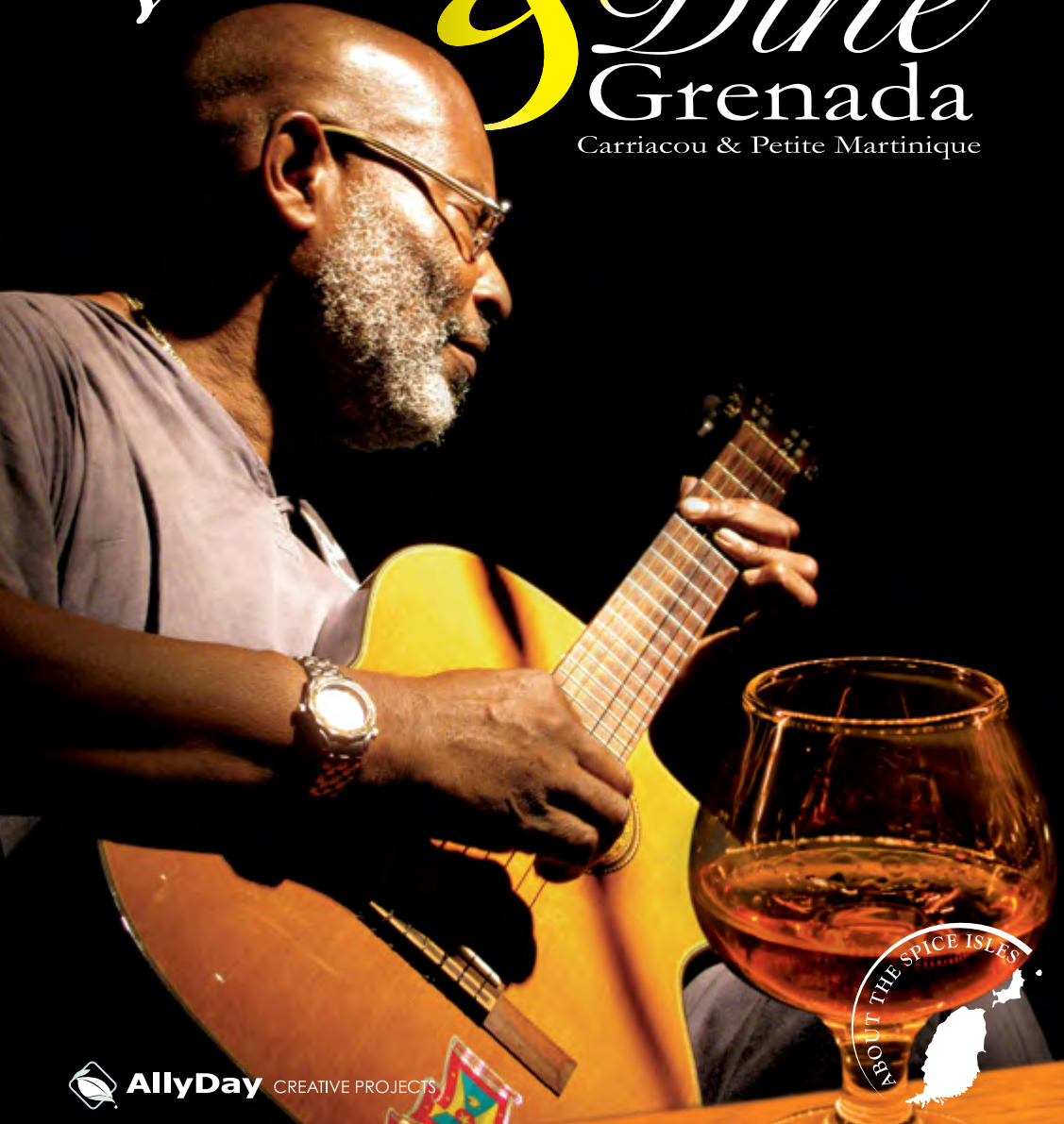


Lime & Dine

Grenada

Carriacou & Petite Martinique



AllyDay CREATIVE PROJECTS



frankly,
I don't
know
who said
it's just
sea, sand
and sun

FRAGRANCE, COSMETICS,
LIQUOR, TOBACCO AND
CONFECTIONERY.

Save from 20% to 40% off U.S.
and U.K. domestic prices

DUTY FREE
CARIBBEAN

seriously fun shopping

Duty Free Caribbean, Esplanade Mall, Melville Street, St. George's
and at Point Salines International Airport — Departure Lounge



One of Grenada's many talented live performers.



Being in your own creative space even when you are surrounded by a crowd is a very special kind of 'lime' and it takes a very special kind of 'limer' to do that.

The cover picture is of Cecil Bartholomew, an extremely talented local guitarist, musician, performer, philosopher and whole-souled embracer of life. In this picture he plays alone in his 'space'. He enjoyed his 'lime' and his audience certainly enjoyed theirs.

Amongst many other things, he is the proprietor of the Sans Souci Music Studio in St. George's, where he teaches both children and adults to play bass, acoustic and classical guitar.

You may be fortunate enough to see him perform either alone or with the band 'Quiet Fire', whilst you are visiting us. It's a 'lime' you won't want to miss!



In what has been a challenging year for everyone, we would like to express our thanks to our advertisers for their support.

The Publishers



is published by AllyDay Creative Projects Ltd.

Should you wish to join us in our next edition please contact:



AllyDay CREATIVE PROJECTS LTD

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

Tel: (473) 443 5568 or (473) 420 2132

Email: allyday@allyday.net

Website: www.allyday.net

© 2010 – 2011

All rights reserved. No part of this publication may be reproduced in any form without the permission of the publisher.

Print Run: 25,000 copies per annum

Care is taken to ensure that all the information within 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.



4 **Limin' Is**

6 **Spice Basket...
Home of Our Culture**

8 **Limin' Time**

10 **Limers & Diners**

12 **Our Island**

14 **Our Town**

16 **Boyz Lime**

28 **Girlz Lime**

38-42 **Look Who's Cooking**

54 **Lime Inn**

62 **Sister Isles Lime**

68 **Pure Lime**

78-82 **Shaken & Stirred**

86 **Art Lime**

94 **Advertisers Index**

Lime & Dine
2010 - 2011

ABOUT THE SPICE ISLES

MILE HIGH
SUCCESS!



E.T.A. **NOW**

WITH



AllyDay CREATIVE PROJECTS LTD

Graphic Design
Corporate Identity

Project Management
Publications Marketing



1 (473) 443-5568 | P.O. Box 1474 | Grand Anse, St. George, Grenada. W.I.
www.allyday.net | allyday@allyday.net



Limin' is...

...for every age,
gender and colour!

We know you can do it in your own inimitable style, but just to help, we slipped a few ideas onto this page!

Pssst! Come, we want you to look at one of our own, very serious, limin' pastimes.

Like any good 'lime', this one can provide a time out from all that 'must do' stuff you normally have on your mind.

