

I do have a lot of bamboo, yes. I also like to use other materials, but bamboo grows faster and also naturally here in Grenada. The challenge can be finding it at the right stage for me to work with. It has to be dry, all the moisture completely gone.

I scour Calivigny, St. David, Sauteurs, searching the rivers edges and the river pools. When I find what I need, I bring it home with me and I start working on cutting different lengths and widths, to suit what I want to make.



It mightn't seem like it, but Woburn village does have its quiet times! That's when I'm most relaxed and inspired. Sunrise and sunset are equally motivating to me, but I think if I have to choose, it would be sunset. I feel lighter in the evening and find it easier to think and meditate.

"My love of simple, natural, unadorned beauty, is something I try to communicate in my creations. That speaks to what I do, and who I am."

Wind chimes are popular not just for their beautiful sounds but also for purifying and enhancing energy. The soothing and melodious sounds they make when your gentle breezes blow at home, will transport you back here to us in Pure Grenada. Add to that the memory of meeting Samuel, and it will only broaden the smile playing on your lips.

However, I also believe I would create wherever you put me. My art is inside, ready to flow, wherever you find me, and where I can find something that I can create with. The process of creating helps me to be calm, happy; content and satisfied with my life.

I'm certain that everyone has something creative in them, so if you have an idea and want me to make it come to life, I can do that! I love the challenge and I've never had anyone come back and tell me they weren't happy with what I made for them!

One thing's for certain, the view from my booth is the best view in the village; straight across at the local fishing boats and the larger visiting vessels, idling contentedly in our safe waters. Feel free to stop, take a look, to talk, make a little lime... and you may very well see something you're impelled to go home with!

To my fellow artists and artisans, especially those who are young and just starting out on their creative journey, I know it may not be easy, but let me say this;

"Keep the patience, keep the craft, keep our culture."

To contact Samuel call

421-1218

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OUR PEOPLE CONT'D

"My inspiration comes from a stroll by the river, along the seafront, or a hike up into the mountains or into the cool verdant beauty of the rainforest.

Grenada is safe. Of course, it's not perfect, but it's close enough! Seriously there is no place like it.

From as far back as I can recall, I have always been intrigued by machinery and robotics. I have long enjoyed avidly watching programmes and films which feature them.

I learned how to fashion and manipulate materials myself, when I got involved with the Mas' Camps. I loved the creative process; wire bending, fabric design, papier mâché. I was part of teams which created award winning Mas! The use of recycled materials in my designs is directly related to the Mas' Camp. Back when I started, you had to find materials to fashion what you wanted: A piece of a bucket, a pot cover, a tyre, a wheel rim... whatever was available around you. You learned how to bend, mould and manipulate whatever the material might be and to make it express what you wanted to convey. Today, you would call what I do, "environmentally conscious art."

My personal favourite artist remains Trinidadian, *LeRoy Clarke*. But honestly, I love to see anyone who is doing something good. Often, what seems simple at a cursory glance, has levels of intricacy and underlying thought processes, that we really can't begin to appreciate and comprehend.

I don't have any formal training myself. I have learned my craft through working with skilled artisans, becoming a part of

"Moon Gazer"

the actual process, with the generous guidance of many a truly accomplished older head! Seasoned practitioners, who were always ready to share in teaching and broadening the horizons of aspiring young creatives.

But I'm running a little ahead of myself; let me take you back to how I arrived here in Grenada.

I was born in Fyzabad, Trinidad. In my estimation, approximately ninety five percent of the population is of Grenadian heritage. So, it was in this cross-pollinated culture that I was immersed during my formative years. Ask any Grenadian and they will tell you that Grenadians and Trinidadians are 'tied by their navel string!' The connection and cross migration between the two islands has an extensively intertwined history.

A very special elderly lady in our village befriended me. Whenever she saw me, she would always pay keen attention to my countenance and demeanour. If she found I wasn't looking 'on point' she would tell me; "read Psalm 119 and don't let anyone throw you off." Her name was Miss Anthony; she was very proudly Grenadian! She told me outright; "Go Grenada; everything will work out for you!" Very shortly after that directive, I got a letter to perform here. A week later I was on the Isle of Spice! That was back in 2009.

It may not be the fashionable thing to say, but I pray often, and particularly so before I start a new piece of work. I believe firmly that the Creator sees and hears; He is the Ultimate Artist, the





Superlative Designer! He made us in his image, so naturally we all have that creative element within us, even though it may manifest itself differently.

My process is not the same each time; sometimes I sketch first, at other times I just gather material. On some occasions I have a clear direction mentally mapped out. In other instances, I start manipulating and forming, without any particular direction and I wait to see what manifests itself.

"I can create a special piece for you, whether your taste is classical or contemporary."

A number of the artworks featured for Godfrey Luke may be viewed at The Monkey Bar, Laluna Boutique Hotel.

I like it to be calm and quiet for a good flow of ideas, but paradoxically I also enjoy it if there is plenty of music. Music is symbiotic with creating art. It is also art; another way of creating moods and energy flows. However, as I sometimes prefer to work in the dark early morning hours until daylight dawns, I can't always play my music at the volume I would like!

My advice to those who are starting out on their creative journey is: Pray first, even if you feel you're under pressure. Find your connection with the greatest of all Creatives; channel the positive energy he supplies. That is the only type of energy he supplies!

What you will see through him and from him, will be a thousand times better than that which you imagined for yourself."

Godfrey Luke is an artist, performer and teacher, in dance, drumming, stilt-walking handicraft and costume! He travels and teaches in schools across the Caribbean and USA. He was winner of the National Handicraft Competition in Trinidad in 2009. He has collaborated and performed with; Grenada's Ashanti Footprints Group, Conception Dance Group and Tivoli Drummers, amongst others.

