



# Lime & Dine

GRENADA CARRIACOU PETITE MARTINIQUE



Download App  



## Where Wellness Meets Barefoot Luxury.

Tucked into a secluded bay in Grenada, Six Senses La Sagesse blends sustainability, soulful hospitality, and island-inspired wellness. Think sunrise yoga, sea-to-table dining, and spa rituals rooted in nature - all designed to restore, reconnect, and elevate your senses.

Book Today!

T: +1 473 444 6666 E: [reservations-lasagesse@sixsenses.com](mailto:reservations-lasagesse@sixsenses.com)

W: [sixsenses.com/lasagesse](https://www.sixsenses.com/lasagesse)



*Lime & Dine*  
GRENADA CARRIACOU PETITE MARTINIQUE

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

ENDORSED BY





Caribbean Treasure - "City on a Hill"



To really see our "Town" we highly recommend a quiet Sunday, public holiday, or early morning stroll.

Listen carefully and hear the whispers of the centuries, through the echoes of your footsteps on the stones of cobbled alleyways and tunnels. "Town's" streets are narrow and rise from the harbour and the coastline. She's a "city on a hill". Look with equal care to appreciate the European past which she wears proudly. There are remnants of French-style balconies, British Georgian facades, and a scattering of European and Mediterranean influences. Our capital is a veritable architectural scrapbook of colonial ambition.

The Roman Catholic Cathedral of the Immaculate Conception, perched high on Church Street, offers sweeping views of the town below. The gentle chime of her bells suggest that here time meanders at its own Caribbean pace!

To feel "Town", you must stay until she's fully awoken. A pulsating basket of 'goods and services.' Commuters hustling in from the outer parishes for work. The market bursting into a cacophony of colour and conversation, infused with the scent of nutmeg, fish, and fresh baking in the breeze.

It is an enchanting dance between solitary serenity and lively hustle and bustle. This is St. George's Town revealing her special charm! Our miniature metropolis has many rewards for the curious.

Take one step, see one story, and inhale one spice-scented breath at a time.

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 CARRIACOUC PETITE MARTINIQUE

2025 - 2026

Join us on our app and in our next print edition by contacting:

allyday@allyday.net  
Tel: (473) 420 2132

Publishing and Photography by:

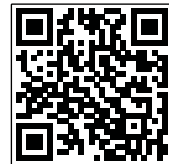


P.O. Box 1474, Grand Anse,  
St. George, Grenada, W.I.

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**GRENADA LIME & DINE**

eZine available:

**simplebooklet.com/limeanddine**

**f @ /LimeandDine**



# Minister's Welcome

**Hon. Adrian A. Thomas**

**MINISTER FOR TOURISM, THE CREATIVE ECONOMY, AND CULTURE**

**A** Spicy Welcome from the Minister for Tourism, the Creative Economy and Culture.

Welcome to the Lime & Dine Magazine, your gateway to discovering the soul of Grenada, Carriacou, and Petite Martinique; three islands, one fabulous experience!

It is my pleasure to extend a warm, heartfelt welcome to all our visitors and readers. Here in "Pure Grenada, the Spice of the Caribbean", we offer more than just a vacation, we deliver a memorable brand that stirs the senses and creates lasting memories.

Our tri-island state is home to some of the Caribbean's most immersive and sustainable tourism experiences. Our rich diversity and daily activities include diving underwater sculpture parks, wrecks and spectacular coral reefs, hiking through protected rainforests, joining eco and culinary tours or day-tripping to Carriacou, the "Gateway to the Grenadines". Every moment on the "Spice Isle" promises rich cultural exchanges and unforgettable memories.

Grenada's world-renowned spices shape a dynamic culinary landscape. Sample local delights and nutmeg-infused dishes.

Gourmet chocolate from more than six local producers, Oildown, our national dish, local broths and a variety of seafood, freshly caught and lovingly prepared.

Most importantly, the heartbeat of our tri-island state truly comes alive through our people and culture. Our warmth, genuine hospitality and creativity are demonstrated through authentic products, arts, crafts, music, colorful festivals and friendly rivalry.

You are also invited to participate in our Carnival Festival popularly known as "Spicemas", which is held every August. This signature event is a vibrant explosion of creativity, colour, style and rhythm. A celebration of Pure Energy! Pure Spice!

Take time to explore and thank you for choosing Destination Grenada.

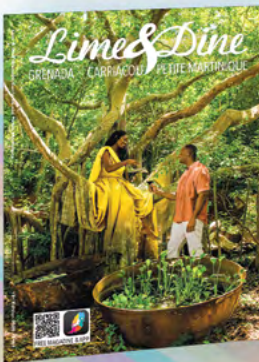
We are honoured to share our islands with you.

Hon. Adrian A. Thomas

# COMING

It's often stated that turning eighteen is a big deal. In human years, it's the age when you're legally grown, entering a life full of possibilities. In business years? It's nothing short of a miracle!

Lime & Dine now in its 18th year has produced just under 500,000 printed copies! This equates to at least 2,000,000 pairs of eyes perusing its pages. Every cover tells a story, with each edition's pages a step in our amazing journey. Inspired by the beauty of our island, love



Approx. 500,000 printed copies  
& 2,000,000 pairs of eyes!

# O F A G E

of our people, and our awe at the gift of living on the Isles of Spice.

smiles and sighs of satisfaction at 'giving birth' to another anticipated edition.

All of this has been achieved against the backdrop of tight deadlines, humungous challenges, tenacity, sacrifice and finally, the

Thank you for having joined us on this unforgettable journey!



13 Years of

 **Lime & Dine**  
GRENADA CARRIACOU PETITE MARTINIQUE

# ON OUR PAGES



Mangoes, mischief & memories...

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The Carenage. It isn't perfect but it's ours!



Breakfast. Spice Island Style!



**GRENADA LIME & DINE**



Download App





About that goat...

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Fresh & local are a winning combination!

# LIMERS & DINERS

## PUBLISHER'S MESSAGE



**W**hen a business turns eighteen, people expect it to be sensible, mature, and serious. But we're the publishers of Lime & Dine! So naturally, we're celebrating with a little limin', a lot of memories, and a few good-natured confessions. 😊

Let us revisit Grenada, eighteen years ago. There were less traffic lights, everyone had a landline, KFC was reigning, and still is! Two people, with their computers and enough ideas and adrenaline to fuel our dream from ground zero! Deadlines were challenging and sometimes nerve wracking. But we had our motto; "no such thing as a bad idea", stubborn determination, and a firm belief that we were going to create something special!



Enter **Sabrina**: soon to become famous on our pages as **D' Cash Limer**. We hope she forgives us for sharing that she had a special "money dance" whenever cheques were collected, and a cash-register "kerching" sound on her computer whenever she entered the good news in QuickBooks. That often changed a stressful day into a funny one! She also always knew where the lime was, and apparently still does, from the

Isle of Spice, to the Big Apple! Even after leaving our core team, she supported us as a guest writer. Her unique island insights and eloquence, continued to find their way onto our pages for years.



And then there was **Kelliann; Eat & Run Limer**, Dell-licious Limer, App-licious Limer, to name just a few. It was not by chance they were all food-centric. Kels could eat endlessly without ever gaining a pound, a fact that baffled and impressed us in equal measure.

And for the record, to end all speculation; she was the 'Girl in the Red Dress.' Also, the one in the bikini with the tray of drinks, in the sea! And a few more roles in between. Exploitation? Nah, never; just AllyDay teamwork at its most memorable. 🙌



Over the years, more desks appeared. We grew from two, to half a dozen and more. Some faces stayed for a season, some stayed for years. All of them left their mark. We've also been blessed with guest writers who brought fresh eyes, ideas, and humour. We had crucial proof reading and editing support, to catch the things we missed. And pre-press wizards who have made sure that Lime & Dine always looks as polished as it reads. *These are all the cogs and wheels, big and small, who have worked with us behind-the-scenes, their fingerprints indelible on the editions of Lime & Dine.* You know who you are. Thank you!

We've watched 'our people' climb to new heights, here and abroad, and felt quietly proud to have been part of their journey. We'd like to believe that for the majority of us, Grenada is still home. Not just the land mass, but the keeper of shared memories of deadlines, after work team limes, and the unshakable belief that together, we would make something great!

For AllynDay (Alleyne & Dayliah) - We have had our really BIG moments. Like the first time we held a freshly printed copy of our publication in our hands. We've pushed through some steep learning curves that felt vertical, had launches that went better than we had dreamed of, hit deadlines which very nearly lived up to their namesakes. But we're still both breathing and alive!

And then came COVID! This was when the world decided it didn't need marketing or Grenada! We didn't agree, and our partners and advertisers

supported us in that. No editions of Lime & Dine were missed! It was a lesson in resilience, and it reaffirmed our belief in the value of our Spice Isle community.

Eighteen years later, we may look "grown up" on paper. But deep down, we're still the same at heart, with the same love for excellence in our work, good food, and always... a good lime.

***Thank you each, and all, for making Lime & Dine, the mature and grown up 'tour de force' it has become.***

## **Alleyne & Dayliah** (AllynDay)



# Limin' Talk



## Proper

## Prim & Proper

*He could tief dust.*

If there's any possible way to abscond with something, he will find it!

*Ah cud have wake up dead!*

...possibly a modern day miracle!

*Yuh nose raise!*

You are justifiably proud!

*Yuh lookin' fresh as ah wink!*

You look marvelous! So youthful and full of life.

*We livin' in gru gru days.*

The economic climate is certainly causing financial difficulties on a domestic level.

*Wear dem heels an' yuh foot go wring ahf!*

There is a strong probability that those high heels will end up with you having a twisted ankle.

*De internet breaksey, oui.*

The internet connection is decidedly unstable.

*Yuh ain' burn dat CD yet?*

Aren't you tired of the repetitiveness of your statements? It's high time you made them obsolete!

*Put muh beer in a plastic glass, nah?*

Yup, there's an oxymoron, if ever!

*Ah feelin' ohgey.*

I couldn't possibly eat another morsel. I'm full to the point of bursting!

*Highse de radio nah!*

Could you possibly turn up the volume on the radio, please?

*Low dun de radio, nah!*

Ok, you got it!

*Dey jus' pumpkin vine.*

I believe they are some kind of distant family relatives.

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



# Grenada Tourism Authority

**Mrs. Stacey A. Liburd**  
CEO GRENADA TOURISM AUTHORITY

**W**elcome to Pure Grenada, the Spice of the Caribbean!

It is with great pleasure that I welcome you to Grenada, Carriacou and Petite Martinique, three islands that together offer an authentic Caribbean experience unlike any other. Whether this is your first time visiting or you are returning to our shores, we are delighted to have you with us.

Grenada is a place where every moment is meant to be savored. Known as the "Spice of the Caribbean," our islands are famous for their breathtaking beauty, vibrant culture, and, of course, their rich culinary traditions. Here, you'll discover a tapestry of flavors, infused with our signature spices like nutmeg, cinnamon, and mace, that reflect our heritage and love for food.

Our culinary scene is a celebration of freshness and creativity. From street food vendors serving local favorites like oil down, to fine dining restaurants offering gourmet dishes with international flair. There is something to satisfy every palate. Don't miss the opportunity to explore our bustling markets, meet local

artisans, and sample the bounty of fresh produce, seafood, and spices that make Grenadian cuisine so distinctive.

Beyond the plate, Grenada offers an abundance of experiences to discover, from our lush rainforests and scenic waterfalls, to our stunning beaches and vibrant underwater sculpture park. You'll also find a warm and welcoming community, always eager to share their stories, traditions, and smiles.

As you look through the pages of Lime & Dine, I encourage you to immerse yourself in all that our islands have to offer. Taste boldly, explore widely, and most of all, enjoy every moment of your Pure Grenada adventure.

We look forward to welcoming you back again soon...

Stacey A. Liburd





**WHAT'S THE WEATHER LIKE?**

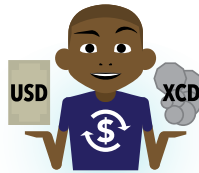
**Dec to Apr (Dry Season):**  
28°C to 30°C (82°F to 86°F)

**May to Nov (Rainy Season):**  
28°C to 31°C (82°F to 88°F)



**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 Thu. 8:00am - 2:00pm  
Fri. 8:00am - 4:00pm



**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 and 5:00pm  
Departs Carriacou 6:00am and 5:00pm

**Tyrell Bay Express.:** Tel: **444-6060**

Monday & Wednesday  
Departs Carriacou 5:00am  
Departs Grenada 4:00pm  
Friday  
Departs Carriacou 5:00am  
Departs Grenada 3:00pm  
Saturday  
Departs Carriacou 5:00am  
Departs Grenada 5:00pm

**BY AIR**

**Grenadine Alliance (SVG Air):** visit [www.grenadine-air.com](http://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.



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

# LIMIN' IS...

Bathway Beach, St. Patrick



***NOT COMPLICATED!***

***However, it's kind of a skill. Not everyone is good at it.***

***You can't hurry a good lime, it's done when it's done.***

**...WHAT MANGO SEASON IS MADE FOR OR VICE VERSA!!**



**...TAKING TIME TO SMELL THE ROSES!**



**...'OLE TALKIN' AND TALKING ABOUT THE GOOD OLD DAYS.**



**A concept that exists in all cultures – you just have to find the right expression for it!**

In **Italy - 'La dolce vita,' the sweetness of life.**  
Savouring beauty and simple joys!