The **challenge** is not to see this 'lime' as you take the time to explore our islands. In fact, you might even hear it in progress, before seeing it firsthand!

"Who posin'?" A double six hits the table accompanied by manly

shouts of triumph and not so manly cries of despair. These are the noises of a serious 'lime' in progress. All accompanied by stories, witticisms and 'grenadian-isms' and quite probably, 'rum-isms' from both players and limin' onlookers.

Do the ladies play too? Don't even let them hear you ask that! They do - and they ain't easy!



Lime & Dine



After each game there is the obligatory analysis and lamentation by all the players, whilst onlookers freely give their advice on how the game was lost and won. Everyone's an expert!

Cultural? Oui papa! From the tomb of Tutankhamun - allegedly where the oldest known domino set was found - to our very own village of Tivoli - where you will find not quite so old sets of dominoes!

Be warned, dominoes played the Grenadian or Caribbean way is not a low key, sedate game. Mental strategizing and signing aside... The style of play is **LOUD**.

Tivoli? Yes, you do need to find out where it is, because it's on your way to Belmont Estate, Petite Anse and a whole lot more.



Oh did we stray from the point? Ok sorry; one last thing you need to know about limin' - you can't hurry it... the 'lime' is done when it's done!

With dominoes, it's when the winning tile hits the table with a final almighty **SLAMMMMMMMMM!**



Theatre Museum Cultural Performances Arts & Craft

Smell the spices, see the spices, now live the experience at... Spice Basket.

Enjoy the lush landscape of our island when making the journey to Beaulieu, just three miles from our capital city to visit this *'Home of Our Culture'*, en route both to Annandale Waterfall and Grand Etang Lake.

The blend of island attractions and experiences which call 'Spice Basket' their home provide a cultural pot-pourri you cannot afford to miss!

Spice Basket has created, for your enjoyment, an authentic 'one of a kind' Grenadian experience, showcasing our music, dance, art & craft, cuisine, rich history and culture...





SPICE BASKET

Home of Our Culture

Whether you're staying for a few hours or a whole lot more, this is a taste of the Spice Island that you will want to savour:

Spice Basket Steel Orchestra

Enjoy the melodious and 'spicy' sounds of Caribbean pan music played from our very own bandstand.

Restaurant & Bar

'Lime' awhile. Sip on fresh homemade tropical juices and sup on exotic local dishes, all prepared to tantalize your palate in an authentic village setting.

Souvenir & Gift Shop

Find that unique keepsake amongst the offerings of our talented local artisans. You may even get to see some of their creations in progress!

Museum

Take a look 'back in time' at our rich and diverse history.

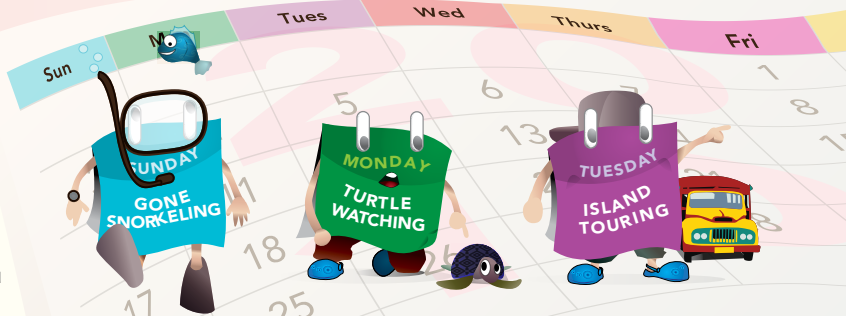
Live Theatre

Colourful and lively daily cultural performances give way to evening entertainment and our singular Dinner Theatre experience, with transport from and to your hotel included.

*Experience our culture,
our island, our world
at... Spice Basket*



Limin' Time



There's lots to do here in the Spice Isles; make sure you tell all your friends. If you manage to do half of what's here you'll have a bunch of limin' stories to tell!

This is what those 'Foodies' call an amuse-bouche, just a little taster to get you started! Please turn to the index on pages 94 - 95 to find the 'LIME' you are looking for.

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 and confirm to avoid any disappointment.

- Happy Hour 5pm - 7pm daily at **Laluna**
- Traditional Sunday Lunch at **Prickly Bay Marina**
- All Day BBQ at the **Aquarium**
- Roast Lunch from 12:30pm - 5:30pm at **The Oasis**
- Live Music 1pm - 4pm at **Water's Edge Restaurant**
- Dinner Theatre 7pm - 10pm (& Wed) at **Spice Basket**

- Happy Hour 5pm - 6pm daily at **Dodgy Dock**
- Plantation Activities & Lunch 10am - 4pm at **Belmont Estate**
- Lunch Specials daily at **Ocean Grill Restaurant**
- Beach Yoga, 6 days a week at **Laluna**
- Rum Tasting & Cocktail Mixing 5pm at **Dodgy Dock**

- Happy Hour 5pm - 6:30pm daily at **The Poolbar, Le Phare Bleu**
- Grenadian Night, Live Music from 7:30pm at **True Blue Bay Resort**
- Quiz Night at **Prickly Bay Marina**
- 2 for 1 Pizza 7pm - 9pm at **Le Phare Bleu**
- Jukebox Tuesday from 10:30pm at **Bananas**
- Live Music most night at **Rhodes**

Once you start limin' you will find more & more to do. Yes, even if that 'liquid sunshine' falls from the sky, it's not like you'll freeze here, is it?!! Limin' is not all about the weather.

Rain or shine, limin' is about your state of mind. Yeah yeah we know... and dining is all about your stomach!



- Happy Hour 5pm - 6pm daily at **Prickly Bay Marina**
- After Work Lime 5pm - 7pm at **Dodgy Dock**
- Hot Wednesday Curry Night 6pm - 10pm at **BB'S Crabback**
- Reggae - Jazz Fusion 7pm at **Aquarium Restaurant**
- Friendship Table 7pm - 9pm at **The Poolbar, Le Phare Bleu**

- Happy Hour 5pm - 6pm daily at **Victory Bar**
- Caribbean Cooking Class & Sampling 3pm at **Dodgy Dock**
- Sunset Drinks from 6pm on the **Vastra Banken**
- Latin Night 9:30pm at **Horni Baboon Bar with a Grill**
- Alternative Thursdays from 10:30pm at **Bananas**

- Happy Hour 5pm - 7pm (also Tues & Sat) at **De Big Fish**
- Happy Hour 5pm - 8pm at **The Oasis**
- Poolside Lime 5pm - 12 midnight at **Victory Bar**
- Live Music from 6pm at **Prickly Bay Marina**
- Live Music from 7pm at **Water's Edge**
- Dinner & Theatre 8:45pm at **Pirates Cove**

- Happy Hour 5pm - 7pm daily at **Water's Edge Restaurant**
- 'Walk In, Dance Out' at **Rick's Cafe**
- Live Music from 6:30pm at **De Big Fish**
- Enjoy a Signature Rum Cocktail at **Umbrellas**
- Get Pampered! Buy a Day Pass for **La Source**
- Daily flights to Carriacou with **SVG Air**



Limers & Diners

That's it people – give The Sign some loooove. Work it, work it, hooold, ok that's the shot. It's a wrap!