☎ 1 (473) 538-3334

✉ godfreylukeartist@gmail.com

f Godfrey Luke

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St. George's Town



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Grand Anse to Point Salines



BACK COVER

INSIDE COVERS





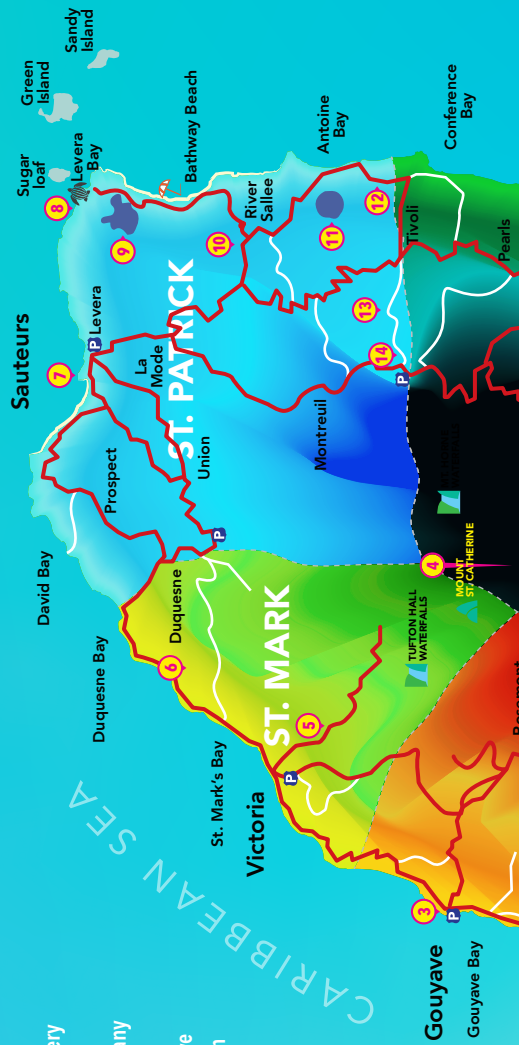
Lined & Dine

GRENADA CARRIACOU PETITE MARTINIQUE

PLACES OF INTEREST

1. Underwater Sculpture & Marine Park
2. Dougaldston Estate
3. Gouyave Nutmeg Processing Station
4. Clabony Sulphur Springs
5. Diamond Chocolate Factory
6. Crayfish Bay Organic Cocoa Estate
7. Caribs' Leap
8. Seasonal Turtle Watching
9. Levera Pond
10. River Sallee Sulphur Springs
11. Lake Antoine
12. River Antoine Rum Distillery
13. Belmont Estate
14. Grenada Chocolate Company
15. Pearls Airport
16. Grand Etang Forest Reserve
17. Laura Herb & Spice Garden
18. Westerhall Rum Estate
19. Grenada Distillers
20. Golf Course
21. Sandy Island

 N
12° 07' N 61° 40' W
344 sq. km



SISTER ISLES LIME

...BENEATH THE SURFACE

1974 - 2024 50TH INDEPENDENCE



GRENADA
CARRIACOU & PETITE MARTINIQUE

ONE PEOPLE, ONE JOURNEY, ONE FUTURE

Can you see and feel time standing still?
So picturesque, so calm, so peaceful, tranquil,
sleepy. It could be 'Life' having a permanent siesta!

It might seem that way in our beautiful islands of
Carriacou & Petite Martinique, but it's just a myth or
a mirage, if you prefer!



It may seem as though not a lot is happening, but you really don't have to dig much beneath the surface to find out that Carriacou is a fascinating, curio of an island. It has its own complete miniature cosmos, encompassed within thirteen square miles with less than ten thousand inhabitants. It even has its own Carnival to boot!

If you've never experienced a place where all your troubles and stresses just seem to roll off your shoulders once you arrive, a trip to our Sister Isles is long overdue. And we mean a trip, not a day jaunt! No, we're not tired of repeating it: "a day is not long enough!" To be honest, if you choose two days you will wish you had decided on four; one week and you will tell yourself it should have been two. It's contagious in the best possible sense! We promise that a visit will affect you such that you will actually feel your neck and shoulders relax. That heavy workload will just float away, as you relegate everything that's waiting to be taken care of at home, into your pending tray AND turn your back on it!

We're not saying there's nothing much to do here. What we are saying is that your 'to do list' should be completely obsolete for this trip. If not, you won't discover what's so special about Carriacou & Petite Martinique, and

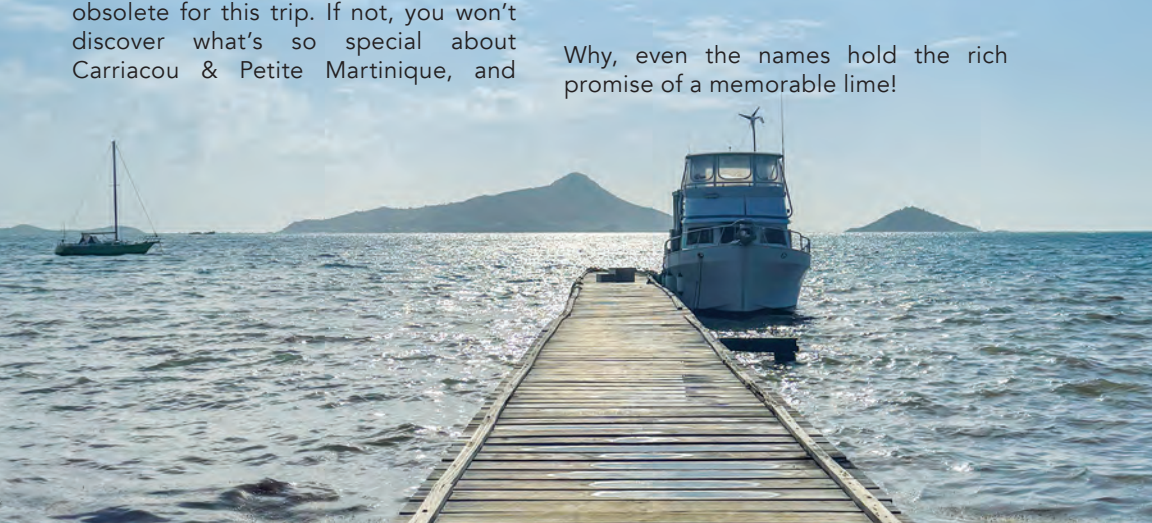
that would be unforgivable! Part of Carriacou's unique gift is the choice it offers to do as much as you wish, or, as much of nothing as you like!

Not so long ago, you could have asked any Grenadian; "what is there to see and do in Carriacou?" Their usual or standard response would have been; "not very much." The past few years in particular, have brought with them a diametrically changed mainlander's perspective of our little Sister Isle. She is now the 'go to' destination, for residents and visitors alike.

A noticeable advent for our Tri-island state is the influx of our Caribbean neighbours, to our shores. It would seem that their attention and hearts have also been captured by the safety, serenity, and natural treasures of our precious small islands. Many are busily restarting, remaking, repositioning, and living their lives on our Sister Isles.

Like them, you may also find just a visit isn't enough to satiate your appetite for the very special and unique lifestyle they offer: Hillsborough, Paradise, Windward, Prospect, Petite Carenage, Mount Royal, Sandy Island, White Island, Belle Vue...

Why, even the names hold the rich promise of a memorable lime!





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Carriacou & Petite Martinique

2024 POPULATION: APPROX. 8,000
 AREA 37.7 KM² (14.6 SQ MI)



MAP KEY	
	Main Roads
	Mountains
	Small Airport
	Beach
	Bus Terminus
	Hospital
	Police Station
	Mooring
	Turtle Nesting
	Dive Site
	Ferry



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SISTER ISLES LIME

CARRIACOU & PETITE MARTINIQUE TREASURED ISLANDS



Memories, can be given away, forgotten, or even relegated as unimportant... but not lost.

And upon their foundation the rebuilding of our precious Sister Isles has commenced and will continue.

WHITE, SALINE & FRIGATE ISLANDS



SANDY ISLAND



OYSTER POND

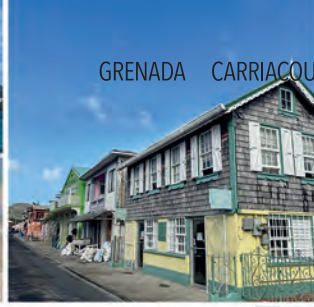


These jewel-like islands have a way of drawing you in slowly.

It's not with great fanfare or grand sweeping gestures. They wear their splendid finery, every day without artifice, for those who choose to notice!

Take the time to get closer and you will find it's subtle, mesmerising, hypnotic... and then completely unforgettable!





GRENADA CARRIACOU

PETITE MARTINIQUE

You don't have to take our word for it...

Enjoy a small taste of our gallery compiled over more than two decades. A sample of Carriacou & Petite Martinique's iconic landmarks, heritage and traditions.

No storm of any magnitude can ever completely erase these!