In **Norway - 'Friluftsliv', "free air life."**

It can include anything from meditating, taking a walk, sleeping outdoors...

Just like 'limin', none of these require money, special equipment or any particular setting...

**Have you found your homeland's expression for it...**

We knew you would!

## LIMIN' LORE

"In the old days when the British Navy dominated the seas, inclusive of the Caribbean, when the vessels put into port, sailors used to hang around on the docks, having a great time doing not a lot of anything in the tropical heat. As they were commonly known as 'Limeys' - due to the citrus fruit, they ate to avoid scurvy - the locals watching them created a word for this. Limeys doing nothing - Liming! Because that's Limeys did!"

**Lime & Dine Grenada, Carriacou & Petite Martinique - Edition One - 2008 - 2009**

# LIMIN' TIME

## SUNDAY

**Dodgy Dock** - Family Breakfast from 7:00am - 10:30am. A La Carte Menu for Lunch & Dinner

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

**Bayside Café** - Open 10:00am to 11:00pm

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

**Cherry's Kitchen** - Sushi & Asian Cuisine Every Day! 11:00am - 10:00pm

**The Original Slipway** - Brunch & Roast Lunch 11:30am - 2:30pm

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

**Six Senses La Sagesse** - Sunday BBQ at Callaloo Restaurant 12:30pm - 4:00pm

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

## MONDAY

**Cilantro** - Monday to Saturday 7:00am - 9:00pm. Enjoy the Best of Latin Cuisine

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

**Khun Thai** - Open 7 Days a Week! 8:30am - 10:30pm. Lunch Specials Monday to Friday 11:00am - 3:00pm

**East West** (Container Park) - Monday to Sunday. Breakfast Daily from 9:00am

**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 6:00pm. Daily Happy Hour 4:00pm - 6:00pm.

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

**Dodgy Dock** - Wings, Pizza & Beer Specials from 4:00pm - 6:00pm

## TUESDAY

**True Blue Bay Sankalpa Yoga Studio** - Schedule on the Website\*

**Bayside Café** - Tuesday to Sunday 10:00am - 10:00pm

**Cherry's Kitchen** - Sushi & Asian Cuisine Every Day! 11:00am - 10:00pm

**The Original Slipway** - Lunch & Dinner. Tuesday to Saturday

**Las Iguanas** - Pizza Special 3:00pm - 9:00pm

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

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

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

**Dodgy Dock** - Grenadian Night from 6:30pm. Live Steel Pan from 7:30pm

\*True Blue Bay Sankalpa Yoga Studio: [www.truebluebay.com/wellness/sankalpa-yoga-studio](http://www.truebluebay.com/wellness/sankalpa-yoga-studio)

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

**Cilantro** - Monday to Saturday 7:00am - 9:00pm. Try the Seafood Soup or Pabellon Criollo: Venezuela's National Dish!

**East West** (Container Park) - Monday to Sunday. Breakfast Daily from 9:00am

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

**Las Iguanas** - Monday-Saturday. Daily Lunch Specials.

**Le Phare Bleu** - Wings Wednesday! Daily Happy Hour 4:00pm - 6:00pm

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

**Dodgy Dock** - Street Food from 6:30pm, Live Music from 7:30pm, DJ from 10:00pm

**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. Daily Happy Hour 4:00pm - 6:00pm

**Bayside Café** - Tuesday to Sunday 10:00am - 10:00pm

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

**Cherry's Kitchen** - Sushi & Asian Cuisine Every Day! 11:00am - 10:00pm

**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 Chocolate Infused Eats & Drinks from 6:30pm

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

### FRIDAY

**True Blue Bay Sankalpa Yoga Studio** - Schedule on the Website\*

**East West** (Le Marquis Mall) - Daily Food Special All Day! Until it's Done!! Daily Happy Hour 3:00pm - 6:00pm

**G & N One Spot** - Weekend Special - BBQ Lambie & More 10:00am - 11:00pm

**Khun Thai** - Open 7 Days a Week! 8:30am - 10:30pm Daily Happy Hour 4:00pm - 6:00pm

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

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

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

**Prickly Bay** - Daily Happy Hour 4:00pm - 6:00pm. Live Steel Pan & Two Live Bands from 6:30pm. Plus DJ. Open until 2:00am. Gates Close at Midnight!

**Dodgy Dock** - Fiesta Friday. Featuring Sizzling Fajitas & Nachos AND Taco Specials. Live Band & Latin Dancers

### SATURDAY

**Cilantro** - Monday to Saturday 7:00am - 9:00pm. Try our Grilled Ocotopus, Arepas, Burritos and much more

**Khun Thai** - Open 7 Days a Week! 8:30am - 10:30pm. Breakfast, Lunch & Dinner. Daily Happy Hour 4:00pm - 6:00pm

**G & N One Spot** - Weekend Special - BBQ Lambie & More 10:00am - 11:00pm

**Brisa Mar** - Open 7 Days a Week! 11:00am - 11:00pm. For an Ice-cream Treat with a 'Kick!' Order Affogato or Amar Al Vino!

**East West** - (Le Marquis Mall) - Daily Happy Hour 3:00pm - 6:00pm

**Las Iguanas** - Pizza Special 3:00pm - 9:00pm

**Prickly Bay** - Buy a Drink & Get Your Pizza for ½ Price from 4:00pm. Daily Happy Hour 4:00pm - 6:00pm. Live Band from 8:00pm

**Secret Harbour** - Lunch Midday - 3:00pm

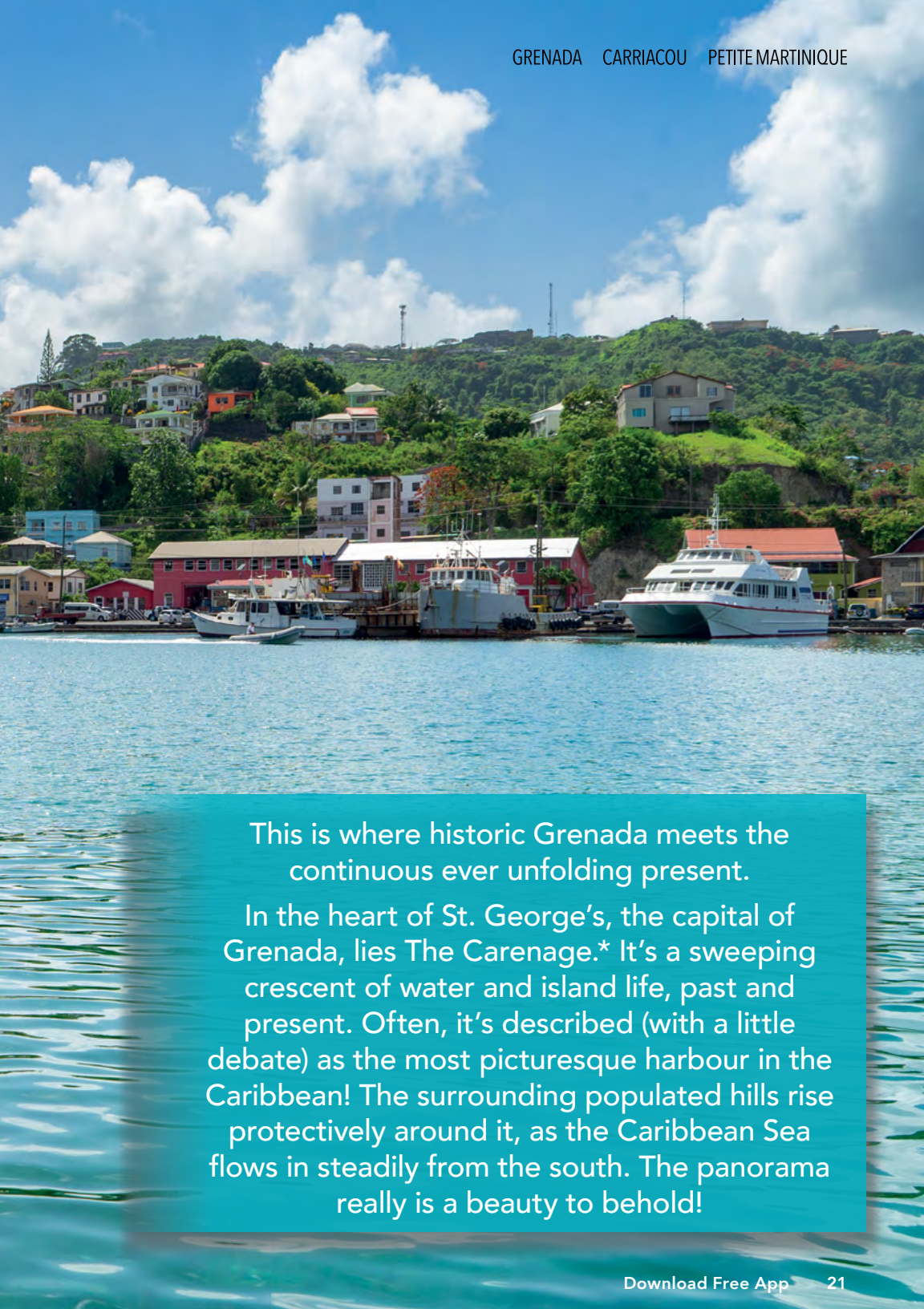
**Dodgy Dock** - BBQ Buffet from 6:30pm. Live Jazz by Jenny J from 7:30pm



OUR ISLAND

# THE CARENAGE

...HISTORY PAST & STORIES PRESENT



This is where historic Grenada meets the continuous ever unfolding present.

In the heart of St. George's, the capital of Grenada, lies The Carenage.\* It's a sweeping crescent of water and island life, past and present. Often, it's described (with a little debate) as the most picturesque harbour in the Caribbean! The surrounding populated hills rise protectively around it, as the Caribbean Sea flows in steadily from the south. The panorama really is a beauty to behold!



**T**he Carenage was, and remains, a vibrant working harbour!

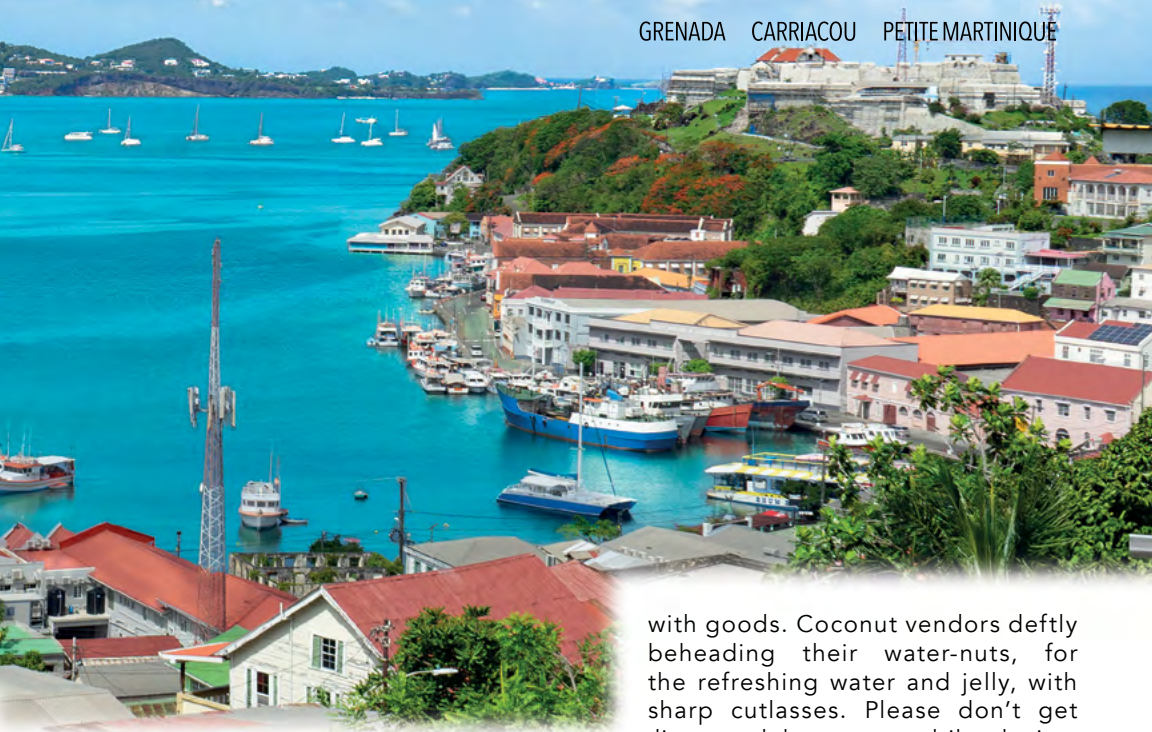
Each weekday morning, a slow and steady procession of cars encircle the road that wraps around the harbour, edging their way into the narrow arteries of St. George's town. For many Grenadians it's just another commute to work. We can get so absorbed in the routine, that we no longer see just how charming and picturesque it really is.