Ok Sabrina, let's blog it, log it, twitter tweet, whistle, sing it & face block... ok yeah, Facebook it. Oh yes, and tell the virtual world we have a Master in the House!

Got all that? You have to admit I'm pretty good at this bossy thing.

Alleynes, you got glasses instead of a mortar board for graduating? Is that why all of our heads look so big!

Kuuudos to you Alleynes

Just call me Obi-wan.

All L plates have been taken by force, helped by Sabrina!

Where's the hand brace Sabrina? Dayl, you need to stop saying 'carpel diem' to Sabrina; anyone could get injured by holding onto their beer too tightly!

Kels, I heard you ripped up your L plates too. And then put them back together how many times? Oouch I saw you, stop it with the flying kicks!

Dayl, what big heads? They're all the better for seeing us with my dear!

This is serious now I'm a Jedi and a wolf! Aawoooooo

It's **The Force** Alleynes, and I am. Or is it The Enforcer you call me Uncle Cleave? I'm only trying to make sure we stay in the black, no Kelliann not the shirts, the bank balance!

Alleynes, do we actually have to pay you now? What colour notes? Can we give you post dated cheques? Ok sorry, I'm obsessing... it's my preoccupation... I mean occupation!

Kels, I heard they renamed the 'sticks' in your honour due to your unique three point turn.
Dayl, don't worry, I got your

back with the Facebook thing as long as you pay for the next 'lime'. Don't even think about it the cheque book is locked!

Congrats Alleynes. Carpe Diem!

Dayl, our Facebook friends already know how much you love the sign and you don't even know how to post your own messages!

Alleynes, better go back to your books. Read the Tortoise and the Hare. I got there in the end – now I'm driving flies, driving sales & driving to them... Time to stop with the driving test jokes guys!

Hey Uncle Cleave, you're 'ballin' with that hat. You take the prize for this year. The sunglasses aren't making the cut girls!

Oh yes, congrats AOG

Thanks Kels, you either got it or you 'aint!

This is my 'incognito look'. Alleyne, when are we going interactive so I can add The Walk to it? Got to move with the times my man.

Yes Alleyne, we salute you, no longer a grasshopper, now Master Splinter, certified design Ninja!

Let the
Limerin'
begin!



Sabrina
D' Cash Limer ▼

I'm teaching Sabrina dollars and sense... and cents; she has been teaching me the 'science of cool', seen, irie... Are you sure this stuff is new Sabrina, seem to have heard it before? Sounds like a remix of the classics. Lover's Rock, Dub, Roots Reggae, **tune maestro, tune.....**

Been there done that!
Still got it!

Uncle Cleave
Vintage Limer ▼

Dayliah
D' Boss Limer ▶

Kelliann
D' Drivess Limer ▲

Alleyne
'Master' Limer ▼



Our Island

Approximately 45 beaches, one rainforest of note, one turbulent ocean and one calm sea, crater lakes, waterfalls of varying sizes, mountains, hills and valleys, cane fields, and innumerable spectacular views, all in and around our little dot of 133 square miles.

Grenada is as diverse an island as you might wish to visit. This diversity is also reflected in our culture.

Friendly, but shy people, we have a lot to say, but only when you take the time to listen. Free living and God fearing. With all the beauty, and even sometimes

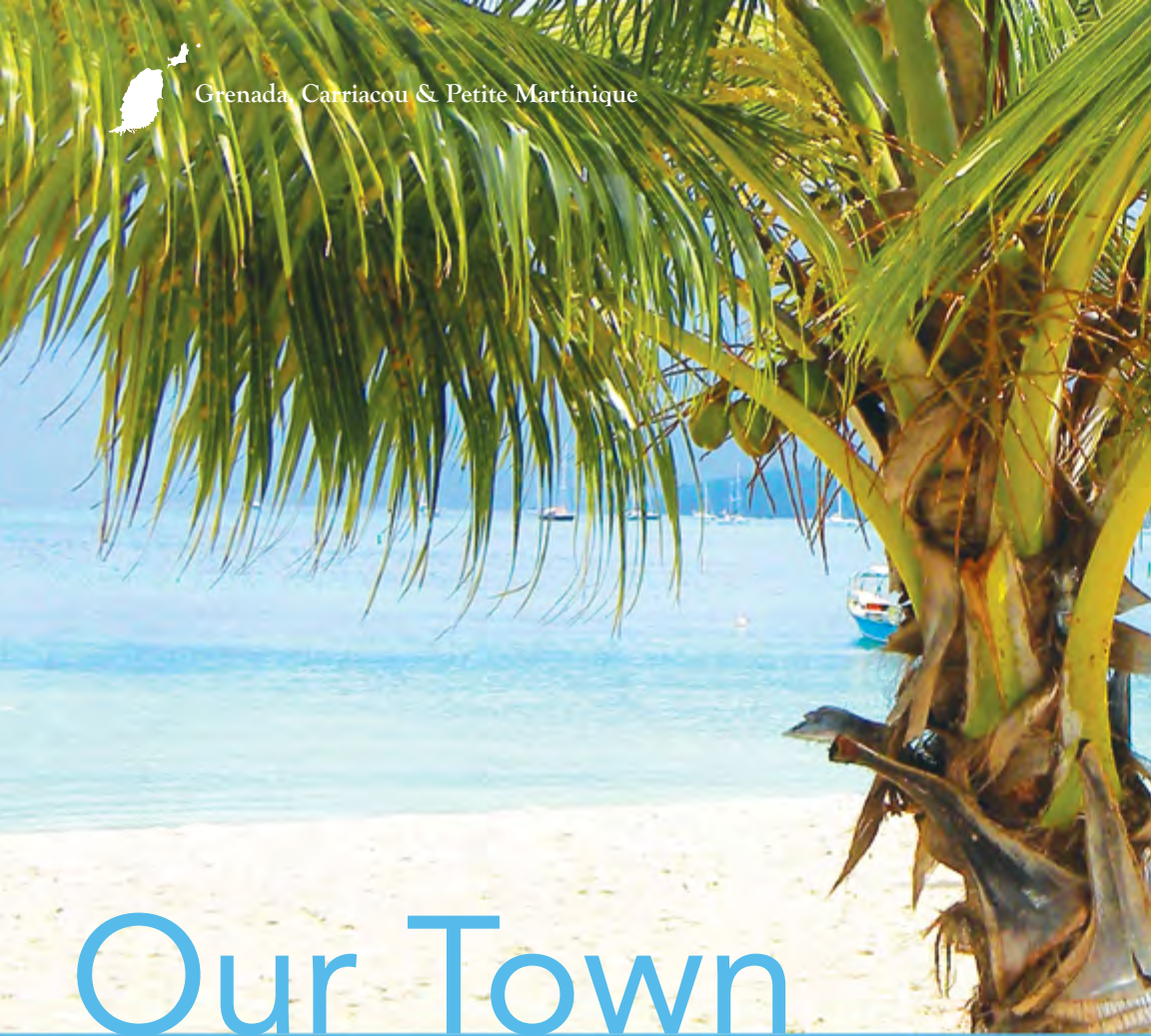


poverty that surrounds us, God is still an integral part of everyday life here.