BEL AIR



HILLSBOROUGH



ANSE LA ROCHE





WINDWARD



PETITE MARTINIQUE



TIBEAU CEMETERY



White sand beaches, and her plateaued interior, are reminiscent of the farming landscapes of England and Scotland. If you explore Carriacou's rich heritage you will understand why this is so.

The people of our Sister Isles are bold, brave, and beautiful. They are the gatekeepers of their particularly rich heritage, derived from varied and far-flung shores.



PETITE CARENAGE



RESURGENCE

In this our 2024 - 2025 edition of *Lime & Dine*, we wish to acknowledge that for many, the stunning features represented on the preceding pages are not what you will see presently, on a visit to our beautiful Sister Islands. As a reader or visitor, you may be unaware that on July 1st 2024, Carriacou & Petite Martinique were devastated by Hurricane Beryl. This tragic occurrence took place whilst we were in the process of producing this edition of our magazine.

Beryl was a deadly and destructive Category 5 Atlantic Hurricane that impacted parts of the Caribbean, the Yucatán Peninsula, and the Gulf Coast. These unseasonably early hurricane winds wreaked island-wide devastation, particularly on Carriacou, Petite Martinique and the Grenadine Islands.

Along with the affected residents and businesses in Carriacou & Petite Martinique, we wish to firstly express our sincere gratitude, that few fatalities resulted from this fearsome onslaught of Mother Nature. However, the lives of those who live and work in these parts of our Tri-island State, will not be the same for some time to come. We join therefore, in expressing our deep gratitude for the spontaneous and expeditious way in which the Government of Grenada, along with regional neighbours, and international agencies, have rallied to the aid of our fellow islanders.

We are confident that this humanitarian response, allied with the renowned resilience, fortitude and the indomitable spirit of Carriacouans & Petite Martiniquans, will see our islands rise from their present state of disaster to build back better and stronger in the weeks and months ahead.

Nature has already commenced her restorative processes, quietly, and she will continue steadily, we have no anxiety on her part. She will do a phenomenal job in covering the tracks of the unwelcome storm winds. And we humans will follow and try to keep pace with her!

So confident are we of all of the above, that we took the decision to share with you some of our Sister Isles pre-hurricane treasures, to serve as an historical time stamp. Our firm belief is that it will also provide tangible evidence of how the human spirit can rise, phoenix-like, from the ashes of disaster and despair, to scale new heights of excellence and achievement.

We are confident that our redoubtable fellow-islanders, will rise with celerity. That's because they, like us, wish you to enjoy the treasures and myriad of delights our jewel-like Caribbean islands, have to offer!

The Publishers

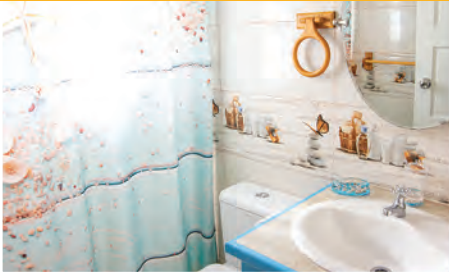
Lime & Dine Grenada, Carriacou & Petite Martinique, 2024 – 2025



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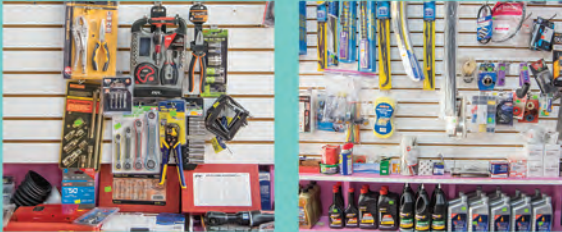
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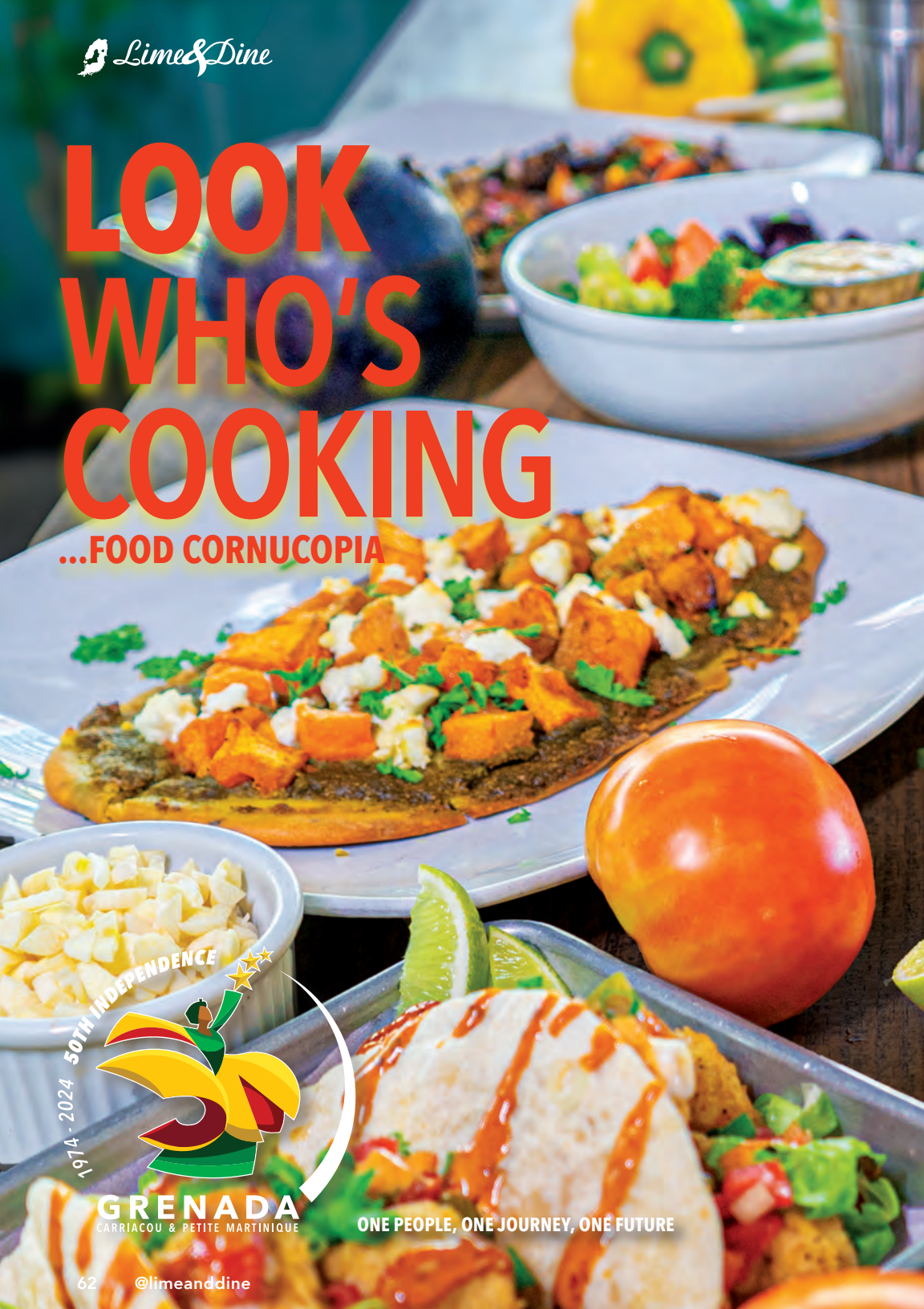
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LOOK WHO'S COOKING

...FOOD CORNUCOPIA



1974 - 2024 50TH INDEPENDENCE



GRENADA
CARRIACOU & PETITE MARTINIQUE

ONE PEOPLE, ONE JOURNEY, ONE FUTURE

Feast your eyes and delight your taste buds!