We strongly recommend that you traverse this Spice Island treasure by foot. Use your newly acquired, relaxed, limin' pace, and keep your curiosity to the fore. The Carenage offers something quite magical, on so many different levels. The waterfront is lined with a combination of old warehouses, some renovated and re-purposed, and others not so much so! A number of them belong to major island companies, whose businesses have spanned several generations. If you peer into the darkness through their heavy double doors, you will see a bustle of activity within; goods being hoisted and lowered, voices calling directions, forklifts trundling to and fro.



These buildings are steeped in history, their walls seasoned by salt and the passage of time. Some of them date back to the colonial era, having survived hurricanes, political upheavals, and even modernisation!

In amongst them you will find The Nutmeg Restaurant. Its strategic elevation allows one to feast their eyes on the scene below, whilst



enjoying its famous cuisine. It was once renowned for its legendary rum punch (the kind that made you unable to take on any rigorous activity after imbibing!) Why don't you try it? Be sure to tell us if it's still that potent! Sit by the large open windows with a local roti, grilled fish, ribs... and let the Carenage entertain you. The tableau that unfolds is one of ferries docking, buses pulsating with music whilst transporting workers into the heart of the capital, trucks laden

***Our Carenage is not just a sleepy piece of Instagram-perfect scenery. It's alive! Breathing, beautiful, and industrious. It earns its keep! A working piece of history past, and stories present.***

with goods. Coconut vendors deftly beheading their water-nuts, for the refreshing water and jelly, with sharp cutlasses. Please don't get distracted by your mobile device, telling you what's happening in life elsewhere. Enjoy the spectacle that you're now playing a part in!

In the calm waters of the Carenage, cargo boats slide in and out to the rhythm of the island's commerce. Take your time as you peruse the vessels of differing sizes lining the water's edge. You'll see small fishing boats resting between trips, weathered but still seaworthy. Day in, day out, year in, year out; they supply the wherewithal for the needs and wants of their owners and families.

Many of the mid-sized vessels are floating homes to the fishermen who crew them. They may be visiting St. George's from fishing villages in parishes further afield, or our sister isles of Carriacou & Petite Martinique, or maybe, St Vincent and Trinidad... Take a discreet peek onboard as you saunter slowly by.

Especially on a weekend, when commuter traffic is significantly less and the many smells of numerous activities are not competing, you might smell a “one-pot” meal bubbling on a small gas stove. Lunch or dinner in preparation! Laundry fluttering and drying in the sun. Dominoes being loudly slammed. The louder the better. The volume seemingly associated with the skill level of the player! Life unfolding in miniature: a “tiny home” community.

If you’re really adventurous, and he isn’t too occupied, say a ‘Good Morning’ to the captain, who may also be the cook. Ask about the boat. A guaranteed conversation starter which could end up in some interesting ‘ole’ talk.’

At the centre of the Carenage, you will find a flowered trellis and the **Christ of the Deep\*** statue. You may also have the good fortune of seeing small fishing boats pulling right up to the concrete edge; the owners selling the morning’s catch. Favourites are

red snapper, jacks for frying dry, or even a still-wriggling, sharp toothed, barracuda. If you’re going to buy any of this fresh fare, be smart and pay the few extra dollars to have your ocean-fresh fish cleaned. It doesn’t take long and the precision knife work is worthy of any fine dining kitchen! And as this is the Spice Isles, you will almost certainly be simultaneously regaled with all manner of ‘valuable information’ covering the sea, politics, or naturally, the weather. We call it ‘limin talk!’

We mustn’t forget an integral part of the Carenage tableau; the passenger ferries waiting to cross to Carriacou and Petite Martinique. En-route they will be traversing our mercurial underwater volcano, “Kick em Jenny!” (That’s another story for your own investigation.)

The passengers who are making their first trip on this route are easy to spot. Their eyes are bright with expectation, and they shift restlessly as the ‘scheduled’ departure time approaches. They are totally unaware that, in true GMT (Grenadian Mean Time), the ferry might leave soon. In actuality it will definitely leave, once every-one and



every-thing is on board. The scheduled times are more a polite suggestion, than a rigidly locked time table! (Don't chance being late though!)

Of course, there is some level of respect for what the clock may be indicating. It's just that there is more respect for the precious goods the boat will be carrying. Essential provisions; crates of fresh fruit and vegetables and all manner of supplies for the inhabitants and businesses of our little Sister Isles. The ferry is not just for carrying people, it's the means of connecting lives, economies, families.

***No, the Carenage isn't perfect. Its roads are narrow, its signage inconsistent, and its parking... well, let's just say... aspirational! It's a little noisy, a bit chaotic, and it probably needs repaving. But it is ours! It's our island's fabric in one concentrated dose.***

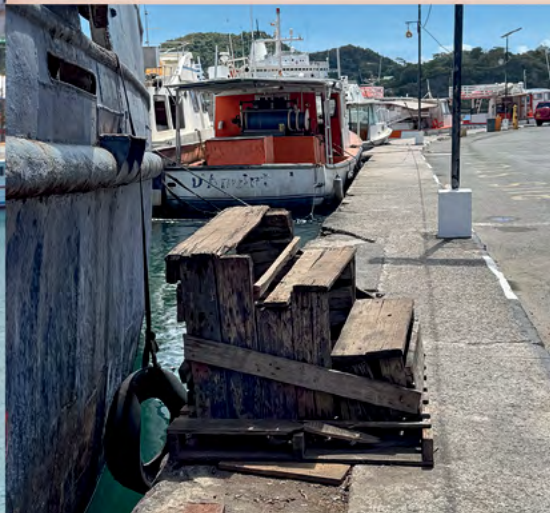
We could keep writing because every step around the Carenage tells a story! It fosters ole' talkin, macociousness, pot bubblin', finding friends old and new, story-telling, and so much more.

Alive with the past, alert to the present, a continuously weaving tapestry!

It's the kind of place that rewards you for slowing down... Try it and see. You may just feel compelled to continue the story for us!

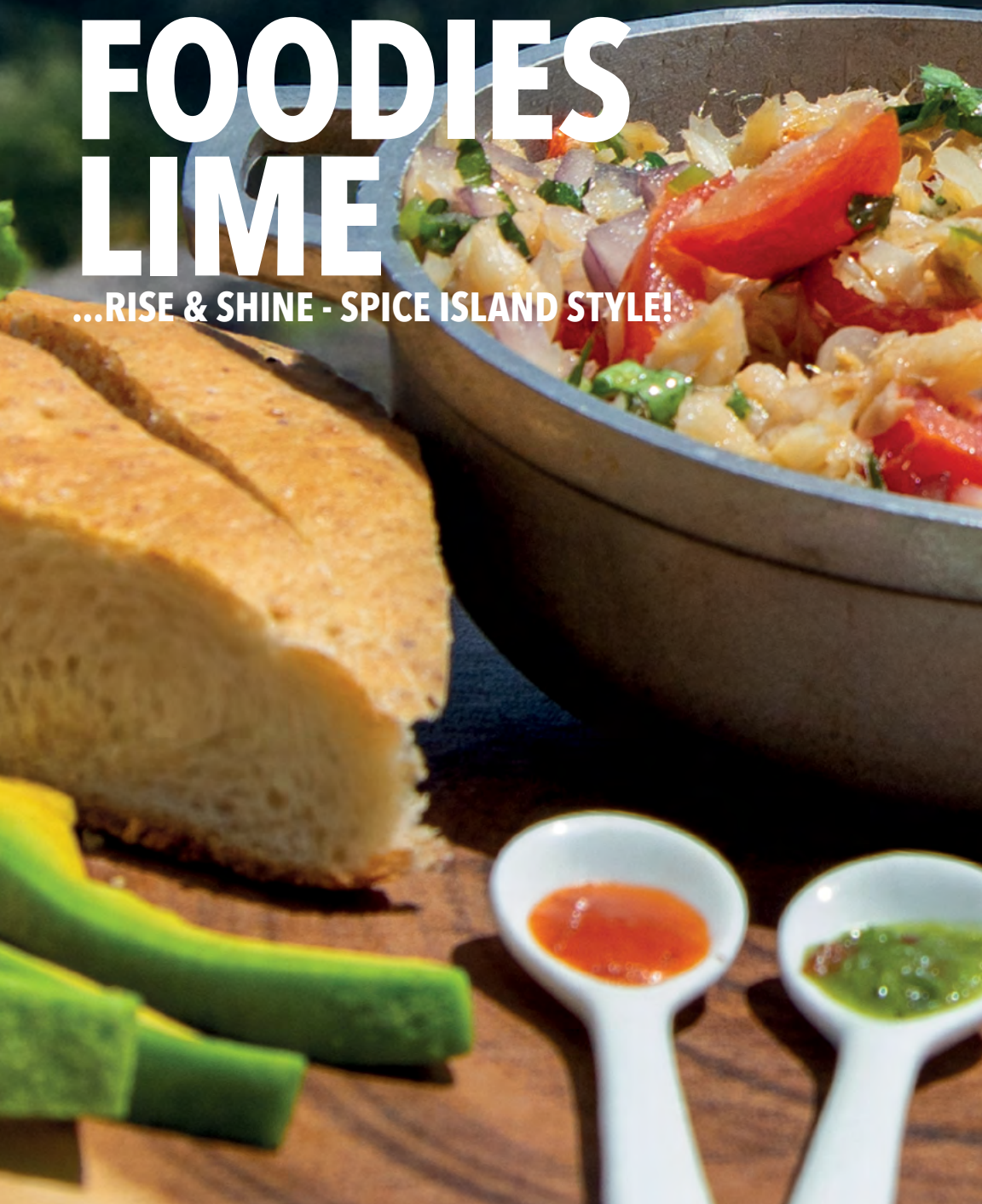
**\*The Carenage – a place where boats were careened or repaired. The town area which grew around it, was shaped by trade and war. Goods have been shipped off and landed along the Carenage for several centuries.**

**\*Christ of the Deep statue, a bronze figure with arms outstretched in gratitude. It was gifted to the people of Grenada by grateful passengers of the Bianca C, a cruise ship that caught fire off the coast in 1961. Grenadians risked their lives to rescue those on board, and the statue stands as a silent, shimmering testament to courage and compassion.**



# FOODIES LIME

...RISE & SHINE - SPICE ISLAND STYLE!





***“Once upon a time”*** - breakfast in the Spice Isles was serious business. It was slow burning fuel to get you through the day! Eaten at a leisurely pace, it also provided a time window allowing you to prepare mentally for what might lie ahead.



Fish Cakes

Fried Plantain

Fried Bakes

These days it's usually nostalgia and long public holiday weekends, which demand the contemplation of firmly established traditional breakfast favourites!

Typically, the menu might include any of the following: fried bakes, golden and puffed like proud fluffy little pillows. To be torn, not cut, open and stuffed with saltfish souse. A delectable combination of flaked salted cod, tomatoes, onions, seasoning peppers, pepper sauce, shado beni, and of course coconut oil! Fish cakes; crisp on the outside, soft, gooey and fishy on the inside, consumed in just a couple of bites. Or maybe smoked herring; rich, oily, smoky fish, sautéed with onions, herbs and some fresh scotch bonnet pepper, served with oven-fresh coconut bakes... mmmm! In all of these breakfast iterations, some fried plantain would also never go amiss!!

If you really wish to join us in a saunter down memory lane, then we would have to include; tania log,\* fried jacks,\* cornmeal porridge,\* (salt ham on special holidays) & cocoa tea. Please note that this **cocoa tea** is the real McCoy. Pure cocoa balls, boiled down with cinnamon, bay leaf, a touch of nutmeg and maybe some milk. It is an experience to be savoured, especially as it becomes more and more of a rare treat as the years pass by. Bush tea? Yes! But that's its whole own story.



Fried Jacks



# Brisa Mar

RESTAURANT & BAR  
GRENADA

**OPENING HOURS**  
Monday-Sunday  
10:30AM-11:00PM

*"A dining destination  
where ambiance  
meets flavor."*

At Brisa Mar, handcrafted dishes are infused with Mediterranean flavors. From savory tapas and chargrilled seafood to island-inspired cocktails—every plate tells a story of land, sea, and spice.



**OUR LOCATION**  
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St. George,  
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Any fruits? Of course!

We're very spoiled, to say the least. Often, we view fruit as an adjunct to the meal, something a little sweet to finish with. However, if you're lucky enough to be here during **mango season**, then we might have to renege on that. Breakfast could just be a mango. Or three. Any attempt at etiquette is suspended, as stood over a sink, with juice running down your hands, you savor the tantalizing flavor and aroma. Being messy is part of the art and joy of eating them! Imagine picking one straight off the tree, still warm from the heat of the sun. One or two, whilst taking an early morning dip in the Caribbean Sea? Indescribable!

As unlikely as it may appear or feel to you, life in our little laid-back piece of the globe is getting more and more hectic. So, you may notice, as we have, that **Saturday morning breakfast stalls** are popping up all over the island. Clearly, enterprising individuals are paying homage to our traditional fayre by making breakfast, the way we have traditionally enjoyed and remembered it, and selling it along the roadside. Residents may stop by on the way to the market, or after a jog, grabbing takeaway containers of saltfish souse & bakes, or fried jacks, cocoa tea in disposable cups, and even

the occasional smoothie. Yes, the global smoothie & juicing phenomenon has also reached us! If you're visiting, you really should feel free to stop and sample. Embrace the experience!