During carnival, you will see us playing 'ah Mas' in 'small clothes' and we are happy for you to join the party. When it's over though, we like to see you in your cool summer apparel when you

explore our island, and in your swim wear, when you're on the beach.

Yes, we are an intriguing and interesting mixture. Deep and tenacious of purpose, like the strong dark blue waters surrounding the north of our island.



Our Town

In the parish of St. George, from the shores of Grand Anse Beach, you can see the town of St. George's.

As calm and peaceful as it appears from the beach, this is our metropolis and definitely worth a visit. You have to say you went to 'Town' when you visited the

Isle of Spice.

The capital of Grenada spreads out and wraps itself around the country's south west coast, hugging its picturesque natural harbour area known as the Carenage.

Called 'City on a Hill', St.



George's encompasses a number of forts, which were used for its defenses during the course of its turbulent history.

The narrow streets house all manner of historic landmarks, best seen on foot: Sendall Tunnel, The National Museum, Christ of

the Deep, Fort George & Fort Frederick, The Roman Catholic Cathedral...

Saturday mornings, bright and early, sees Market Square teeming with life and the vibrant colours of tropical fruit and vegetables in season. It too has a past of its own.



Big Boyz Toys!!!

Annual Spice Island BillFish Tournament

Boyz Lime

Any puddle, any container of water, a body of water, a good hose pipe spray, basically anything with decent splash-ability, will attract the attention of boyz of all ages!

So naturally, if it has anything to do with the sea it has to be a 'lime', especially here in Grenada.

After all, our island home enjoys both the calm of the Caribbean Sea and the drama of the Atlantic Ocean.

Our little piece of paradise, 21 miles long and 12 miles wide is the place boyz dreams are made of.

Paper boats, sailing boats, power boats, fishing boats, catamarans, hobie cats, river tubing and even a pirate ship.

Marinas, boatyards, fishing villages, rivers, estuaries, waterfalls and coral reefs.

What more could you want?

A 'damsel?' In distress?

We can do that. But we have to tell you that ours grow on trees!

Confused?

Ask any one of us. But beware this vocabulary thing could start a 'lime' all of its own!



The Aquarium

RESTAURANT

A day on the beach... the sound of the waves and the soothing sea breeze,
tropical cocktails and delicious meals served with warm smiles.

A sumptuous dinner... Caribbean infused flavours and a first class wine cellar,
relaxed music and mixology in the new lounge bar.

Come and enjoy!

The Aquarium | for reservations, please call 444 1410 | open daily from 10.00 am | closed Mondays
live music Friday nights | Sunday BBQ with live Reggae | www.aquarium-grenada.com





Bananas
Tapas
RESTAURANT

OPENS
6:00 PM - 10:00 PM

*Enjoy the little dishes of Spain
right here in Grenada!*



BANANAS Restaurant, Sports Bar & Night Club
True Blue, St. George's // (473) 444-4662

bananagrenada.com for Club Nights info

DAILY HAPPY HOUR 7:00 PM - 8:00 PM



Award Winning Restaurant Truly Authentic Caribbean Cuisine

As featured
in the 2009
TV series
"Rhodes Across
the Caribbean"

UKTV

"BB's is,
very possibly,
the best restaurant
in the world."

- Giles Coren,
*The Independent
on Sunday*

BB'S

CRABBACK



CARIBBEAN RESTAURANT

Waterfront setting
Open Monday - Saturday
Breakfast, Lunch, Dinner

"This restaurant
has a remarkable
repertoire and
everything is
played in tune."

- Charles Camplon,
The Rough Guide

"It's hard to
imagine a better
spot to enjoy
Grenadian
dishes"

- Neece Regis,
The Boston Globe

The Carenage, St. Georges
Tel: 473 435 7058 • www.bbscrabback.com

The Beach House restaurant



A quality experience in
Caribbean Dining!

Located just off the airport road before the Grenadian
by Rex Resorts, or take a daytime water taxi from the
Carenage in St. George's.

Open daily, except Sunday, from 11:00 am to 10:30 pm.

Reservations are always recommended. Limited courtesy shuttle available.

email: beachhouse@spiceisle.com

Call: 1-473-444-4455 • Fax: 1-473-444-5855





Grenada, Carriacou & Petite Martinique

Beachside Terrace

Restaurant & Bar



The **OWL**
The Late Night Place



at **The Flamboyant Hotel & Villas**

Beachside Terrace

The special place
for fun & food.

Open daily:
6:00am - 10:30pm



The Owl

Home of Grenada's
longest happy hour
4:00pm - 7:00pm &
11:00pm - Midnight
Closes at 3:00 a.m. daily



- Sports TV
- Pool
- Cocktails
- Parties

**BBQ buffet
on Sundays**

Grand Anse Beach
Morne Rouge, St. George
(473) 444-4247
flambo@spiceisle.com
www.flamboyant.com



BELMONT ESTATE

St. Patrick, Grenada

The Caribbean's Finest Agri-tourism Experience

Just an hour from St. Georges, Belmont Estate offers visitors a unique experience and taste of Grenada's culture, cuisine, history and traditions.

Set in 400 acres of lush rolling hills in the north of the island, our working plantation offers delicious food and a fantastic variety of activities for everyone.

- Restaurant
- Imagine Gift Shop
- Cultural Entertainment
- Grenville Credit Union
- Conference Room
- Plantation Tours
- Organic Chocolate
- Weddings/Parties
- Museum
- Gardens
- Animals
- Café
- Plant Nursery
- Produce Shop
- Goat Dairy
- Craft Market



BELMONT ESTATE
 ST PATRICK, GRENADA, WEST INDIES
 Tel: 473 442 9524
 E: info@belmontestate.net
www.belmontestate.net

Open Sunday through to Friday (closed Saturday)



Grenada, Carriacou & Petite Martinique

de Big Fish

Bar & Restaurant



- Bar
- Restaurant
- Dinghy Dock
- Daily Lunch Specials
- Delightful Dinner Ambience



Live Music
on
SATURDAYS

Happy Hour at 5pm - 7pm on Tues. Fri. Sat.

(473) 439-4401
Prickly Bay (True Blue side)
VHF:68



Enjoy Grenada's finest fishes
in the real Japanese style.

...Every *day* there is a choice of sushi and sashimi
prepared with the fresh catch of the day...

...Every *night* tempura and more from the kitchen...



Carib Sushi is located near Grand Anse Beach at Le Marquis Complex, unit # 16.