Take your time and digest this smorgasbord of gustatorial comfort.

Nothing brings a smile more easily to our lips than being spoilt for choice when it comes to what to eat!

The phenomenon of cooking shows and competitions continues to grow on a gargantuan scale, internationally. Once you're hooked, one hour of gastronomic entertainment can easily run into two, three or more. You wait with baited breath to see who will get "Chopped", "Beat Bobby Flay", become a "Super Chef" an "Iron Chef", or the home cook who beats a world celebrated epicurean giant.

Of course, we're not immune to that trend here in Grenada. We're even more invested, when we watch our Caribbean chefs go head to head with the 'Big Guns!'

We can vouch for 'organic' being pretty much standard here, especially for fruit and vegetables.

They bring bold and daring flavour profiles, along with tropical brightness and sass, to out-manoeuvre some of the high flyers of the global culinary scene!

In the Spice Isles in past decades, it was the norm to learn to cook from a pretty early age, to be able to help in the kitchen, especially when there were large families to be fed. Some of the best cooks we know, and many a Celebrity Chef, admits that they learned their skills either through necessity, or at the knee of a beloved parent, grandparent, or family member. In their memories, that individual was a culinary master, who made time to involve them in preparing family meals with all manner of secret ingredients and recipes. This always seemed to include that 'je ne sais quoi' not to be found in any bottle: Love & Passion!

Many from such backgrounds are amongst our island-wide chefs and cooks. Some have taken this foundation in a different direction by studying the culinary arts. Others have fine-tuned their skills at

home, in local eateries, or have a village or parish-renowned food stand!

Choose your preferred venue and be sure to stop and enjoy. This is an integral part of Grenadian culture.

The hitherto standard island diet - loaded with starchy vegetables, ground provisions, salted meats and fish, sugars and fats - has been relegated to an occasional treat. Yes, we do, albeit somewhat reluctantly, acknowledge the accompanying health issues. In place of some of our local favourites, we are, along with learning about new foods, embracing new preparations and iterations of ingredients we know well.

Home cooks especially, may not have financially viable access to the multitude of ingredients found so easily overseas. But in your limin' and dining adventures on island, we think you'll agree that we do very well with what we've got!

Make sure you're adventurous and look and see who's cooking. You may be pleasantly surprised with a very Grenadian specialty, or a local twist on one of your favourite comfort foods.

FUN FACT: Every Grenadian can cook something!
(Or at least give detailed instructions ;)



Cou-cou

COURTESY OF CHEF TRICIA – TROPICAL TAVERN AT LE PHARE BLEU

MAKES: 12 PIECES

INGREDIENTS

2 Cups Cornmeal
 2½ Cups Water
 2 Tbsp Butter
 ¼ Cup Onion (*diced & sautéed*)
 ¼ Cup Seasoning Peppers (*diced*)
 1 Tbsp Garlic (*minced*)
 2 Chive (*chopped*)
 2 Cups Coconut Milk
 ¼ Tsp Salt
 ¼ Tsp Black Pepper

METHOD

Soak cornmeal in 2½ cups water (to prevent lumps).

Place saucepan on medium heat and add butter, sautéed onions, seasoning peppers, chive and garlic, cook until all ingredients are soft.

Pour in coconut milk and allow to simmer for 3 minutes.

Add the cornmeal, soaked with water, and stir. Stir continuously to avoid mixture sticking to the bottom of the saucepan.

Before the cornmeal mixture thickens add salt and pepper to taste.

Continue stirring and cooking until cornmeal starts to pull away from the sides of the saucepan.

Pour mixture into a flat pan and allow to cool.

Once the mixture is set, cut and serve.





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LOOK WHO'S COOKING



Your drink will probably arrive first, but save room for what the kitchen has to offer!

Our menu buzz words are: “Comfort Food”. After all, **we are a Tropical Tavern in Le Phare Bleu Marina Village!** What could be more evocative of community, camaraderie or a safe haven. You can ‘grab and go’, if you insist, but we hazard a guess that you might find the chill just a little too enticing to resist!

Views of calm waters, a private luxury island, the floating docks almost hypnotic with their constant swaying motion... what’s not to love!

Behind our kitchen doors, we have to admit might be another matter; a little less laid back, perhaps.

If walls had ears, if stoves could share hot gossip, if freezers and fridges could chatter and fries could get frazzled. Then we might be in a bit of hot water! Fortunately they can’t!!! We’re teasing a little because, not to boast, but we have good food and welcoming, friendly service, down to a fine art.

It’s not rocket science, but it is; “mise en place”; fancy cooking term for having everything in place. Makes sense, right? After all, it’s a universal truth that in almost every successful venture, preparation is key! The same is true of every efficient restaurant kitchen. It’s all about the prep; cutting, chopping, peeling, dicing, grating. Every competent chef and cook knows that’s an absolute necessity.



Some of our team started their culinary careers washing dishes many years ago, and have learned their skills through watching, assisting and feeding their own curiosity and passion. Others of us learned from the world's best cooks; mum and grandma! An accolade affirmed by many an accomplished culinary veteran.

Mise En Place

- Ovens turned on ✓
- Work stations set up ✓
- Preparation list ready ✓
- All needed ingredients gathered and stored properly ✓
- All ingredients pre-measured and prepared ✓
- All tools and equipment gathered and in place ✓

Once we've got this happening, everything else falls in line, on the line!

Final ingredient: YOU! We need you to be here, with us.

On a busy day, the door from the kitchen to the bar area can swing open every few minutes, and the 'food service bell' sounds like it's playing its own medley.

Fryers are all in a frenzy, especially on our extremely popular **Wings Wednesday!** Wings literally fly through the service hatch for serving staff to deliver to your table! It's busy! And busier, as Happy Hour starts and the evening wears on. We're not complaining; it also makes the time pass quickly. We relish the challenge, and it brings out some of our best team performances.



Baja Style Fish Tacos

An intricately timed choreography of movement; fridge to fryer, fryer to sauces, wings to platters, platters to you... all piping hot.

Mission Accomplished!

We really can't predict when will be busy or not, but we can guarantee we'll be here!

Daddy Mac Burger



The presence of our friends and visitors often depends on who's feelin' like chillin' on any given day. Was it a tough day or week at the office? An end to a full day in Grand Anse or St. George's Town? Maybe we're a welcome detour on your drive home, or you're one of our regulars coming to sit quietly on the comfy sofas, and enjoy the gentle cooling breezes blowing off our safe harbour. Or it could be a graduation, a special occasion, a relaxing Sunday lunch, a visit to use our pool to cool off..? That it will be the typical ebb and flow, is as predictable as the waves lapping on our secluded beach, and as unpredictable as the direction of the Caribbean trade winds.

What is certain is that we'll be here, and your dining and limin' experience will be tasty, consistent, welcoming and relaxing. We are home from home for some, that's why they choose us. We hope you do too. Again, and again!