Speaking of experiences, we would be amiss if we did not mention Mt. Moritz Breakfast. If you haven't heard of it, we challenge you to do some digging and go experience a real Grenadian treasure. This breakfast event has become legendary. Local vendors serving up all the traditional favourites, we've already mentioned ...plus, plus... plus. It's breakfast and a lime. People eating, ole talking, laughing, catching up. It's an occasion! Replete from the fayre, chilled by your serious limin' talk and now having acquired several new limin' pardners, you will undoubtedly signpost this as another memorable occasion!

So, whether you're sitting on a verandah with some cocoa tea and a piece of coconut bake, standing barefoot eating a mango with juice running down your chin, or balancing a box of fried fish and bakes on your lap in a car parked by the beach... Breakfast in our islands is a celebration.

The dawn of a new day, the sweetness of life, the beauty of our islands, our people and our culture.

A slice of Pure Grenada!

**\*Fried Jacks** - this typically refers to the small sardine like variety of jack fish, found in the Caribbean sea. Seasoned and fried so that the skin has a crispy consistency. These can be eaten whole.

**\*Tania Log** – a porridge like dish made from the ground provision/ root vegetable, tania.

**\*Cornmeal Porridge** - made from cornmeal, a rich, creamy, comfort food, is often served with coconut milk, sweetened condensed milk, or brown sugar.



# Cherry's Kitchen



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striver\_ayline@yahoo.com | [www.cherryskitchengd.com](http://www.cherryskitchengd.com)

 /sushiloverfood



If you really are in search of a full English breakfast, coffee and croissants or healthy fruit options, of course all of these are also available!



**Lime & Dine**  
**BREAKFAST SPOTS**



**Bayside Café (Carriacou)**  
**Cilantro Restaurant**  
**East West Restaurant**  
**G & N One Stop Spot**  
**Khun Thai Restaurant & Cafe**  
**Las Iguana's (Carriacou)**  
**Prickly Bay Marina**  
**Secret Harbour Resort**  
**Six Senses- La Sagesse**  
**Tropical Tavern**  
**True Blue Bay Resort**





# Cilantro

**Enjoy the best fusion of Latin cuisine.**

Fine dining choices to tantalise your tastebuds; prawns with garlic sauce & mushrooms, Venezuelan paella, seafood soup, grilled octopus, pabellón and fresh mahi mahi with butter and lemon... Do we need to say more?

Enjoy our welcoming team and space, and decide what your favourite is on our varied and flavourful menu.

Cilantro; bringing even more culinary variety to the Isle of Spice!

## Buen Provecho



Opening Hours: Monday to Saturday 7:00am to 9:00pm  
Le Marquis Complex, Morne Rouge, St. George (473) 403-3557



# Curried Lambie

COURTESY OF SECRET HARBOUR BOUTIQUE HOTEL & MARINA

**SERVES 2**

## INGREDIENTS

½ lb	Lambie <i>(cleaned &amp; chopped)</i>
½ Cup	Coconut Milk
1	Small Onion <i>(finely chopped)</i>
2 Cloves	Garlic <i>(minced)</i>
2	Seasoning Peppers <i>(finely chopped)</i>
2 Sprigs	Chives <i>(chopped)</i>
3-4 Leaves	Chandon Beni or Cilantro <i>(chopped)</i>
2 Tbsp	Curry Powder
1 Tbsp	Olive Oil
	Salt & Pepper <i>(to taste)</i>

## METHOD

Place the chopped lambie in a pressure cooker with a little water and a pinch of salt. Cook for 20-25 minutes, or until it becomes tender. Drain and set aside.

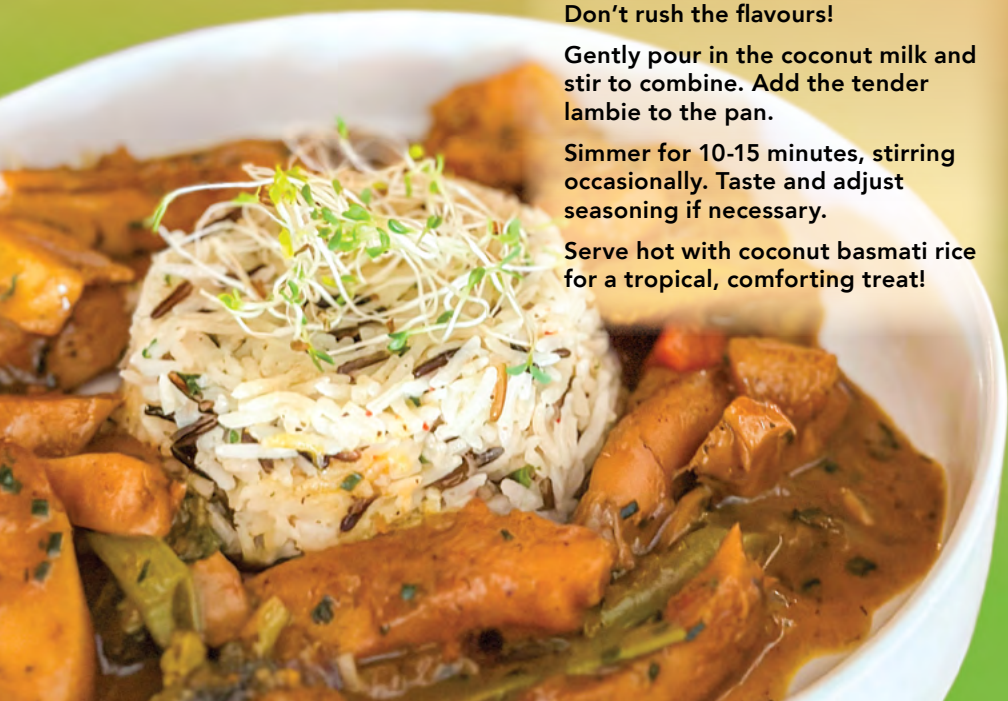
In a frying pan, heat the olive oil over medium heat and add the onions, garlic, seasoning peppers, chives, and chandon beni. Sauté for about 2-3 minutes until fragrant and softened.

Sprinkle the curry powder into the mixture and stir continuously. Allow curry powder to toast and blend with the oil and herbs into a smooth, golden paste. Approx. 2-3 minutes. Don't rush the flavours!

Gently pour in the coconut milk and stir to combine. Add the tender lambie to the pan.

Simmer for 10-15 minutes, stirring occasionally. Taste and adjust seasoning if necessary.

Serve hot with coconut basmati rice for a tropical, comforting treat!





Boutique Hotel and Marina

Tucked away in the serene and secure Mount Hartman Bay, Secret Harbour offers a tranquil escape. Spanning nearly seven acres of breathtaking waterfront views, this hidden gem on Grenada's southern coast is your go-to for relaxation, adventure, and everything in between.

Whether you arrive by land or sea, you'll enjoy:

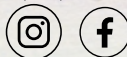
- A 53-berth marina
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- Scenic pool with panoramic views
- A newly refurbished beach volleyball court
- An independently owned spa

Perfect for short or long-term stays, staycations, and private events, Secret Harbour is where comfort meets Caribbean charm.

### For Bookings

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**NOTE!**  
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[eastwestgd.com](http://eastwestgd.com)

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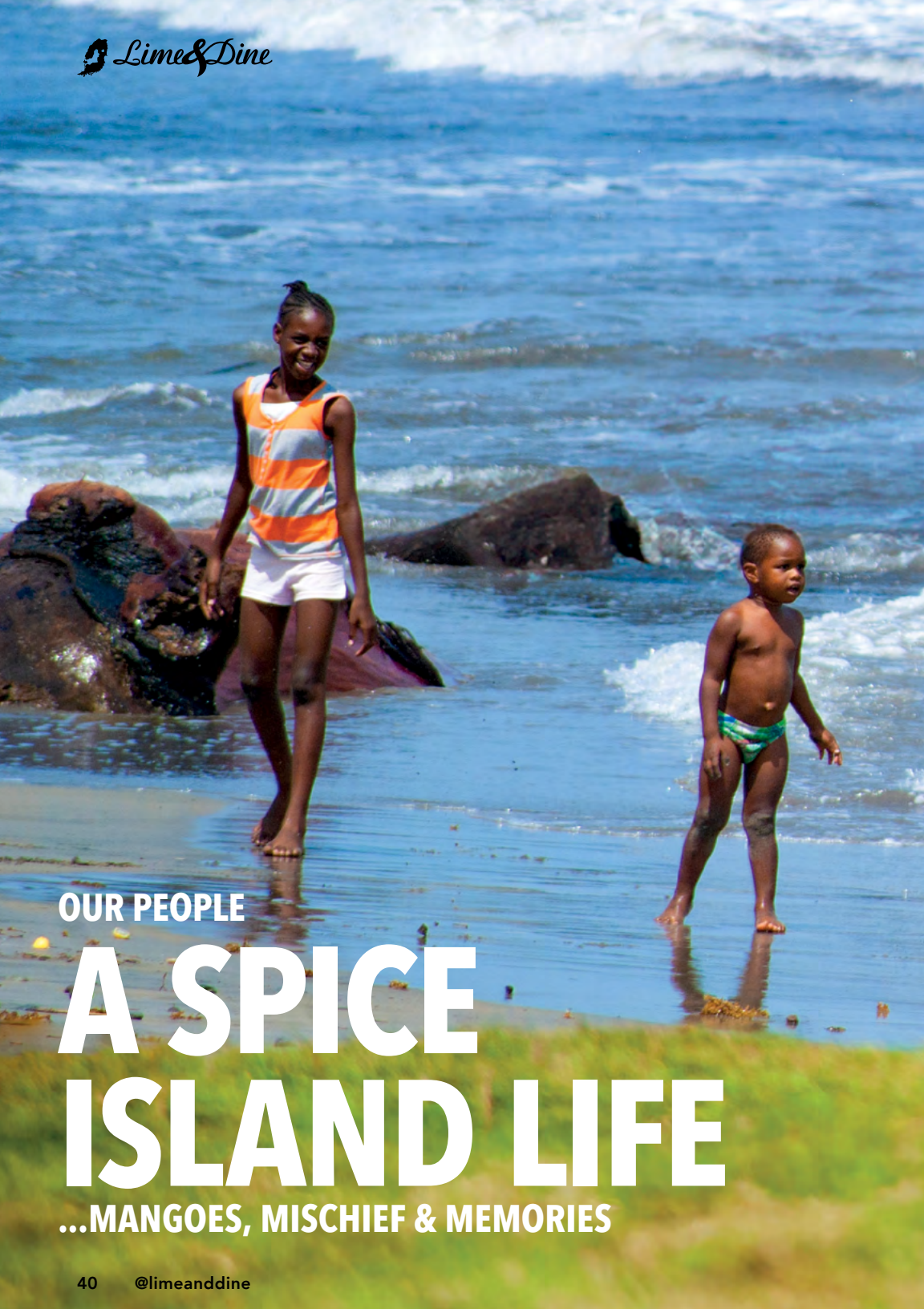
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of your eyes!

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OUR PEOPLE

# A SPICE ISLAND LIFE

...MANGOES, MISCHIEF & MEMORIES



Life in Grenada is a continuum, albeit somewhat more blessed with the sun's rays than other places. We live the same cyclical existence as the rest of humanity. Joy and sadness, work and rest, toil and turmoil, departing and returning.

All of this tempered or influenced by the elements of the Spice Isles, which are part of our DNA.



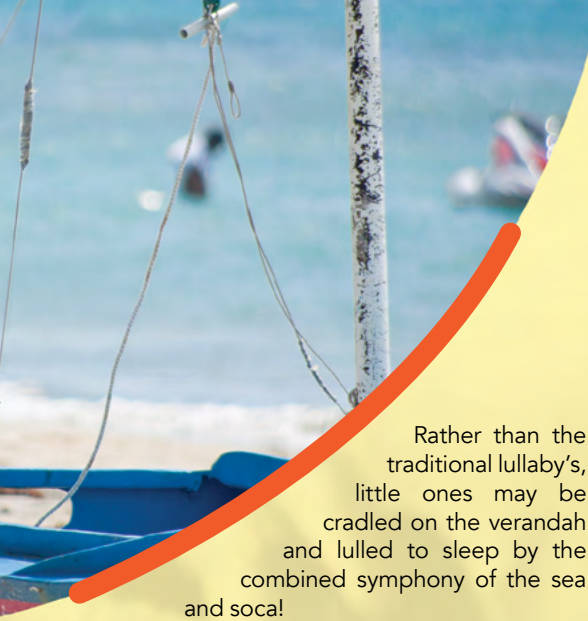
**A** journey through life, mangoes, mischief, memories et al.

From the swinging car tyre hanging from a tree on the beach, to the comfy chair on the verandah. From school day scrapes, to quiet mornings 'working' in the garden.