OPENING HOURS

Mon-Fri 11:30am-2:00pm and 6:00pm-9:00pm

Sat. 12:00nn-2:00pm and 6:00pm-9:00pm

Sun. 6:00pm-9:00pm

Tel. 439-5640

E-mail: caribsushi@spiceisle.com

NEW
Carib Sushi Shop
True Blue Road
Tel. 439 8991





Creole Shack



Nestled in the heart of the island's metropolis, and surrounded by elements that are uniquely Grenadian, Creole Shack Restaurant & Bar presents true Creole flavour through an array of local cuisine designed to tantalize your taste buds.

Tasty cooking is punctuated by an ambiance which is characterized by great customer service, world class dining facilities, and a spacious environment which all combine to make every occasion a special experience.

Enjoy dining or drinks with friends on our balcony, accentuated by a fantastic panoramic view of the Cruise Port Harbour.

Join us for breakfast, lunch or dinner Monday to Saturday and brunch on Sundays.

Come have fun with karaoke singing every Saturday from 8pm and Sunday's from 6pm.



Melville Street, St. George's (above Andall & Associates Supermarket)

(473) 435 9376 or (473) 435 9377



Voted of the '100 Hot Tables' in the world'
- *Conde Nast Traveler*

Laluna Resort, Restaurant & Beach Lounge

www.laluna.com tel: 439-0001

A photograph of a woman and a young girl sitting together on a pool deck. The woman is on the left, wearing a black top and a green towel draped over her lap. She has a white flower in her hair and is looking towards the right. The girl is sitting in front of her, wearing a white top and a pink towel, also looking towards the right. They are both looking out at a swimming pool. The background shows a building with a blue awning and a pink wall. The lighting is bright, suggesting a sunny day.

Grenada, Carriacou & Petite Martinique

Girl Talk...

Lance Aux Epines, St. George

Girlz Lime

Scraped knees and broken fingernails are the honourable markings of all respectable tree climbing, river bathing, mountain hiking, beach limin', moonlight watching, fire making, fish catching, Grenadian maidens... until they grow up (or pretend to).

We have all these escapades here on offer, waiting to be discovered by you adventurous souls.

For the equally audacious – depending on your point of view – there is eyebrow plucking (ooooouch), deep massaging, hair teasing, clothes buying and ice cream eating of course!

These may or may not leave scars of their own!

(No thank you, boyz comments are not invited!)

So girlz, go ahead and choose your poison.

Whether nature loving, or self-pampering is your passion, we have your 'lime' ready and waiting for you.

Uh uh... no apologies or guilty agonizing.

Scabby knees or shaven legs, on our island we are who we are and you can be too. No facades required.

That has to be the ultimate Girlz Lime.



Grenada, Carriacou & Petite Martinique

LAND[®]
COLLECTION

WHO SAYS YOU CAN'T CARRY LUXURY!



• BAGS • BELTS • SHOES • WALLETS • PURSES •

The Carenage, St. George's • Tel: (473) 435-0291



GODDARD
CATERING
GROUP [®] GRENADA

LIFTOFF **restaurant & bar**

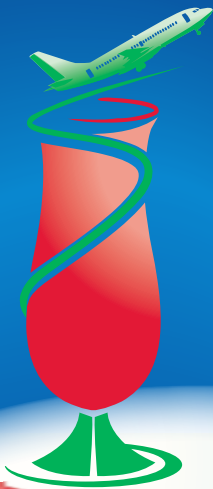
SERVES BREAKFAST, LUNCH & DINNER DAILY

EVENTS CATERING

Door to Door Delivery
Minimum 10 Covers

WEEKLY LOCAL RUM TASTING
LOCAL SPORTS WALL OF FAME

WE ALSO DO AIRLINE CATERING
for Commercial Carriers & Private Jets.



Tel: (473) 444-2896/3349 • Fax: (473) 444-3835
Maurice Bishop International Airport, P.O. Box 801, St. George's
Email: gndcat@spiceisle.com



Grenada, Carriacou & Petite Martinique

Wine Specialists | Wine Importers |



"WE BRING THE WORLD OF FINE WINES TO YOU."

*Wholesalers
Over 20 Years*

SINCE
1989



NORTH SOUTH WINES

North South proudly stocks the 'fruits of the vine' from eleven hand picked wine countries around the globe.

From the Old Wine countries including the established Champagne regions of France, to the New World Wines of the South Americas, Australia, California, & South Africa, North South offers the widest wine selection, guaranteed to please your palate and pocket.

Simply visiting North South is a special occasion! Come and choose from the world's finest wines. The only difficult decision you will need to make is whether to buy a bottle or a case!

We look forward to welcoming you.

Tel (473) 444-1182

Amber Belair Avenue

L'Anse Aux Epines, St. George

www.northsouthwines.com

info@northsouthwines.com

Retail Outlet

The Wine Shoppe

Spiceland Mall, Morne Rouge, St. George

(473) 439-(WINE) 9463

Wholesale Prices

Available to individuals and traders



Grenada, Carriacou & Petite Martinique

Ocean Grill

RESTAURANT



Situated on the most picturesque natural harbour in the Caribbean on a platform above the gentle waves of the Caribbean Sea. A visit to us is a 'must'.

Fresh air, freshly grilled entrees and a panoramic view of the white sands of Grand Anse beach accompanied by drinks of your choice, we offer an experience you will not want to miss.

The Carenage, St. George's
(473) 440-9747

8:00am - 11:00pm
Monday - Saturday





GRENADA'S PREMIER DINING EXPERIENCE

Under a canopy of stars and caressed by gentle breezes, Oliver's Restaurant sits on 1,600 feet of powder-white sand on the renowned Grand Anse Beach making it the perfect setting for dining and night life. Oliver's invites you to enjoy our gourmet, international, table d'hote menu featuring a host of local infusions, served beachside with a distinctive Grenadian touch.

SPICE ISLAND BEACH RESORT 

RESERVATIONS RECOMMENDED

For More Information Call: (473) 444-4258 or 4423

www.spiceislandbeachresort.com



Grenada, Carriacou & Petite Martinique



The Pirate's Cove Dinner Theatre

Restaurant & Bar

AT THE GRAND VIEW INN
Morne Rouge, St. George's
Directed by Richardo Keens - Douglas

**Sensational ! Entertaining ! Fun !
Memorable Performances !
"Never before has a show given more"**

Theatre Performance Fri & Sat **ONLY** At 8:45pm
Light Entertainment Mon - Thurs From 6:30pm
Delicious Caribbean & International Cuisine
Mon - Thurs 6:30pm - 10:30pm
Fri & Sat 6:30pm - 8:30pm

For Information & Ticket Sales

Tel: (473) 444 2342 / 4984 / 417 5822

www.grenadagrandview.com / gvinn@spiceisle.com



Find us on
Facebook

Pirates Cove Grenada

Every second is a treasured memory

Poolbar Restaurant



The Poolbar Restaurant is located on the beachfront overlooking Calivigny Island and is part of the Le Phare Bleu Marina & Boutique Hotel. It's the perfect location for a relaxing lime on the pool deck especially for Happy Hour with a bucket of beer. Live music is performed regularly. Our local Chef and his team offer a bistro style menu including many local dishes.