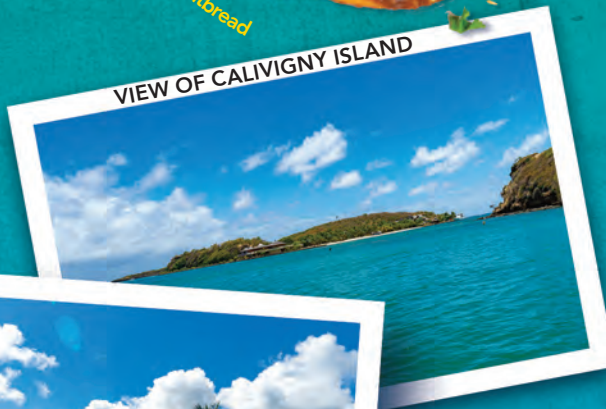
Our promise to you is that we'll keep the heat in the kitchen. What happens there, stays there! And we'll let the food do the talking!! Did you hear any of the hustle when it came out of the kitchen doors and to your table? You didn't? Good. That's what we thought!

All is calm and cool on another breezy, perfectly sunny Caribbean day at our village in Le Phare Bleu Marina. Once you're also here, all the 'mise en place' has been accomplished!

Relax, lime a little,...

EAT. DRINK. CHILL...
with us.

Lime & Dine extends a special thank you to Chef Tricia and the Kitchen Team at the Tropical Tavern.



Lime & Dine's Limin' Bite Picks;
Popcorn Chicken or Fish, Cou-cou,
Dollar Wings.





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GRENADA LIME & DINE



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SHAKEN & STIRRED

WAKE UP AND...



GRENADA
CARRIACOU & PETITE MARTINIQUE

ONE PEOPLE, ONE JOURNEY, ONE FUTURE



You will probably have noticed that the day starts pretty early here. Many Grenadians tend to get up at sunrise, or even earlier! The work day generally starts at 8:00am, which is probably at least an hour earlier than you might be used to.



Would you like yours customised like our cup here? That will have to be by special request! But many things are possible on the Spice Isles, so no harm in asking!!

**Coffee mixology & design courtesy of
barista: Antony Roiz**

However, many things are the same the world over. Have you heard of a traditional Grenadian favourite, Cocoa Tea? This yummy, cocoa and spice driven beverage, is usually a weekend or holiday treat. That means that for many of us on busy week days, it really is; 'wake up and smell the coffee!'

You're right, Grenada does not grow coffee! There isn't therefore a coffee culture as such, from that perspective. However, there certainly is an increasing awareness of the varieties of coffee available on island. An ever-growing resident coffee drinking contingent, is fully informed as to the difference between a Frappé, Cappuccino, Americano, Latte, Espresso, Flat White... The transition, or graduation, from the time honoured "Nescafe" days, is now a reality! Of course, it remains a go-to beverage for when time does not allow for the complete percolated experience.

Naturally, we also wish for your day to start on the right beverage note, even if you're having one of those lazy holiday lie-ins. So, we're happy to share that, although coffee beans aren't grown in Grenada, we do have artisan coffee makers. These skilled baristas prepare freshly roasted and ground coffee beans for sale, at least once a week!

On our supermarket shelves you will also find some of the brands you'd immediately recognize, alongside those ground here with exotic names such as: Forbidden Chocolate, Nutmeg, Pumpkin Spice, Sweet Cinnamon, French Roast... that's if you wish to brew your own!

If, however you wish to relax and have it done for you, then you can definitely find several excellent coffee houses in the south of the island.

NB: Choose one of our many rums (spice rums are recommended in particular), to give your coffee a little extra kick!

Corinth Breeze

COURTESY LAURA'S RESTAURANT - CORINTH, ST. DAVID
MIXOLOGY BY SHANEL LICORISH



SERVES: 1 PERSON

INGREDIENTS

1.5 oz	White Rum
1 oz	Crème de Banane
1 oz	Strawberry Liqueur
1 oz	Orange Juice
1 oz	Pineapple Juice

METHOD

Place all ingredients in a cocktail shaker with ice.

Shake vigorously.

Strain ingredients into a highball glass with fresh ice.

Garnish with cherry or fruit of your choice .

"Corinth Breeze is one of the most popular drinks at Laura's Restaurant. You will find it appealing and refreshing.

We hope you come and give it a try!"

- Shanell

SHAKEN & STIRRED

BUSH MEDICINE

A.K.A "BUSH TEA"

Herbal teas, as you would most likely know them, have become increasingly popular across the globe. Respectable restaurants, coffee shops or franchises, have an array of beautifully named spice and herbal infusions, also known as "tea!" To think that not that long ago, in more temperate climates, brands such as Tetley's and Typhoo ruled the tea arena. With the more discerning tea drinkers graduating to the occasional Earl Grey or others of oriental origin!

In Grenada, there are many of the same generic or similar varieties. However, to really be an island dweller, you must, at least on occasion, imbibe the real McCoy. Bush Tea. Organic would be an understatement; it's definitely fresh, and once you give it a good wash, insect free ;)

Originally, we were going to title this foray into plant's naturally curative properties: **"When is a Bush a Herb?"**

However, on delving further into the memories and experiences of our island's experts, **"Bush Medicine"** seemed way more apt!

Older heads, and younger ones too, had so many stories of cures effected by the multitudinous variety of herbaceous plants, which Grenadians call collectively: "Bush Tea!"

First, let's establish the basics of making a brew! The universally accepted technique when making any tea beverage is that leaves are not to be boiled! Steeping, is the method for achieving maximum efficacy! Recall, when was the last time you boiled any kind of tea bag instead of putting it in boiling water to draw? Aaah, sounds familiar? We told you the technique was universal!

Bush Tea! It may not come quite so beautifully packaged to the untrained eye. However, we suggest that taking the leaves, or bark from a living, thriving host, is in fact the best packaging you could possibly want!

Next, when it comes to bush medicine, a common statement of many islanders is; "The more bitter, the more betterment." This implies that there is a direct co-relation between how challenging it might be to drink one of these herbal infusions, and how much greater is the "betterment" one feels because they rose to the occasion!

How did we come upon this treasured knowledge? Naturally, we asked a team of experts. Ages ranging from the mid-twenties to mid-eighties!

GREENZ TEAS

BLOOD CLEANSING & THINNING

- Zebberpeck** Blood Cleanser & Thinner
- Black Sage** Blood Cleanser
- Kerali** Blood Thinner
Bitter. Yikes! Must be great for you then!
- "Man Better Man"** Blood Cleanser
Especially good for females during their menstrual cycle.
Less women with PMT makes a better life for men? Maybe?!

COUGH & COLD

- Petite Baum, Lemon Grass, Mandarin Leaf, Christmas Bush, Big Thyme** Cough & Colds
- Honeysuckle** Chest Colds
- Bitter Fence** 3 Day Cold Cure!
The name does not bode well taste wise, maybe contributing to the purported speediness of the cure!
- Ven-ven** Cold
The one with purple flower is the one! Our experts advise there are seven varieties. So, make sure you use the right one!
- Crab-eye Vine** Cold
It has a black and red seed which is used in visitors souvenir baskets.
N.B: This is not the stage at which you want to use it for your cough!

DIABETES (SUGAR)

- Gren Amber Fayre** Diabetes
The seed is under the leaf and cannot be seen in dry season.
Make sure your diabetes is seasonal!