### **From the Cradle:**

We are welcomed, not just by our household, but by our extended family: The Village! It's a well-known fact in Grenada that the community is what it takes to raise a child! It begins with preliminary debating and discussion over which parent or relative the baby resembles or favours most. And ends with the bestowing of a name which may lead to life-long torment for the recipient, but beams of pleasure for the already existing carrier of the said pre-nom! For that relatively short time of being the "New Arrival", we will be the central point around which story-telling, ole talking and predictions of future greatness will be made! All of this unfolding against a backdrop of celebratory "eighth's" (of rum) being imbibed and the aromas of frying fish or stewing chicken, mingling with the sweet chalky smell of baby powder.

acquiring the very special skill of knowing which fruit trees we are free to raid, if we can run faster than the owners fierce pothound! Every scraped knee, elbow and scar will provide an epic story, for telling in the years to come.



Rather than the traditional lullaby's, little ones may be cradled on the verandah and lulled to sleep by the combined symphony of the sea and soca!

**The Wonder Years:** We don't just go to school - we survive school. It's an epic adventure of discovery and edification. It commences with a backpack which is so big, and the bearer so little, that it plays a continuous rhythm against their ankles with each step they take! If we judged the acumen of our island's children by this, they would all doubtlessly become giants in their chosen field! Skirts meticulously pleated, ready for 'pressing' (ironing) each weekend. This along with shirts ironed and starched, ensuring each and all are present and correct for Monday morning. Little brothers holding the hands of even littler sisters, walking responsibly to their designated centres of learning. Fortunately, with the passing years, the backpacks become more proportionate to the individual owner!

Technology has changed some things; but the shortcut is still the shortcut. 'Jumbie' stories are still told, and are still scary. Older men still play dominoes. School days are a syllabus for life! In between maths and English, the real education happens, mostly on the walk to and from home. Talking real 'shuppedness', cracking jokes, climbing trees, dodging trouble. As well as

**Growing Pains:** They come to us all!

The girls who used to be a bother and a nuisance are now a source of shy interest and curiosity to the boys.

Intriguing enough to entice one away from a game of marbles or climbing trees with their comrades.

Amongst the crowd at the bus terminus he notices that she did something different with her hair. Did she glance away from her friends and directly at him? Or was it imagined?

Did the sun suddenly shoot out an extra degree or two of heat to account for our burning cheeks? Did we draw those hearts in our exercise book with her name and ours on either side? Steal a quick spray of our big brother's cologne before leaving for school? (We know this scenario is global, with just a few changes of the props and scenery)



A saunter to the Botanical Gardens, Frenchie's Mall, Esplanade Mall or Tanteen playing field just might allow for that 'chance' encounter you've been planning since the School Fair...

*Continued on page 44*

# THE TASTE OF THAI

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## Welcome to the Real World:

Now we know that those glorious school days were over way too soon. We play them over and over in our minds and they glitter like jewels. Life gets pretty crazy! Yes, even here in Grenada where one may think the pace is slow.



We all want to be responsible. But we also know it may be now or never if we are going to take some risks, seek an adventure, or change our own status quo. If we remain on island, we may slowly or progressively build a house on family land. Manage our way through our work life, climb the corporate ladder, or remain our own boss so we can call our own shots. Marching to the beat of our own drum. Many a Spice Island entrepreneur started off on the roadside, in the backyard, the family kitchen, or on a plot of land in Grenada's fertile volcanic soil. Live a little, lime a little ...work a lot!

Some of us do pack up and leave the island for just a short while. Whether it's London or New York, Washington or Wembley, the 'short while' often mushrooms into years and expands even further into decades. But even with new friends and a different life, Grenada is always in our hearts. Through the long hours of work and the days of barely any sunlight: We dream in green! The hills, breadfruit, callaloo! Necessity and 'green backs' may keep us away from home, but only physically. Voice notes to check on 'Mama', money to help with uniforms and school books. What's app video calls... highly anticipated holiday barrels! These provide some of the dynamic fuel which feeds our determination and gets us up in the morning. It helps us put one foot in front of the other. We know eventually, we will make the long journey back to Greenz. For good!

## An Older Head

...Whether it's because of some bona fide wisdom or because our grey hair can no longer be ignored, through the passing of time we have become an 'age-able' person. An 'Older Head', no longer to be called freely, by our first name, by all and sundry. Tante, uncle, Miss or Mr. somehow becomes inextricably attached as a prefix to our given name. Take note this designation has absolutely nothing to do with being related to anyone or everyone. It is not bestowed by blood ties but by island 'brought-upcy'.

Now it's unofficially acknowledged that we have made enough mistakes to start offering advice without being viewed as opinionated. We can forecast the weather based upon our aching back, or the twinge from that old fracture from our crazy youth. We talk to our plants and believe their growth is an unspoken accolade to our personal alchemy!

We have learned that silence really can be golden. And we know what to do with it. It doesn't have to be filled with the noises which we thought were absolutely necessary when we were young. Not realizing that the TV or radio have put themselves into sleep mode, we happily contemplate the 'noise' that was our lives, and now is not! We know how to handle our neighbours and others around us, because we have learned that possession is relative, and not absolute!



**Coming Home:** For those who left, coming back is a full-circle moment - tinged with joy, and a little heartache. We may look for the old after-school hang outs. Our 'once upon a time' limin' spots:

Fantasia, The Boatyard, Regal Cinema, Casablanca, The Nutmeg Restaurant, Red Crab, Castaways, Bains Hot Spot, Ebony Restaurant, Rin's Roti Spot...

Where did they go? Where should we go now? Standing on Grand Anse or Bathway beach, we may wonder if the sea always looked this blue, or did we just take it for granted with our youthful eyes.



*Was the sea always this blue?*





Over the years it's been visits, barrels and catching up. But now we're staying! The house is built. We have our sea view. We're all moved in. We join the Friday night lime, and start to learn the new faces. We grow callaloo and other things we can eat in our own garden and marvel at how sweet time has become, as we re-enter and really enjoy Spice Island living.

We come to appreciate the wisdom that comes with experience. We've lived through the ups and downs of life, and we've got stories to tell. And now everyone actually listens! We live slower and laugh longer. (Especially at our own jokes!) We speak to ourselves and also make the appropriate responses!

We might spend our days fishing, gardening, or simply enjoying the company of our loved ones. We look back on our lives, grateful for the journey, and the beauty of Pure Grenada, now more than ever.

It's like coming home to a warm embrace. We relive memories, revisit old favorites, and recapture the essence of our childhood! It was, and still is; a Pure Lime!

***"All the world's a stage  
and all of us are merely  
players... we have our exits  
and our entrances."***

*William Shakespeare*

St. George's Town



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INSIDE BACK COVER  
BACK COVER



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GRENADA CARRIACOU PETITE MARTINIQUE



Grand Anse to Point Salines



GRENADA CARRIACOU PETITE MARTINIQUE



# 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



12° 07' N 61° 40' W  
344 sq. km





MAP KEY	
	Main Roads
	Secondary Roads
	Rivers
	Mountains
	Waterfalls
	Lakes
	International Airport
	Small Airport
	Beach
	Bus Terminus
	Hospital
	Forts
	Police Station
	Moorings
	Turtle Nesting
	Dive Site
	Ferry

2024 POPULATION: APPROX. 110,000  
 AREA 344 KM<sup>2</sup> (133 SQ. MI)



81

94

37

33

93

93

INDIA  
 POINT  
 FRONT  
 COAST

MAURICE BISHOP  
 INTERNATIONAL AIRPORT

Point Salines

Prickly Bay

True Blue Bay

Glover Island

Grand Bay

Morne Rouge Bay

Magazine Beach

Pink Gin Beach

Point Salines

Point Callitte

St. George's

Morne Jaloux

St. Paul's

Beaulieu

Vendome

Annandale Waterfalls

Concord Waterfalls

Rosemont

Belvidere

Belvedere

Belvedere

Belvedere

Belvedere

Belvedere

Belvedere

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Belvedere

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# SISTER ISLES LIME

...READY TO WELCOME YOU!



A blue motorboat with a canopy is on the turquoise water near a sandy beach. In the background, there are palm trees and sailboats on the horizon under a blue sky with white clouds. The foreground shows the back of two dark-colored lounge chairs on the beach.

One year after Hurricane Beryl, our Sister Isles show what true Caribbean resilience looks like.

What we secretly feared might be the end of a way of life has, remarkably, become another chapter in the story of the stoicism of our jewel-like islands.

**W**e usually say that our sister islands of Carriacou and Petite Martinique move at their own pace. Thank goodness for that! After Hurricane Beryl tore through them in July 2024, with winds of up to 240 kilometres, leaving utter devastation and chaos behind her, it wasn't speed that mattered most. It's just as well that our Sister Isles have always marched to the beat of their own drum and heart.

In the aftermath of ripped roofs, uprooted trees, and desolated businesses, the continuous rains sometimes brought thoughts of despair, that this unthinkable chapter would never reach its conclusion!

Quite honestly, it took some time for all of us to process that this had actually happened. And a little longer for Carriacouans & Petite Martiniquians, to garner the fighting spirit and fortitude required, to commence the process of tackling the gargantuan task ahead. (On the island of Carriacou, areas of metal and hurricane debris, parts of houses etc. remain a small but visible testament to the level of salvaging and clearing which had to be done.)



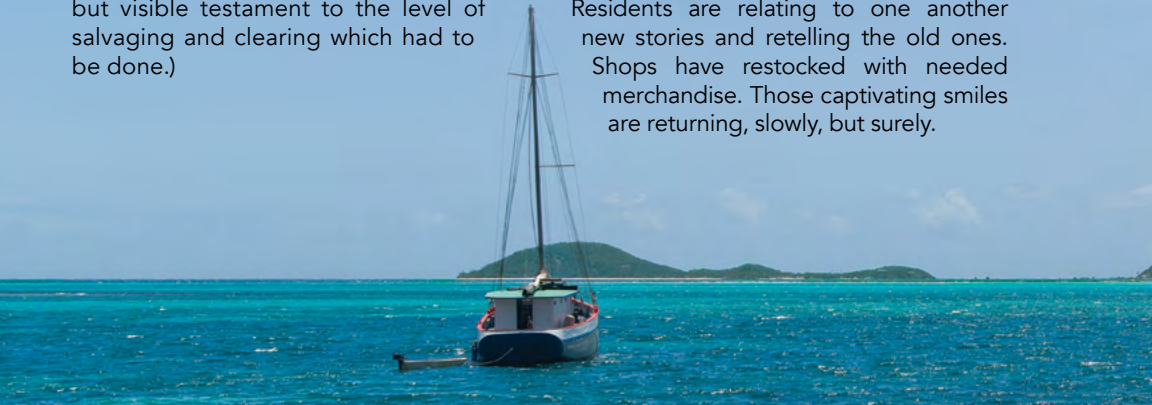
Initially, as regular visitors to Carriacou, we were deeply affected to observe the devastating wounds inflicted by the storm winds. With the passage of time, in some places, the scars inflicted still make her look a little raw around the edges. But if you know these islands well, you won't be fooled and will quickly realise that their spirit remains fully intact.

The transformation is remarkable. Essential services were restored as expeditiously as possible. And with extensive humanitarian assistance, many homes and businesses were rebuilt. Some organisations remained, assisting

on Carriacou since the event of 'Beryl' and up to the date of writing. The sight of high visibility clothing and the ready smiles of volunteer workers were an accepted and welcomed part of the island's scenery for over a year!

You'll be overjoyed, as we are, that Carriacou is, as it were, "open for life and business" again! Restaurants are again serving up

fresh seafood, pizza, pasta and fine dining. Residents are relating to one another new stories and retelling the old ones. Shops have restocked with needed merchandise. Those captivating smiles are returning, slowly, but surely.



The ferry port in Tyrell Bay is bustling, as always, with supplies, visitors and returnees from mainland Grenada. The airport is fully operational, never having stopped welcoming emergency light aircraft, in the wake of the unwelcome hurricane.

## CARRIACOU IS OPEN FOR BUSINESS!

Truthfully, not all experiences have been a 'happy ever after', or quick to mend. For some returnees, who came to retire and reconnect with their roots, the damage sustained was more than physical. It raised deep emotional and mental questions, and some doubts. After years building a life abroad, many of them chose Carriacou not just for retirement, but for rest. Planting trees, painting fences, easing into the sweet 'state of mind' for which the islands are renowned - the simplicity of island life. The hurricane has tested that choice. A few, understandably, could not bring themselves to start over again.

Others have stayed. Because, despite what seemed like complete devastation, these islands are still home. Home, not made solely of concrete, wood, glass, with gardens full of fruit trees and flowers. Home, because of the symphony of the ocean, even when it's barely discernible. The familiar winding roads, the aroma of the soil after the rain, and the everyday salutations between friends and neighbours.

As for nature, she is still healing, as she always does, But, she needs and is taking her time. The landscape is slowly regaining its greenery. The petrified trees on higher ground, completely denuded by Beryl's catastrophic combination of wind, rain and salt water, are beginning to show sprouts of green and hope.

The sweep of some of the bays and beaches may feel unfamiliar, reshaped by the rapacious storm surge, but they will slowly reclaim their signature beauty. They remain shimmering and breathtaking in their own nonchalant way. The sea is still crystal clear. The sunsets? Still breathtaking and picture-perfect.