The Poolbar Restaurant is open everyday for breakfast, lunch, snacks and dinner.

Le Phare Bleu Marina & Boutique Hotel
Petite Calivigny Bay, nr Egmont, St George
www.lepharebleu.com Tel: 443 3443





Guess Who's Coming to Dinner?

Guess Where?

Look Who's Cooking

As you know, great cooks and great food are not always where you'd expect to find them and every great place to eat may not have snowy white tablecloths and polished silverware.

That's the joy of eating in the Spice Isles. You can choose.

We have all kinds of cooks. The 'measure every ingredient' kind and the 'throw it all in the pot with wild abandon' kind, plus all the other kinds which fall in between. They produce the most delicious of meals and offer truly authentic dining experiences.

Oildown, ceviche, roti, sushi, baby back ribs, lobster any style...

Sugar burning, crab currying, dumplings rolling, jacks frying...

Doesn't make sense? Feel free to ask. Most of us here pride ourselves on our special rendition of some local dish or the other.

Tamarind, shado beni, seasoning peppers, dasheen, callaloo, edoes, sweet potato, plantain, big leaf thyme. Mmm... even if you don't know what they are, breathe deep and you can smell them...

Remember the 'lime' is in the discovery and it's not necessarily accompanied by the clink of knives and forks.

What are you waiting for? Lets 'Look Who's Cooking!'



Look Who's Cooking

Ask any chef or cook what makes a great dish and they will tell you – “the ingredients, how they come together, work together and compliment each other...”

Ask two best friends what makes for a great friendship and the answer is pretty much the same.

We did ask. Roxanne aka Roxy, an Irish woman who was introduced to circus performing along with the rest of her family from infancy. And her best friend Leenet aka Lililay, who experienced all the fun and adventure of growing up in Petite Martinique.

Sharing mischievous looks between themselves whilst looking at a childhood photo, they allowed us to reminisce with them. Being able to tell what the other

is thinking is a luxury that comes with a friendship which has lasted over seventeen years and at least a couple of oceans.

Nothing could top the times when they had Roxy's parents' 'Round House' all to themselves! “We used to cook, dance and get into all sorts of trouble!” says Leenet with amusement. “We was just on the move you know, we'll cook and move, have a little picnic and get a lil' drunk.”

“Leenet's Mom taught me how to ‘burn sugar’ to colour chicken and how to cook rice & peas” adds Roxy reminiscently. “The first thing I cooked all by myself was chicken and dumplings.”



When Roxy's family 'settled' in Carriacou, the girls spent Christmas and summer vacations alternating between each other's homes on Carriacou & Petite Martinique.

These venturesome escapades were the early ingredients in the journey towards their shared passion for cooking.

Roxy completed school in Carriacou and then traveling thousands of miles away from Leenet, got her first taste of professional cooking working on Super Yachts. In 2005 she came back home and, with her partner Phil, took over the running of the family built Round House Restaurant & Cottages.

With the seeds already sown, an ever-growing love for food and a one-month course in professional cooking, she was

ready to light a culinary beacon!

"I just like cooking" she says with a smile. "You can just do what you want with food, as long as it tastes good. It's not strict, you don't have to put a comma in between, you can just work it your way."

Leenet shares the same love for cooking. "especially because she can eat it afterwards" Roxy says, pushing Leenet in the side whilst laughter ricochets between them.

Roxy describes the first night she cooked 'properly' at the Round House as a "scary" event. The guest count? Four! A year later it was more like 40!

Knowing it's hard for your best friend to refuse you much, she soon persuaded Leenet, by then a pre-school teacher, to join her at the restaurant. Without a moments hesitation, Roxy and Lililay became a team once more.

Since then, Roxy captained the Grenada Culinary Team to achieve silver medal status at the CHIC competition in 2007. To our advantage and yours, this great team still work together but now in two

different kitchens.

Working and learning alongside Roxy over the years, made Leenet the first and obvious choice for managing Roxy and Phil's second culinary venture,

"We bounce ideas off each other on how to run things"



'The Oasis Bar & Restaurant'.

So whether you decide to visit **The Round House** in Carriacou or **The Oasis** in Grand Anse, or both, you will find good ingredients and good food prepared by two women who love what they do.

The main ingredients in this friendship: love, honesty, straightforwardness and a bit of alcohol for flavouring, are a winning recipe both personally and professionally.

Their favourite 'lime?' Old Years Night and New Year's Eve in Windward, Carriacou.

Hmmmm... hang on, who's going to be cooking then?



Coconut Crusted King Fish on Creamed Pumpkin & Potato with Tomato, Mango & Chive Salsa

King Fish Ingredients & Preparation

4 tbsp extra virgin olive oil
1 garlic clove - crushed
2 pieces of boneless king fish fillet (5 – 6 oz each)
¼ cup all purpose flour
1 large egg - beaten
½ cup dried unsweetened coconut – grated
1 lime
Salt & pepper

- Mix 2 tbsp of oil, the garlic and a pinch of salt & pepper.
- Add a squeeze of lime.
- Place fish into marinade until ready to cook.
- Preheat the oven to 450° F.
- Dip the fish in the flour, then into the beaten egg and lastly into the grated coconut.
- Heat the remaining 2 tbsp of olive oil in a frying pan and quickly brown the fish on all sides.
- Place fish in oven for approx. 6 - 7 minutes.

Creamed Pumpkin & Potato Ingredients & Preparation

2 large potatoes - diced
2-3 oz pumpkin - diced
1 tbsp butter
Salt & pepper to taste

- Place diced potato and pumpkin in a saucepan and cover with water. Bring to the boil and cook until soft.
- Drain water.
- Add butter and then mash the ingredients together.
- Add salt & pepper to taste.
- Keep warm.

Tomato, Mango & Chive Salsa Ingredients & Preparation

¼ cup extra virgin olive oil
1 garlic clove - crushed
1 medium tomato - cut into ¼ inch dice
½ tbsp parsley - finely chopped
½ tbsp chives - finely chopped
1 tbsp rice wine vinegar
½ firm & ripe Julie or Ceylon mango - cut into a ½ inch dice
Paprika
Salt & ground pepper to taste

- Mix all ingredients together.
- Season with salt, paprika & freshly ground pepper.

To Serve

Serve King Fish immediately with the creamed potato & pumpkin and salsa.