HYPERTENSION

- Chado Beni** High Blood Pressure
NB. too much can make you perspire! (This also used as a favourite Caribbean seasoning)
- Soursop (Super-tea)** High Blood Pressure, Digestive Ailments, Fevers & Coughs, Cancer Fighter

INFANT HEALTH

- Lemon Grass** Cooling & Gripe
- Guava Leaf** Diarrhea & Gripe
- Bois Bande** Baby Making!
We'll leave that to your imagination!

A word from the wise:

"Sometimes we take everything and boil it together and make a melée – then we hope for the best!"

Their highly considered responses yielded the following ponderous words of wisdom and shared experience: "My grandma used to give us when we were children and we didn't die yet! Our forefathers taught us. What don't kill, fattens!" Such were the typical responses when this deeply technical subject became the topic of conversation.

Another completely logical response was: "Take any bush, draw and drink. The animals eat all bushes and it doesn't kill them!" (We'll have to take that one under advisement). Therefore, the rational validation of the matter is; it's good for you, if it doesn't kill you! That's pretty good proof, considering the average age of our Bush Tea "expert panel". We just might have to concede that they have a valid point!

So, how much, and how often should one enjoy Bush Tea? Daily or weekly? Practitioners responses included; "we don't know, we just drink. No one talks about measurements, or how much of it to drink. If you feel funny, take a little break and that should do it! Listen, we're proud we don't have many homes for the aged like some other countries." Might that suggest that a causative factor is that **Bush Tea** has contributed to the lessening of the need for such?

In the same vein, it would seem that taking a Sea Bath, is the aquatic equivalent of Bush Medicine. But that's a whole other story for another time!



So, summarizing the takeaway community-based advice: If you have an ailment, drink some bush! To be sure there will be some plant life, famous or lesser known, which will either cure it, soothe it, or dissipate the pain and discomfort.

Is it psychosomatic? Or is it the real deal? We'll have to leave you to decide for yourself, if you're intrepid enough to give

"Bush Medicine" a try!*

Friends, be gentle, we have absolutely no idea about the correct spellings of the local names for quite a number of the 'bushes' listed on our 'Greenz Teas' menu. Under intense interrogation, neither did a vast number of experts! We therefore ask your indulgence and forgiveness if we have 'mashed up' any dearly held name!

Indeed, Aloe Vera is well known to us all, and yes, Neem and Moringa do grow here as well! Now you're on a roll and may find yourself a bona fide seat at the table, when the "bush medicine" talk begins!

For a more seriously considered and researched approach the book "Caribbean Spice Island Plants" offers a comprehensive view of the plant life of the island, featuring botanical and local names, identification notes, and usage. Dean Jules and local botanist Dr. Guido Marcelle assisted in the research to collect and identify various plant species.

*Footnote: Doctoring oneself with herbs can be dangerous since one may not know the quantities and precautions to apply.



Caribbean Kiss

INGREDIENTS

3 oz	Light Rum
1½ oz	Amaretto (almond liqueur)
1½ oz	Kahlua
3 oz	Cream
	Cinnamon
	Brown Sugar

METHOD

Place sugar on a saucer.

Dip rim of cocktail glass in Kahlua.

Dip rim of glass in brown sugar.

Pour the Amaretto, Light Rum and cream into a cocktail shaker half filled with ice.

Shake well.

Strain into prepared cocktail glass and sprinkle with cinnamon.


PURE LIME

...CHILDHOOD

Grand Anse Beach, St. George



ONE PEOPLE, ONE JOURNEY, ONE FUTURE



Wherever we are in the world, we will agree that childhood is when the absolute purest of times are enjoyed.

On the Spice Isles, the great outdoors provides a limitless playground.

There are endless opportunities for undiluted fun and fascination, which always seem to be best enjoyed through the eyes, and uninhibited happiness, of childhood. Water, sand, mud, rain, river bathing, crab hunting, tree climbing, bug catching, camping in the bush ... snow-ice, fudge, coconut chip-chip,

tamarind balls, mango season... It really is never ending...

These are memories built during 'girl & boy days', which will last a lifetime! They are dusted off regularly, to regale any willing listener, with all kinds of 'ole talk' expounding the joys of Grenadian childhood!

PURE LIME

A TASTE OF 'STINKING TOE!'

"As crazy as it sounds, if just the thought of 'Stinking Toe' warms the heart, your roots are probably from right here in the Caribbean. If not, 'Doh worry, man', it's not as gross as it seems! You are in for a pleasant surprise."

Storyteller, world traveller and long-time Grenadian resident, R.J. SLINGER, shares the secret of a Caribbean childhood delight!

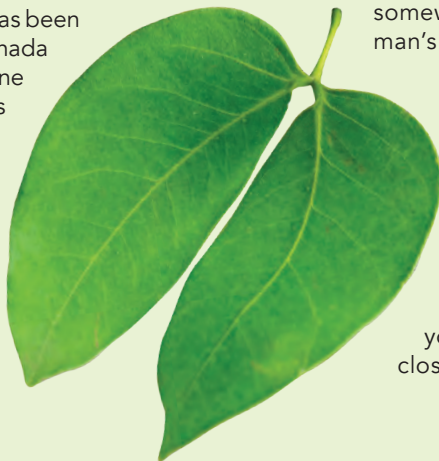
Have you ever had any Stinking Toe? If not, would you like a taste? ;)

*'Stinking Toe' has been throwing shade in Grenada for a long time. It's one of the Caribbean's tallest trees, towering over the better known tamarind tree. Sometimes standing as tall as one hundred feet, or more!

Its delicate leaves always grow in cute pairs, like twins.

And the fruit? Oh yes, the secret source of the 'Stinking Toe's' name. The outside is a dark hard-shelled pod, somewhat resembling an old man's big toe!

Not to worry, what the 'Stinking Toe' lacks in name, good looks and aroma, is certainly made up for in other ways. As a matter of fact, you may already have it in your possession, much closer than you think.



*Botanical name: *hymenaea courbaril*, also known as West Indian Locust or Jatoba in Brazil (*hymenaea courbaril*).

MORE THAN JUST A GOOD STINK!

In folk medicine in the Amazon Forest, it is known as a cure-all. And yes, it is to be found on **Amazon Prime!** The fruit, leaves, seed, resin, and bark are all used as home remedies for; increasing energy, soothing coughs and wound healing. And ironically, 'Stinking Toe' has anti-fungal properties which have been used to combat Athlete's Foot! They do say "what's good for the foot must be good for the mouth" (i.e. put a sock in it). In fact, in the not too distant past your dentist might have used a copalite sealant from the resin of the 'stinking toe' tree, to protect a tooth underneath your restorations. Who would have thought that a 'stinking toe smile' would be a good thing! ;)

As we dig deeper into the trunk of the 'Stinking Toe,' even more benefits of our favourite childhood tree come to light.

Its lumber is treasured all over the world. Even musicians appreciate its dense wood for instruments. But by far its most popular use is its beautiful rich red hardwood. Yes, at this very moment your toes could be tapping on a 'Stinking Toe' floor, more commonly known as Brazilian Cherry.

STRANGE FRUIT WITH AN EVIL SMELL



Granted the tree is useful, if not amazing, but let's 'cut to the taste'. How good can a 'Stinking Toe' possibly taste?



Crack open the pod and brace yourself. Get closer. There it is! A fresh funky smell is now greeting your nose. Your nostrils are telling you 'No, no, no!' Some call it a unique dirty laundry smell, others say it's just plain offensive. Whichever you agree with, it's definitely real. One sniff and you will agree, its name is well-earned!