*Continued on page 56*



Paradise Beach





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Looking for the best bite on the island?  
 Swing by Las Iguanas in Carriacou for mouthwatering  
 wood-fired pizza, plus tasty breakfasts, lunches, and  
 dinners freshly served.

Open from 8:00am  
 Closed on Sundays  
 Tyrell Bay, Carriacou  
 (473) 415-2790

Las  
**iGuanas**

# Carriacou & Petite Martinique

2024 POPULATION: APPROX. 8,000  
 AREA 37.7 KM<sup>2</sup> (14.6 SQ MI)



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



And those iconic Carriacou smiles? Maybe a little shaken, but not broken.

Carriacou is not what it was before the storm winds. But she is still Carriacou. And in many ways, even more so. Scarred, maybe. But even more beautiful, more special because of her healing. More solid, with roots sunk even deeper down, because of the catastrophe. And now rising, gently at her own pace, naturally.

**So, are you wondering whether to visit the Sister Isles? PLEASE DO!** Not only to support our islands, although your visit will definitely help, but because the smaller islands of our Tri-island state remain what they have always been; authentic, serene, the home of treasures waiting to be discovered.

Accept and enjoy! You will, if you can adopt the right 'state of mind.'

Take a slower pace. Exhale. Enjoy an icy cold drink mixed with ocean breezes.

Say hello to everyone you see. There are no strangers here, just someone you don't know ...yet.

## **CARRIACOU IS READY WHEN YOU ARE!**

### **What's open?**

- Most restaurants, supermarkets, and cafes
- Dive shops and tour operators
- Beaches and popular dive and snorkeling sites
- Island festivals and events. (Please double check dates before making your plans)

*Continued from page 53*



*Local Vibes*  
global **FLAVORS**  
**ALWAYS**  
*Delicious*

Bayside Café is a warm, family-style restaurant nestled in L'Esterre, Carriacou, just 25 feet from the sparkling waters of Paradise Beach. Our menu blends the rich traditions of local Caribbean cuisine with international influences, creating diverse dishes that celebrate both homegrown flavor and global taste. Whether you're joining us for a relaxed dine-in experience, picking up a quick take out, or catering your special event, we're here to share food made with love and served with a smile.



Tel. 1473 406 2233  
Email: [baysidecafeccr@gmail.com](mailto:baysidecafeccr@gmail.com)



1473 406 2233



[baysidecafeccr](https://www.instagram.com/baysidecafeccr)

**Hours of Operation:**

Tuesday - Thursday: 10 am - 10 pm

Friday - Sunday: 10 am - 11 pm

Closed on Monday



## The Original Slipway Restaurant

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Serving cooling breezes and a completely chilled experience by the water's edge.


The relaxed atmosphere is accompanied by a fresh and varied daily menu and roast on Sundays! Live music on Thursday evenings in the high season (*call in advance*).

Whether you're sauntering or sailing by, this is a stop you will want to make!

**OPEN FOR DINNER**

4:00pm - 9:00pm

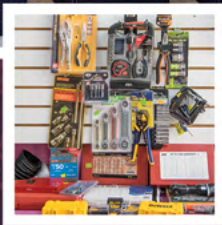
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# LOOK WHO'S COOKING

...GRENADA'S VEGAN REVOLUTION!



Grenada, our cherished Spice Island, is renowned for its nutmeg, rich rainforests, sociable residents, and enough sunshine to melt your sunscreen. Beneath the tropical charm and pulsating soca rhythms, there is a rising and delicious revolution simmering below the culinary surface: **The Rise of Plant Based Eating!**

Take an alternative foodies route with **Chioma PAUL**, self-proclaimed spontaneous flexitarian!

**N**ow before you clutch your chicken curry and BBQ pork in horror, don't worry! Grenada's love affair with meat is still sizzling, as hot as a jerk-chicken leg over glowing charcoals. But we'll get back to that!

First, let's discuss how Grenadians were eating plant-based meals decades **before** the word "vegan" escaped the yoga studio and started materialising on restaurant menus worldwide.



## BEFORE TOFU WAS TRENDY!

Long before green juice became the holy nectar of influencers, Rastafarians in Grenada ate 'ital' food - a deeply spiritual, natural way of eating, that makes a 'Whole Foods' haul look like junk food.


Ital is more than just a diet. It's a lifestyle! Without the need for a subscription meal plan, or a motivational water bottle. Grow what you eat - eat what you grow! No meat, no dairy, no salt (for the purists), and absolutely no chemicals. What you do get, is glorious bubbling pots of coconut milk-based bean stews for the sauce lovers. For the 'hard food' connoisseurs, there's an assortment of ground provisions, famous for fueling our best athletes. Dark leafy greens, crunchy okra, sweet squash. All organic vegetables work well as side dishes. And yes, everything is generously seasoned with more herbs than a medieval apothecary, and just enough hot pepper to make your ancestors sweat.

A vegan stew in Grenada can slap harder than your great-grandma if she catches you with your hand in her pot. Aside from the whole herb garden selection, Grenadian vegan food boasts a heady combination of the 'Fantastic Five;

our local spice giants. These culinary colossi: Nutmeg, Ginger, Turmeric, Clove and Cinnamon, feature

in most pots. Even better, resultant dishes don't attempt to feel like "alternatives."

Ital oil down (a vegan version of Grenada's national dish), vegetable curries, coconut rice, and stewed peas, aren't trying to be meat. They're intrinsically tasty with their own culinary identity!



Caribbean food  
doesn't believe in  
being bland.



It's true that if you're visiting, you probably didn't come to the Caribbean expecting tofu bowls and chickpea patties, but maybe you should. The truth is that since the days of the Tainos and Kalinagos, who sailed freely between the islands, the region has always been rich in natural, plant-based foods. The original peoples of our islands, although not italy, were definitely agriculturalists.



## GRENADIANS LOVE MEAT, REALLY LOVE MEAT!!

Grenada hasn't become full vegan! Ours is still an island where meat is Chief. In fact, Spice Islanders are equal-opportunity carnivores! We love all the meats. Beef, chicken, pork and fish feature on most restaurant and street-food menus. And during 'hunting season', don't be alarmed if you witness a spontaneous car stop. All the passengers know their assignment. "Catch him! "Him" being either a Tatoo, (armadillo), iguana, or even a manicou (opossum), which allegedly tastes just like chicken!

If you still need more reasons to visit Grenada, please note that it was recently crowned **the Top Caribbean Destination for Foodies**, by those who rank such things. If food was an Olympic sport, Grenada would win several gold medals! "Most Use of Nutmeg! Best Use of Breadfruit in a Supporting Role. The Coconut Milk Award for Excellence in Tropical Vibes."

While the vegan scene in Grenada is growing, it's still in its developmental stage. Don't be shocked therefore if your veggie roti is served next to someone gleefully gnawing on their pulled / stripped BBQ pork. We're a land of contrasts. Delicious, slightly confusing contrasts.

*Continued on page 66*

# Tania Log



**SERVES 4 PERSONS**

## INGREDIENTS

- 1 lb (2-3) Tania a.k.a. Malanga Blanca (*grated*)
- 2-3 Cups Water
- 1 Tin Sweetened Condensed Milk
- 3 Mint Leaves
- 1 Cinnamon Stick
- 2 Bay Leaves

## METHOD

In a medium sized pot pour one cup of water and bring to the boil.

Add spices, mint leaves and grated tania.

Stir, using a wooden spoon, and add more water slowly as needed.

When the mixture thickens, add half of the milk (or more, to taste).

Pour porridge in serving bowl, add a little nutmeg and mint for garnish.



*This porridge is used at different times of the day and in various settings.*

*Breakfast time especially if you're about to work in the garden (land) or do some other hard physical labour. At any island lime: morning, noon or night, on weekends or public holidays.*

*This is a firm Grenadian favourite.*

*Be warned; if you eat 'yuh belly full' it may just require that you also take a nap!*



# Plantain, Cornmeal & Chilli Fritters with Sour Cream & Lime Dip

COURTESY 'TASTES OF SPICE' COOKERY BOOK



**SERVES 6**

## CHOUX PASTRY INGREDIENTS

100 ml	Milk
100 ml	Water
80 g	Butter
120 g	Flour
3	Eggs
	Pinch of Salt & Sugar

## FRITTERS INGREDIENTS

3	Ripe Plantain ( <i>medium size</i> )
114 g	Cornmeal
½ tsp	Hot Dried Chilli Flakes
1 tsp	Chado Beni
1½ tsp	Hot Pepper Sauce
	Salt & Pepper ( <i>to taste</i> )

## SOUR CREAM AND LIME DIP INGREDIENTS

100 ml	Sour Cream
2	Limes ( <i>juice &amp; grated zest</i> )
¼ tsp	Honey
	Salt & Pepper ( <i>to taste</i> )

## METHOD

Mix water, milk butter, salt & sugar in pan and bring to boil.

When boiling, add flour and mix vigorously until mix leaves the sides of the pan.

Beat for a further minute.

Remove from heat and leave to cool for one hour.

When cooled, beat in whole eggs one at a time and refrigerate until ready to use.

Peel and boil plantain until soft enough to pierce with a fork.

Mash the plantain and add to 200 g of choux pastry mix along with cornmeal, chilli flakes, shado-beni & hot pepper sauce.

Season to taste.

Refrigerate until ready for use.

Take mix and roll into medium size balls.

Deep fry for 3 – 4 minutes until golden brown.

Add lime juice & zest slowly to sour cream, then add chives and honey.

Mix or blend thoroughly.

Add salt and pepper to taste.

## LOOK WHO'S COOKING

*Continued from page 63*

The majority of restaurant menus will thankfully list a vegetarian or vegan option. However, it may be a tad more difficult to stumble upon an exclusively vegan dining experience. Naturally, we've done the hard work so you don't have to. Come along with us and see.



Hard core carnivore? Devout vegan? Spontaneous flexitarian? Whatever you're craving, Vegan Vybes will still tantalise your taste buds. You may even find yourself pledging to eat vegan "if it all tastes like this".

We visited the island's increasingly popular 'vegan-friendly' lunchtime spot. **Come for the food, stay for the 'Vybes'.** Here's what **'Black Iron'**, chef/owner of **Vegan Vybes** had to tell us 'Limers and Diners':

**Can you tell us a little about what inspired you to include vegan or ital options on your menu and how it all started?**

"Vegan Vybes started with me cooking for my family. Me and the bredrens used to chill and cook and they suggested that I should

start to sell my food. Creativity wasn't the focus at the time because it was strictly ital - no animal products and no salt.

Some of our youngsters used to be tempted by other types of food and the variety available, and they'd stray from their Rastafarian cuisine. I really wanted them to grow up eating healthily. In order to encourage them to continue as vegans, I became more creative. Instead of being lured by processed foods and the meats that are regularly eaten in the Caribbean, my children's friends started being enticed by our food. A good friend from Canada, donated some funds so that we could open Vegan Vybes. "

**How would you describe your cooking style in three words?**

"Modern/ancient/combined."

**What's your most popular vegan dish, and why do you think people love it?**

"Definitely our Tuesday special: spaghetti and meatless meatballs. My wife inspired this recipe and I reinvented it, so that we could offer a gluten free option. Fridays are popular, because our roti converts even the die-hards. A rye roti skin wrapped around calaloo, sweet potato, beetroot, beans, mushrooms and channa. It's maaad."

**Do you use any traditional Grenadian ingredients in your plant-based meals?**

"Lots: coconut milk, moringa, breadfruit, callaloo, sweet potato, spices, homemade green seasoning. And wherever possible, we source produce from local farmers with good farming practices - e.g. all natural fertilisers and no pesticides. "

**Some visitors and residents might not be familiar with vegan food. What would you recommend for a first-timer?**

"Cake and ice-cream! That's always a winner! When customers first visit, they may have no idea what to choose. I give them a taste of our famous ice cream, and that convinces them to try just about anything on the menu."

**If your restaurant was a person, how would you describe its personality?**

"It's like someone who is consistently underestimated. When people see the simplicity of my place, they might assume that the food is as uncomplex as the decor. It's very satisfying to observe their delight as they taste the many undertones and complex flavours of my food. Their expectations are always exceeded."

**Have you noticed an increase in residents and visitors choosing plant-based meals in recent years?**

"Definitely. People are becoming more health conscious. They understand the connection between bad diet, and diseases such as hypertension, diabetes and cancer. Conversely, they appreciate the correlation between a nutritious diet and a healthy body."

**What's one myth about vegan food that you would like to set the record straight on?**

"The meat-eaters out there tend to believe that they can't use vegan food to substitute for everything that they already love. But I can assure them that our food is just as nice (if not nicer) and a lot healthier, when it's prepared well."

**Where do you see the future of vegan/ital cuisine in Grenada? Any big plans ahead?**


"For Grenada? A vegan stall or shop on every corner within the next ten years. I'd be proud to think that I was one of the pioneers of the revolution! My personal dream for Vegan Vybes, would be to merge music, food and art. I love them all! The goal is to create an even more unforgettable sensory experience. Keep your eyes on us for exciting transformations as we continue to move forward."

**Thanks 'Black Iron'. We certainly will!**





**PURE  
LIME**  
...NATURAL LIGHT

A large pile of coconuts, some green and some yellow, is shown in a metal tray. The background features a wooden structure and a bright blue sky with white clouds. The coconuts are piled high, and some are still attached to their husks. The scene is brightly lit, suggesting a sunny day.