Marinated green papaya salad

with guava vinaigrette



Ingredients & Preparation

Serves 4 - 6

- 1 large green papaya (2lbs)
- 100g chives - chopped finely
- 3 cloves of garlic
- ½ stick of lemon grass - chopped finely
- 1 stick ginger - peeled & crushed
- 2tbsp shado beni - chopped
- 4 limes - juice & zest
- 1tsp hot pepper sauce

Guava Vinaigrette

- 65ml guava pulp
- 2tsp Dijon mustard
- 2tbsp sherry vinegar
- 115ml (pint) olive oil
- salt & pepper to taste

- Peel and cut papaya into thin strips.
- Blanch the strips in a large pan of boiling salted water for 20 - 30 seconds.
- Refresh in cold water and drain.
- Add all remaining ingredients including lime juice and grated zest.
- Marinate for 1 – 2 hours.

- Blend the mustard, sherry vinegar and olive oil using a stick blender or liquidizer.
- Add this mixture gradually to the guava pulp so that all the ingredients blend to a smooth consistency.
- Use salt and pepper to taste.

Visit www.allyday.net to get your copy of Tastes of Spice cookery book



Bogles Round House Restaurant & Cottages in Carriacou

“The improbable Bogles Round House, in the miniscule village of Bogles, on the leeward side of the island, takes first-timers by surprise. The quirky round stone building with wagon wheel windows belies the handful of elegantly set, much-in-demand tables, where 26 year old Roxanne Russell offers a short but sophisticated menu that changes every few days” – Gourmet Magazine Feb. 2009

www.boglesroundhouse.com or Tel +1(473)443-7841



Open all your senses at...



Happy Hour
from 5:00pm - 8:00pm
on Fridays

Roast Lunch
every Sunday



Situated on the grounds of Jenny's Place, just a few steps from Grand Anse Beach

This hideaway, tranquil spot, home to great food and the perfect setting for good company, truly lives up to its namesake.

The gently lapping waters of the Caribbean Sea upon the shores of Grand Anse Beach make this a picture postcard setting.

Lunch time snacks, sunset drinks, candlelit dinner... and maybe even live music in the background, are all on offer at The Oasis.

Call: (473) 439-5186
www.jennysplacegrenada.com/restaurant.html



PRICKLY BAY MARINA



Enjoy the sunset and a sundowner at our Happy Hour 5pm – 6pm daily. You'll definitely want to stay longer and experience our...

Restaurant & Pizzeria **Real Gelato** & Real Caribbean Atmosphere Bay-side!

Open daily for breakfast, lunch & dinner
Swing by on **Tuesdays** for Quiz Night.
Fridays for Happy Hour & Live Entertainment &
Sundays for Traditional English Sunday Lunch.

Lance Aux Epines
Tel: (473) 439-5265
info@pricklybaymarina.com



GOOD TIMES BEGIN WITH GREAT BRANDS



Pernod Ricard Brands “for the Good Times!”

Present your personal copy of Lime & Dine to receive a 5% discount on all Pernod Ricard products

Available at **Renwick Thompson & Co.**

Call us : (473) 440-2198 • email: Renthom@spiceisle.com



Grenada, Carriacou & Petite Martinique

RHODES

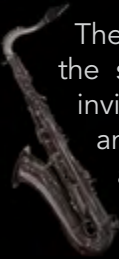
at

The Calabash

Hotel & Villas



First class cuisine, fine wines and impeccable service are the magic created by the partnering of inimitable Calabash style and Gary Rhodes culinary achievements.



The gentle playing of ivory keys, the sultry wail of the saxophone, invigorating Caribbean rhythms and more, ensure that more than a pinch of spice is part of your Calabash experience.

Join us for dinner or drinks

Open daily 7:00pm - 10:30pm • Live entertainment most nights

Visit our Beach Bar & Restaurant open daily 10:30am - 6:00pm

Lance Aux Epines, St. George • Tel: (473) 444-4334 • www.calabashhotel.com

Relaxed dining and the best night-time views in Grenada are just two reasons to visit Savvy's Restaurant at Peter de Savary's Mount Cinnamon Hotel.

Savvy's offers a changing menu highlighting the best of local, seasonal ingredients prepared and presented in a Gastro-Pub style.



Mount cinnamon Savvy's

Full Moon Dinner. Only for the truly romantic. Each full moon we will offer just 5 couples the opportunity to enjoy a champagne dinner at our Cabana beach club.

Jenny & Jazz, every Tuesday night. Jenny, Grenada's favorite jazz musician, will be performing from 6:30pm - 9:00pm

Thursday is Pasta Night, each week our cooks will be preparing and presenting, buffet style, a choice selection of Italian favorites. Pre-dinner tasting of wines will be provided.

Juke Box Night, every Saturday night, come and play your favorite vinyl selections on our 1950's restored classic jukebox. Come in character and we will provide complimentary pre-dinner cocktails.

Open for Dinner • Tuesday through Saturday • 6:30pm until 10:00pm
For reservations: (473) 439 9900 • info@mountcinnamongrenada.com
www.mountcinnamongrenada.com



Grenada, Carriacou & Petite Martinique

25 YEARS OF

**Sugar
& Spice**

EST. 1985

OVER
40
FLAVOURS

VERY OWN
GRENADA'S ICE CREAM

L'ance aux Epines, St. George • Tel: (473) 444-4658

Email: sugarspice@spiceisle.com

Goat-Cheese Terrine with Roasted Pumpkin and Fried Plantain



Seared Tuna in a Lime & Honey Marinade with Papaya Dressing



The Västra Banken Chocolate Plate



Västra Banken

RESTAURANT

Enjoy a magical fine dining experience!



Le Phare Bleu Marina & Boutique Hotel
Petite Calivigny Bay, Grenada
Tel: (473) 444 2400 or 443 3443

www.lepharebleu.com



Open daily 7a.m.~ 12p.m.
Breakfast ~ Lunch ~ Dinner
Happy Hour everyday 4~5p.m.

Waterside marina dining with
a relaxed and friendly bar.

Ideal spot for Weddings, Birthdays and
family gatherings. Come for a
snack, poolside cocktail or three
course meal and enjoy the
boats and the carenage
across the
lagoon.

For Reservations: 435 7263
victorybar@gmail.com



Live Entertainment!
Fridays & Sundays



The Water's Edge

Restaurant & Bar
Bel Air Plantation Villas

A cool drink, whilst enjoying a stunning multi-hued sunset over St. David's Harbour. An enticing selection of signature island dishes, allowing your palate to experience our local herbs and spices. All on our waterfront patio facing the ocean and surrounded by tropical gardens. The only competition in sight are the 360° views which are yours with our compliments when you visit:


The Water's Edge Restaurant & Bar, Corinth, St. David's

Open daily 7:00am to 11:00pm

Tel: (473) 443-2822

www.belairplantation.com • watersedge@belairplantation.com





A Room with a View

Petite Calivigny, St. George

Lime Inn

If you are deciding to come and visit, are already here, or are even fortunate enough to live here, you have the opportunity to give the saying **'variety is the spice of life'** a chance to prove true.

We have guesthouses, bed & breakfasts, small boutique resorts, hideaway cottages - many with the prerequisite hammock - and a whole lot more, depending what kind of limin' mood takes you.