Don't let that stop you. Soldier on, you brave culinary warrior! Now that you are confronting the aroma. Take a gentle bite.



"Do not follow your nose. If it don't stink, don't eat it. It isn't fresh if it isn't foul."





Some say, it tastes like a vanilla milk powder as the pulp inside is a dry yellow flour-like powder. It's so dry, children can't resist blowing yellow clouds in the air, and then un-gluing their mouths from the sticky paste it creates!



Let your taste buds delight where your nose would rather not. When the stench is in full bloom, then and only then, will you be rewarded with the sweet, unique subtle flavour of the 'Stinking Toe!'

It's nutritious and delicious! In Brazil some even use the 'flour' to make cookies.

You may not see 'Stinking Toe' mouthwash on the store shelf anytime soon, but wouldn't it be the perfect new flavour, for Ben & Jerrys? Just imagine: 'Stinking Toe' Ice-cream!



Whichever way you like to enjoy your 'Stinking Toe', the taste, the smell, the texture is an experience that stirs up many Caribbean childhood memories.

So, if you're blessed enough to get your first taste of 'Stinking Toe' whilst hiking in Grenada, then you would be really experiencing some bona fide limin' & dining, in the bush!



GRENADA LIME & DINE



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GRENADA COMES OUT ON TOP!

If you ask cruising sailors to list their favourite Caribbean islands, nine times out of ten you will find Grenada comes out on top. With its deeply inlet bays, pure white beaches, lush vegetation, refreshing waterfalls, excellent fishing grounds and perfect sailing conditions, this is absolutely no surprise!

The Spice Island Billfish Tournament and the Grenada Sailing Week, that take place towards the end of January, draw enthusiasts from around the world.

There are many who return year after year to enjoy a "taste of spice", both literally and figuratively. Home grown produce, freshly caught fish, organic chocolate and the enticing scents and

Boating - Fishing - Snorkeling - Paddling - Repairing

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**The Caribbean's
Leading Chandlery**





flavours of cinnamon, nutmeg, mace, ginger, pepper and vanilla, make eating out a pleasure.

With lively carnival events, fishermen's celebrations, moonlight beach parties, dinghy concerts, hashing, hiking and river rafting, there is always something fun to do if "cabin fever" strikes!

Visitor friendly officials, a full range of established marine services, and above all a genuinely welcoming community that is proud of its sailing, fishing, agricultural and distilling traditions.


Whether you arrive by sea or air these are just some of the reasons why **this island is an outstanding destination!**



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True Blue, St. Georges

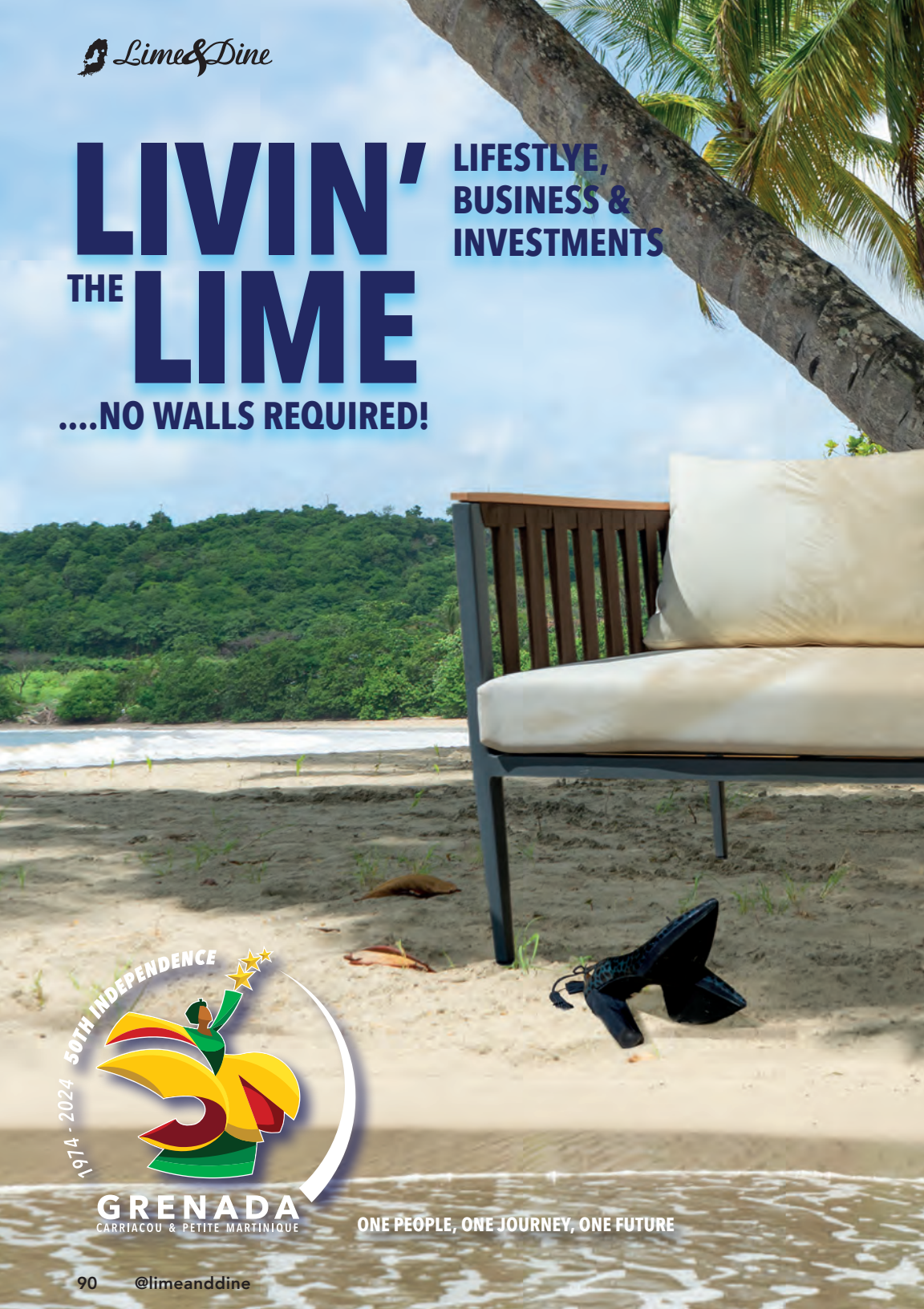
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LIVIN' THE LIME

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LIFESTLYE,
BUSINESS &
INVESTMENTS



ONE PEOPLE, ONE JOURNEY, ONE FUTURE



Choose the Spice Isles as your work, study, or living space! Unshackle your mind and 'free up yuhself!'

Experience the sensual and therapeutic impact of emailing in bare feet, or making those business calls whilst caressed by warm breezes. Choose the sound of the surf as your background acoustics.

Surely, the result must be to encourage mental agility and increased work productivity!

With no conventional office with desks and chairs, your mobile office space can be wherever the mood and WiFi lead you.

And lo and behold, whilst jettisoning the conventional, the planet continues to turn on its axis and, we've adapted to the new normal!

Many of us did not initially, or readily, embrace the virtual business world, which was basically thrust upon us by COVID 19. But it's here, and it does have its advantages! Why not make full use of that virtual realm, whilst enjoying the physical reality that's here on the paradisaical islands of Grenada, Carriacou & Petite Martinique?