Where the Maurice Bishop Highway curves, just before you hit the fast stretch to the airport, there's a spot where contradictorily, the traffic seems to be slowing down, and even pulling off the road. This is not because there are traffic lights or stop signs! It's because of the Pure Grenada experience waiting at ***'Natural Light.'***



**"It was always in me. Even as a boy I wanted to be hands-on, doing something practical. The land provides for us, and I learned how to work with it."**

Murvine

**T**his entrepreneurial pull-over location is as authentic an on-island experience as you're likely to get in Grenada. At this roadside 'must-stop', customers avail themselves of a cornucopia of island produce. Amongst them, the best sellers are; coconut water, fresh fruit and juices, ground provisions...

This is 'Natural Light', run by its owner and founder, Murvine Charles.

Murvine has been building his reputation for freshness and flavour island-wide, and 'shining' in the Calliste, St. George, area for almost two decades! However, his roots are planted deep in the fertile soil of Birch Grove, St. Andrew.

In the early days, '**Natural Light**' began as a small, neat and tidy wooden hut, with a very accommodating young owner. It has since expanded from those small beginnings to become its own cottage industry. Come with us and take a sneak peek.



At the rear of the store, on the days when the water-nuts have freshly arrived, the sound of cutlasses (machetes) cutting open husks, is almost rhythmic. Listen carefully, and you may just hear the splash of coconut water being poured into bottles for chilling! Unsurprisingly, coconut water is what 'Natural Light' is best known for.

When we met, Murvine told us; "On some days, if we don't have coconut water, it's like we don't have business! That's our number one!!"

The secret? Murvine, our very own 'coconut whisperer' shared it with us. He informs that the blending of younger coconuts with more mature ones, is what accounts for the natural sweetness that patrons love and swear by. *The older the coconut, the sweeter the water!* However, if your preference is for less sugar, simply ask for a young coconut.

We can confidentially attest that there is nothing to equal that first mouthful of cool, crisp, well blended, coconut water, on a steaming tropical day in Greenz! Did we forget the jelly? Sacrilege! We recommend that you add this to your refreshment experience. Just ask!

To the left of the Coconut Apothecary, is a small kitchen at the back, affectionately known as "**The Juice Lab.**" Here, fruit that's not visually perfect for the shelf, is transformed into juices or fruit bowls. You simply must try one or more of these all-natural beverages!\*. Turmeric & ginger, pure beet or with ginger, cucumber & ginger, passion fruit & sea moss, sorrel, tamarind... Why, even the water used in concocting them is from fresh spring sources around our island. One of Murvine's favourites is located, unsurprisingly, in Birch Grove.

Nothing is wasted at 'Natural Light'. Murvine's vision is that everything can be used if its treated right. That means more fresh treats for customers! And they are as mixed as the 'pure' variety they come to buy. An eclectic combination of doctors, farmers, bankers, visitors, residents, airport workers, local & international celebs. Generations of families; daughters buying mom's favourite blend, grandsons getting their 'papa' young coconut water, and moms buying ground provisions for Saturday soup making...

Whilst visiting the shop, you will quite likely meet a charming young lady, coincidentally named, **Nature**. Nature's parents have farmlands in Sauteurs. She grew up selling produce, fresh seasonings and short crops. A seasoned agriculturist, she knows not only how to mount an eye-catching display of the shop's products, she is also an expert on storing them to preserve their shelf life. Even her advice is natural: "Don't trap your fruit in plastic bags, they sweat, bruise and spoil. Use a crate or cardboard box - they need air to breathe and space, so they don't rub against each other," she told us.



You probably already know that Grenadians love herbal and home remedies - 'bush tea', as we call it colloquially. *Nature* has decided to take the knowledge handed down to her from her parents and others, even further, by studying herbalism online! She told us why; "If someone asks about turmeric, ginger, big thyme, sea moss, our local herbs and spices, I want to be ready with real answers. Sometimes it does feel like a long day's work, but when you're helping people stay healthy naturally, it makes gaining the knowledge worthwhile."

**"People are more health conscious now. They ask about what fruits to use, what's best or should be avoided, for some ailment or condition. I want to increase my knowledge and bring that to the business, so I can share it with our customers."**

*Nature*

'Natural Light' is the legacy that Murvine wishes to pass on to his children, who even now play their part in his vision. It's not about being fancy; it's about family, freshness, and that feel-good energy for which Grenada is so renowned.

So, whether you've arrived straight off your flight, or have finished your work day and are heading home, or are making a Saturday afternoon lime... Remember, the next time you're near Calliste Junction, slow down on the opposite side, pull over, and let **Natural Light** remind you, what Pure Grenada really tastes like.

**\*'Natural Light' also makes a variety of 'no sugar' juices for your health, dietary restrictions or preference!**

Murvine's daughter, Genesis, in the store with Nature.



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GRENADA

# LE PHARE BLEU NOTICE

## WEEKLY EVENTS

TUESDAY



**3 for 2 Pizza Special!**  
Think how much you'll save if you buy 6 and end up with 9!

WEDNESDAY



**Wings Day - All Day**  
Don't let it fly by!

DAILY  
HAPPY HOUR



4:00pm - 6:00pm  
Every Day

*Our regulars come at 3:45pm to make sure they get a seat! There'll still be room for you. Rum punch and Spice Isle stories - you won't want to leave.*

## OUR YEAR

JAN



**Grenada Sailing Week**  
Pirate Party on the Lawn.

FEB



**Independence Day Cook Up & Craft Market**

**Super Bowl Party**



**Valentine's Dinner**

MAR



**Wide Open Concert**  
Sabrina Francis & Guests.

MAY



**Charity Family Fun Day & Raffle**  
Games, Food & Music.

**Grenada Chocolate Festival Closing Party**  
Cocoa & Culture - all in one!

JUN - JUL



**Dinghy Poker Run**

Get to the designated watering holes and collect your playing card and your bevv - best hand wins! Take a landlubber with you, if they're brave enough.



**Family Fun Day**

Mott Memorial Hobie Cat Races  
In remembrance of Grenada's pioneer chocolatier! Mott Green.



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# MARINA VILLAGE BOARD

## AT A GLANCE!

AUG



### PCYC Round Island Regatta

Around the Rock -  
Carriacou to Grenada and Back.

OCT



### Pumpkin Carving & Dock Trick-or-Treating

All Ages. Adult pirates also welcome!  
Costume Party.

NOV



### PCYC Family Sailing Day

With only mild competition. 😊

DEC



### Christmas Craft Market

Handmade, homespun, and a bit of sparkle.



### Christmas Village Decorating

Glitter. Lights. Good-natured sabotage.



### Christmas Eve Feast & Entertainment

Music, food, and more music.



### 25th Christmas Day at the Marina Village

Santa wears flip-flops here.

### New Year's Eve Party & Fireworks

Dance into next year barefoot, or not!



## JOIN THE PCYC SAILING CLUB!

Kids and beginners  
welcome!  
Learn to sail and race.

Weekly sessions available.  
Thursdays & Fridays  
Saturdays - Free sailing  
lessons for juniors!

FOR OUR LIMIN' UPDATES  
FOLLOW US ON



**W**e hope you have fun navigating our village noticeboard!

Whether you're resident or vacationing, join us whenever you can. We're tucked away in the cosy quiet bay of Petite Calivigny, St George. Here, even the waves take their time as the breeze wafts all kinds of tasty smells from our Tropical Tavern. No one's in a rush. Not the cruisers who planned to stay for a night and are still "just passing through" three months later. And certainly not the islands residents, who know good things come to those who wait — especially if "wings" are involved!

We're not a resort! Or even a resort's relative. We have a cosy, lived-in kind of magic. Cool both in the shade and in tempo! It won't take long for our team to know your name and for the bartender to know your preferred tipple.

Whether you arrive by land, sea, or out of sheer curiosity, you're welcome. No shoes required. Just a good limin' attitude and a healthy appetite!

In case you missed any of the events on our notice board, please browse our featured annual diary. However, please make sure you double check by contacting us before you make your plans. This is simply to ensure a case of GMT (Grenadian Mean Time) hasn't set in!



## ANNUAL CALENDAR OF EVENTS

### January

- Grenada Sailing Week (last week in January)  
Carriacou to Grenada Race with After Party & Lay Day at Le Phare Bleu

### February

- 7th Independence Day Cook Up & Craft Market
- 8th Super Bowl Party
- 14th Valentine's Dinner

### March

- Wide Open Concert - on the lawn with Sabrina Francis & Guests

### May

- Charity Family Fun Day & Raffle
- 27th Grenada Chocolate Festival Closing Party

### June - July (Cruiser Season!)

- Dinghy Poker Run
- Family Fun Day with Mott Memorial Hobie Cat Races

### August

- PCYC Round the Island Regatta

### October

- 31st Pumpkin Carving & Dock Trick-or-Treating
- Costume Party

### November

- PCYC Family Sailing Day

### December

- Christmas Craft Market.
- Christmas Village Decorating
- 24th Christmas Eve Feast & Entertainment
- 25th Christmas Day at the Marina Village
- 31st New Year's Eve Party & Fireworks

The Petite Calivigny Yacht Club (PCYC), based at Le Phare Bleu Marina Village, raises monies from events held throughout the year to fund free sailing tuition for local youths.

Two PCYC Junior Sailors (Woburn Wind Warriors), **Azalia Renaud** and **Kishon Bruno**, travelled to the Pan Am Youth Games in Paraguay in August 2025.

Grenada's participation in the 2024 World Sailing Youth Championship was possible due to the fantastic support from the PCYC and their members, and Grenada's Yachting Industry.

New

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## LPB Marina Village

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[www.LPBmarinavillage.com](http://www.LPBmarinavillage.com)

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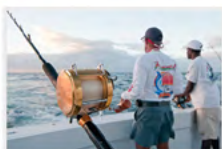
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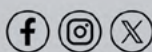


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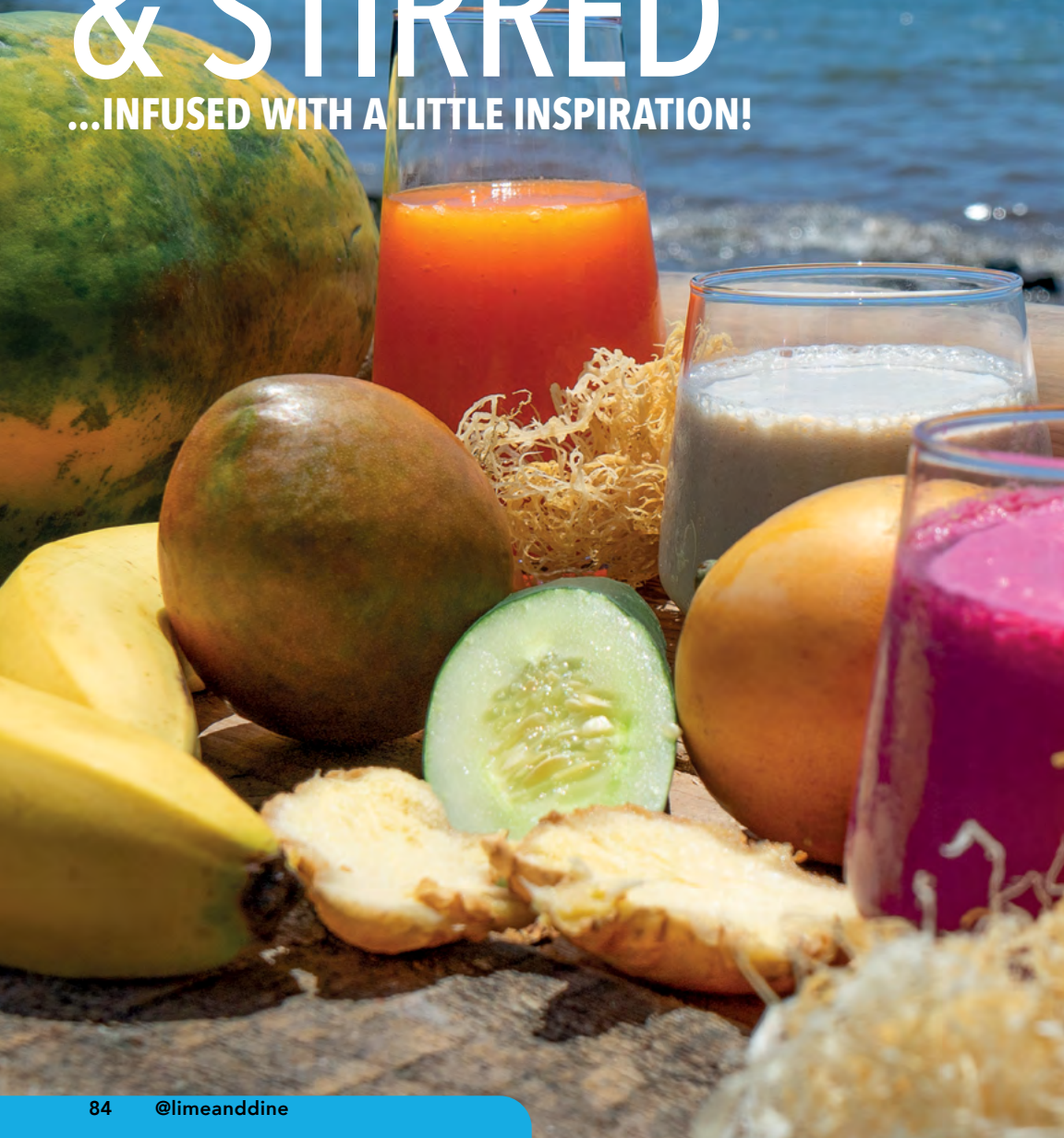
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Le Phare Bleu, Petite Calivigny Bay,  
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# SHAKEN & STIRRED

...INFUSED WITH A LITTLE INSPIRATION!