"Once upon a time" - seems like a pretty long time ago now - in order to work we had to be **in the office**. Now many office walls have been quite literally demolished. The work space can take any permutation and, be in any location we choose. Any time zone, culture, or climate preference!!

Our job position and field of expertise may still be the same. However, the increased flexibility and mobility of the workplace and market environs, allows

for a 180-degree transition in choosing where we are, and when we practice our work craft.

What was then, was then... "Once upon a time!"

We're sure you've noted that our Tri-island state is becoming increasingly renowned as **the** place to visit for some real chilled Caribbean down time (a.k.a. limin'), all contributing to one's emotional, mental, and physical well-being. A place to step off the merry-go-round, to recharge your batteries.

Here's our question: **Why not stay?** Consider starting your new chapter with us...

You **can** run your business **over there**, whilst you live with us **over here** - it no longer seems far-fetched and too good to be true.

It isn't that easy? You don't have a business? Neither did we!

We have personally travelled the entire route of; work permits, permanent residency and citizenship. Employment, self-employment, business ownership and seventeen years of publishing Lime & Dine! And the majority of this was way before the virtual world was a glimmer of a cyber-organism.

It has been worth it. No regrets!

Maybe one, we should have come to the Spice Isles sooner!

**Come to study.
Come to marry.
Come for your sunrise or
sunset years.**

Come to Stay!

COMING HOME & RE-LOCATING

You may wish to begin the process by visiting: www.gov.gd //Non-resident// Returning Nationals. The government website is fully updated with significantly improved functionality. Please make sure that you investigate any incentives which may be offered to returning nationals and/or persons relocating to Grenada.

If you cannot find the information you need online, then do not hesitate to contact the Ministry of Finance for further assistance:

Ministry of Finance,
Financial Complex, The Carenage,
St. George's, Grenada, W.I
Telephone: (473) 440 2731/2732
Email: finance@gov.gd

PERMANENT RESIDENCY & CITIZENSHIP

NON-NATIONALS

You can apply for permanent residency in Grenada after residing here for a minimum of two years. Permanent residents can apply for Grenadian citizenship after residing here for a minimum of 5 years.

Criteria and documentation required can be found online at www.gov.gd under Ministry of Labour <https://gov.gd/mol/>

WORK PERMITS

There are a number of criteria to be met to be approved for a work permit in Grenada; it is recommended that you review these carefully. The permit must be applied for by your prospective employer. The cost may vary from \$1000 to \$5000 XCD per annum, based upon

[WORK PERMITS CONT'D]

your country categorization and will only be requested once your permit has been approved. More detailed information can be found by visiting www.gov.gd

GETTING MARRIED IN GRENADA

Three-day residency is required in Grenada before you can apply for a marriage license, which takes 2 to 3 working days to process.

You will need: Valid passports, birth certificates, Decree Absolute divorce papers if applicable, single status affidavit, deceased's death certificate, if you're widowed, legal proof if a name was changed by Deed Poll. If under the age of 21, written parental consent by way of an Affidavit from a Lawyer or Notary Public.

If you choose to work with a wedding planner, they will guide you through the entire requirement process and do everything conceivable to make sure that your special day lives up to every single one of your expectations.

NB: The services of the Government of Grenada Ministries, including information, application/registrations forms and e-payment systems, are fully functional online at www.gov.gd – select 'e-services' tab.

To submit your application(s) you must register yourself on the portal. You will also be able to check the status of any applications you submit through this medium.



GRENADA LIME & DINE



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WE KNOW OUR ISLAND, AND OUR REAL ESTATE MARKET!

Our goal is to get to know you and what you want. If we don't do that, how can we understand what your particular piece of paradise and happy place, on the Spice Isles, will look like!

You are welcome to come to us, but we also spare no effort to come to you, often in your homeland, to let you know about the special opportunities Grenada has to offer.

Grenada is an enviable combination of warm people and beautiful landscapes. At Century 21 we do our best to represent the wonderful hospitable spirit our island is famed for.

You'll find our team to be knowledgeable, responsive, friendly and trustworthy. We understand that you want to find your right

match, and we're absolutely the right people to do that with you.

Ten years of serving our market and our brand is synonymous with service, efficiency and integrity. These tenets are all finely honed to navigate you through the exciting, yet often challenging, undertaking of locating and acquiring your real estate dream!

We promise to work with you as a team, guiding you through your real estate journey, with all the care and attention you deserve. Providing a seamless and smooth experience on your behalf.

We're really looking forward to starting the journey with you.

Contact Us Soon!!



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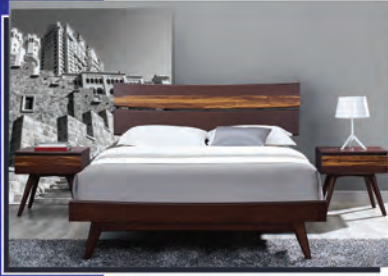
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LIVIN' THE LIME

"EXCELLENCE

is never an accident. It is always the result of high intention, sincere effort, and intelligent execution."

Aristotle



Grenada Enterprises

On arrival at Grenada's Maurice Bishop International Airport, a simple 'Welcome Home' greeting, was the catalyst Ismail Obaid needed to confirm his decision to make Grenada his home and work space.

Born in Palestine, and a long-term resident of Dubai, Ismail is a shining example of the success of Grenada's Investment Migration Agency. Ismail chose not only to live in the Spice Isles, but also to establish his business, The Grenada Enterprises Group (GEG), here with his son Ali.



***"I'm a self-confessed workaholic!
As an architect and a creative,
even when I'm relaxing I'm crafting
solutions. I love the challenge!***

***Grenada is in perfect sync with
my personal motto of 'Peace.'
It's stress free with amazing,
supportive people."***

Ismail

He advises that the Company's guiding star is encapsulated in a single word:
EXCELLENCE!

This inspirational father and son team, bring with them their collective experience and skills, allowing them to focus on solutions crafted to satisfy individual customer expectations. With a mission to deliver **high quality, affordable solutions** for residential and business projects, they have already succeeded in making themselves a bespoke player on Grenada's design, construction supplies, and creative landscape.

A broad spectrum of Grenada's resident populace has steadily become part of the GEG's client base. The varied demographic, encompassing island residents, returnees from UK & North America, students, investors etc., etc., requires the flexibility and responsiveness that the Company has become increasingly renowned for. Add to this an understanding and respect for the **high-standard and quality products** that discerning island dwellers appreciate, and you can understand why both demand and supply are increasing!

"The peace here is special for me. I can stop and take a breath. I feel like I can count real time. I can focus on what I'm doing and that allows me the opportunity to excel!

It's about you as a person. If you're happy with yourself and what you're accomplishing, you will live your happiest life wherever you are, and for us, it's Grenada."

Ali

For the Grenada Enterprises Group, chief amongst the Company's many achievements is as stated by **Ali Obaid**;

"The smiles of happy customers when they share how pleased they are with a product we've supplied, or a service, as a solution for them. That's priceless! It's beyond job satisfaction, and that's what pushes us towards further levels of excellence."

"Our advice if you are considering settling in Grenada and setting up business here is; take your time to get to know the people and the culture. We're not here to change things; we are here to be an agent for the change that is taking place naturally. We're happy to grow organically with the island and the market. We firmly believe that Grenada is the right place and, this is the right time!" **Ismail Obaid**



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