[www.instagram.com/blendit473](https://www.instagram.com/blendit473)

Something more than refreshment! Enjoy the fruits of our island's fertile volcanic soils, and our creativity. Have a drink you can feel good about, made from ingredients harvested right here in the Spice Isles. Sea moss, papaya, moringa, cucumber, beetroot... you name it, and if it's in season, it's also likely to be in the blender!

**W**e discovered a young entrepreneur, Jemmon Wilkinson, who began his journey to finding this combination, with a single chalkboard menu, in the quiet town of Hillsborough, Carriacou. Now the demand for his fresh blends is growing so steadily that in less than eighteen months he's on the brink of opening a third outlet. His is a story of fresh fruit & vegetables, fresh thinking, a blender, a vision, and just the right amount of spice! He told us that blending and experimenting came naturally, as it was already his own daily ritual. He noticed the growing interest in smoothies across all of our islands. He believed the timing was right to share, what he'd been crafting for so long in his own kitchen, with the rest of our Spice Isles.

It didn't take long for the magic to happen! Just a few days after opening the store in Hillsborough, an elderly customer stopped by - not just to buy a smoothie, but to share her wisdom. After perusing the menu, she invited him to sit with her and bring a notepad. She told him; "you should add some GREENS & SPICE!" She returned with them the very next day. Kale, spinach, and ginger. According to her; "the absolute essentials." Those wise and generous words of advice were a catalyst for this young visionary. They turned out to be

**Grenada's visitors and residents have become increasingly in tune with wellness and wellbeing. Drinks recipes with the perfect balance of nutrition, bold creativity, and utilising what's fresh and local are a winning combination.**

the special ingredient in achieving a blend for success!

Jemmon told us; "it's not just about moving with what's on trend. This is also very much about offering an affordable alternative to the sugar-heavy soft drinks, juices and imported drinks, that we may have grown up with. Why not drink something that uses the tastes of our islands and does our bodies a little good too! I'm so thankful that that older lady

took the time to speak with me. I believe that everyone can do with **'a little inspiration'**. Sometimes you have to be willing to listen to others to get it. She was that person for me."

On our islands we love to show off all that's fresh, vibrant and healthy, and makes your taste buds dance, so keep

your eyes peeled as you explore them! And just in case you're thinking this all sounds painfully healthy, just an FYI; there's always a little something unexpectedly 'spicy' to be found here. We can't help it, it's just who we are.

So, whether you're looking for something wholesome, indulgent, energizing, or just a little bit naughty, you'll find it for sure!

**Shaken, Stirred & Blended!!**

# Beachcomber

COURTESY 'RUM STORIES' - COCKTAIL RECIPES

## INGREDIENTS

2 tsp	Caster Sugar
½ oz	Lime Juice
2 oz	Light Rum
1 tsp	Amaretto ( <i>almond liqueur</i> )
1 tsp	Cherry Brandy
1 Lime	Wedge

## METHOD

Place the sugar in a saucer.

Rub the rim of a cocktail glass with the lime wedge.

Place the glass upside down in the sugar to coat the rim thoroughly.

Half fill the cocktail shaker with ice cubes, pour in all remaining ingredients and shake well.

Pour into a prepared cocktail glass.

SHAKEN & STIRRED

**THE  
LIQUID OF  
LIFE**

Across the Caribbean archipelago, natural springs have quietly shaped communities, sustained ecosystems, and offered healing to those wise enough to drink from their depths. Long before plastic bottles and filters, people in our islands cupped their hands at the base of a rock, or dipped a calabash into a stream and drank.

**G**renada, with her mountainous heart and volcanic roots, stitched together by ridges, rain-soaked valleys, and an ever-verdant rainforest, is full of natural springs. They start deep underground, where rainwater filters through layers of volcanic rock, accumulating minerals like calcium, magnesium and potassium, until the water finds a way out - usually through a crack in a hillside or under a mossy stone. Bubbling up from deep underground, some are steady trickles, others full gushing flows. All of them are enwrapped in cool greenery, as this is where trees have instinctively sunk their roots deep down into the water source for countless centuries.



***"Pipe water  
is for dishes  
and mopping.  
Spring water is  
for living!"***

*Anonymous & Unanimous!*

## A Gift to Protect

Whether it's a gurgle at the roadside, or a clear stream, deep in the interior, it will seem like a special gift just for you, especially if you made the time to hike off the beaten track around Grenada. Each spring, attests to the quiet liquid miracle flowing through our island.

As our Caribbean nations face droughts, saltwater intrusion, and contaminated watersheds, natural springs remain a precious backup. Rainwater harvesting is smart, but springs, when they are protected, are a constant source. We have to protect our springs. Overdevelopment, deforestation, and pollution can cause a spring to dry up or become unsafe. They can only be as healthy as the land they come from. So we need to do our part to protect them, keep the land around them green, prevent litter, and remind each other that this blessing isn't promised forever.

## Liquid Heritage

In Grenada, when we say, "Dis water come straight from de spring", it's a significant statement.

It's a point of honour, a humble brag, if you will! We wish to ensure that you are fully aware that this is the real deal. Long before pipes and tanks, before chlorine and water meters, there was the spring. Generations of Grenadians grew up collecting water from "down de road," balancing it on their heads in enamel pans and plastic buckets. Nowadays many of us will drive out of our way with five-gallon (18.9 litres) bottles, collecting this fresh- from- the -earth water, transporting it in the back of our cars. Keep your eyes open. You may spot a line of people filling bottle after bottle from an outlet at the side of the road. The water sparkling like diamonds in the sun.

However treasured our spring water might be, we must be honest with you, we're a people and an island of paradoxes. It shouldn't surprise you therefore to know that this coveted, premium beverage, may also be lavished on our vehicles! Some springs even have a bespoke car wash bay.



Who says our wheels can't have a spa day too!!

**"I can't remember when I started drinking solely spring water, from my own village of Hope Vale. It's been such a long time. My friends tell me I must be drinking from the fountain of youth! It's healing water... Grenada's real gold!"**

Miss Dee

Depending on which spring is the outlets' source, we might describe the taste of the water as "sweet," "soft," or "light." Definitely, it's never "heavy" like some of the water drawn from the pipe (tap), the one they say comes from the 'bore hole!'

Naturally, if we can tell the difference, so can the plants! You will certainly have noticed how fruitful our islands are. Farmers fortunate enough to have their land in proximity to a spring will use it for their crops; nutmeg, callaloo, cocoa, dasheen, corn... and watch them thrive. The plants "look happier." Look closely and you may see them smiling at you!

Worldwide, an increasing number of persons conserve rainwater for their plants, and even themselves! That's because everyone, and everything, does so much better when we take advantage of our planet's natural cycles.

There's really so much to be valued here in our Spice Isles; sandy beaches, sunsets, and spice. But, also this quiet,

unassuming, constant treasure; water that bubbles up from deep inside our volcanic interior formations, offering itself freely.

If your stay here isn't long enough to go natural spring hopping, don't worry. We have more than one brand of island spring and mineral water on the shelves of our supermarkets and corner stores. They advertise benefits such as **"keeping Grenada hydrated", "no added frills or flavors",.. "undoubtedly Grenada's finest water",** and that **"you will definitely taste the benefits!"** Try them all! There is no way you can drink too much water whilst you're here! Pick & mix and then decide which is your favorite.

As residents, we will continue to visit the springs when we can. And when we can't, we will still choose to drink locally sourced water, Grenada's own Liquid of Life!

# SPRING WATER BENEFITS & ETIQUETTE



## Benefits

For humans, the benefits are well-documented.

### Natural Spring Water:

- Replenishes electrolytes naturally.
- Supports healthy skin and digestion.
- Strengthens bones due to its mineral content.
- Has a taste that bottled water can only try to imitate.

## Etiquette

- Greet whomever you meet at the spring. That's good manners and we are an island community.
- Bring clean, BPA-free bottles - no old cooking oil containers, please.
- Don't dip your hands into the source. Fill from the flow.
- If someone older than you is waiting, let them go first. That's also good manners!
- Boil spring water only if you're uncertain about upstream activity; however, most remote sources are clean and pure.
- Share your spot, but don't overcrowd it. Springs are best enjoyed in peace and quiet.
- Leave the spring area better than you find it; don't leave rubbish, soap, wrappers, soft drink bottles etc. behind.
- **Share the knowledge; teach the younger generation, show them where the springs are, what they mean for us, and their importance.**

*Bon Sante*  
Keep Well & Healthy!

# Victor's Mark

COURTESY OF BARTENDER SKY AT DODGY DOCK

## SERVES 1

### INGREDIENTS

- 1.5 oz Dark Rum
- 1 oz Passion Fruit Juice
- 1 oz Tamarind Juice
- 1 oz Lemonade
- Nutmeg syrup to taste

*This tasty cocktail is named after Lindon Victor, one of Grenada's great Olympians. True Blue Bay Resort is proud to have him as their Brand Ambassador.*

### METHOD

Place all ingredients in a cocktail shaker and shake vigorously.

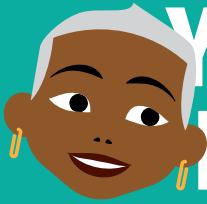
Garnish glass with sugar cinnamon rim.

Pour ingredients over ice & top with 1oz of Ginger Shandy.

Enjoy!



**Dodgy  
Dock**



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www.grenadaco-opbank.com

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www.republicgrenada.com

## CORPORATIONS & ASSOCIATIONS

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Queen's Park, St. George's  
440 - 5886 / 440 - 6783

### Grenada Chamber of Industry & Commerce (GCIC)

Frequenté Business Park,  
St. George  
440 - 2937 / 440 - 4485

### Grenada Hotel & Tourism Association (GHTA)

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### Grenada Association of Retired Persons (GARP)

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grenada.garp2011@gmail.com  
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www.nawasa.gd

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About that goat, which appeared from nowhere and is doing a good job of keeping your grass down, whilst simultaneously mutilating your favourite plants and blooms. Does it belong to anyone? Or is it just part of the landscape? That one we can't help you with! But don't forget your new-found skill of speaking to complete strangers. Check out the neighbourhood and ask around about its owner. It's all part of Livin' the Lime!

## Do you think you can call the Spice Isles home?

Of course you can, with a few small changes! Have courage; most of them will just be adjustments of perspective! The views will still be stunning, coconut water from the shell will still be refreshing, and honestly, even we don't get tired of taking never ending pictures of the stunning sunsets.

It's a bit like this; your holidays with us have been like flirting with Spice Island living. Joining us for an extended time or, coming here to live, is more like entering a long-term relationship. Compromise and flexibility are key. Finding joint comfort levels whilst creating new rhythms and routines, will help you make the transition.



We admit there are fewer material luxuries and conveniences and even the 'fast food' chains you might recognize, can't really claim the 'fast' element. That might have to be declared a misnomer! And you might even need to rediscover what it means to cook your own food! Hmmm!

However, we can promise that you'll also rediscover some of life's forgotten luxuries, like walking with your thoughts and not your phone. Spice Islanders saying good morning or afternoon, when we don't even know you... yet. It's part of our brought-upcyp\* that we acknowledge one another's existence! Easy and unexpectedly refreshing conversations with complete strangers are also one of the great perks of our piece of paradise! It all gives you a chance to remember who you were before your iCal was so jam packed!

## Vacation Mode vs. Real Life

Like us, you will keep looking for the best beach and then finally settle on your favourite. Once that priority is taken care of, yes we have; dentists, opticians, international banking services, computer stores, Apple Mac techs, printer inks and refills, barbers, hairdressers, yoga, pilates, the gym. √√√...

...And, much to our carnivorous astonishment, a steady mushrooming of options for vegans, vegetarians, gluten-free, and health-conscious foodies!

So, there you have it. Once your mind is made up, the transition is relatively straightforward.

Honestly, Grenada won't change a whole lot to suit you - you'll need to adjust to it. But once you do, the rewards are too numerous to mention.

*And, you'll be one of us...  
Livin' the Lime!*

\*brought-upcyp - good upbringing, including the use of common courtesies and good manners.



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*welcome home*

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## COMING HOME & RE-LOCATING

You may wish to begin the process by visiting: [www.gov.gd](http://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,  
Galleria Mall Complex,  
Grand Anse, St. George, Grenada, W.I.  
Telephone: (473) 440 3556 / 435 6945  
Email: [finance@gov.gd](mailto: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](http://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](http://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](http://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.**



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