Some have great restaurants & bars on their own premises, but all will point you in the right direction towards finding the nearest places to be fed and watered, if they can't provide for you themselves.

It's all about your

convenience and comfort. Some provide a good stopping spot if you decide to 'live it up a little' in our capital city St. George's, or parish, St. George (yes, something else for you to find out about). Some exist around their breathtaking views and novel experiences and some just for you to get away from it all.

They are all waiting to be happened upon... stop and linger for a night, a weekend, or more. Once you venture out to explore the multi-faceted appeal of our island, it is quite probable that you will decide you want to stay. So, let us help you to find a place to 'Lime Inn.'



THE HORNI BABOON

Bar with a Grill



Enjoy a party atmosphere every night in a seriously relaxed spot. Cold drinks, cool company & a variety of 'eats' off the grill.

At Horni Baboon we don't fuss, we just let it happen. It's pure fun in the sun, whilst the calm waters of The Lagoon, look on at the scene we create!

*Need somewhere to fall down?
We are also home to Lazy Lagoon Cottages.*

Horni Baboon / Lazy Lagoon • Lagoon Road, St. George's

Call: (473) 420 2914

Email: lazylagoon@gmail.com

Web: www.grenadaexplorer.com/lazylagoon



An intimate collection of seven solar-powered, artistically designed 'banas' overlooking the Aquarium Restaurant on Magazine Beach. Boutique hotel services & amenities fuse with ultimate Villa privacy. Make time for kayaking, an art lesson or a hike in the rain forest. Enjoy your private massaging hot tub, a relaxing spa treatment on your deck or a romantic dinner personally served by our chefs as the sun sets.

BARE-FOOT LUXURY

POWERED BY MOTHER NATURE



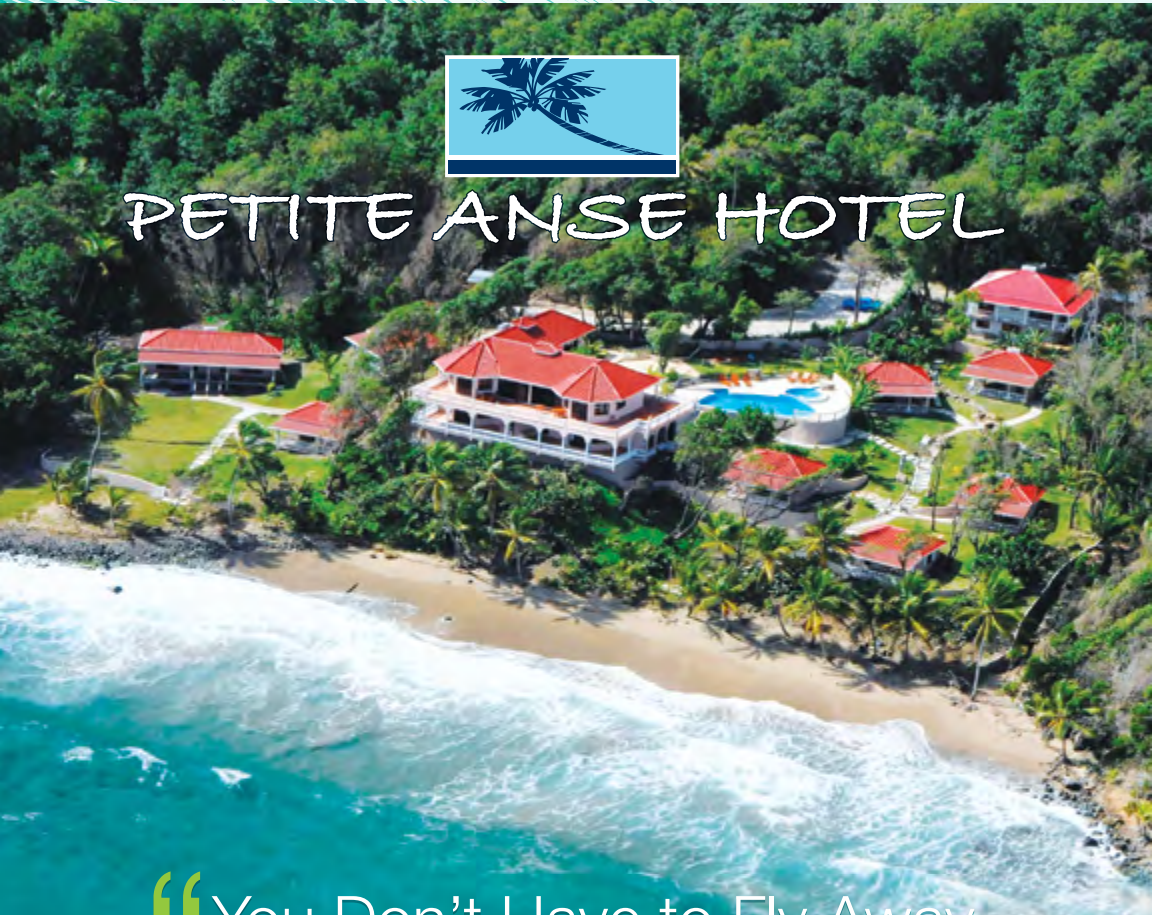
phone (+1 473) 439 5355 cell 535 1900 macabana@spiceisle.com www.macabana.com



Grenada, Carriacou & Petite Martinique



PETITE ANSE HOTEL



“You Don't Have to Fly Away
...to Get Away!”

St. Patrick, Grenada (473) 442-5252
www.petiteanse.com info@petiteanse.com



Rohanthon DuBissette's GUEST HOUSE

Enjoy the air conditioned comfort and privacy of our fully furnished, self-contained apartments.



Located just minutes away from Grand Anse Beach and seconds away from the bus route to our City, the shops, the restaurants and lots more...

Your choice for comfort & convenience

Rohanthons

Tel/Fax: (473) 439-8541

Mobile: (473) 407-2092

P.O. Box 1209

Grand Anse, St. George

email: rohanthon@spiceisle.com

www.rohanthon.com



Grenada, Carriacou & Petite Martinique

Soak Up The Scene

Grenada Boutique Resort & Villas



TRUE BLUE BAY



Adventure



Accommodation



Dining



Romance



www.truebluebay.com
lime&dine@truebluebay.com
(473)-443-8783
Follow us

skype True Blue Bay Resort



Home of

**Dodgy
Dock**

Woburn Villas

"A Hidden Gem in Grenada..."

"Your Home Away from Home"



Whether you live in our beautiful
Spice Isles or are visiting us,

Come & Stay...

...in our beautifully furnished, fully equipped
self-catering apartments. We're not competing
with the stunning view swept by cooling
breezes, but here you can enjoy it even more.

Upper Woburn, St. George
Grenada Office
+1 (473) 443-2137 / 5997
Mobile
+1 (473) 537 8935
UK Office
+1 44 208 287-3729

enquire@woburnvillas.com
www.woburnvillas.com



Grenada, Carriacou & Petite Martinique

Ancestral Rhythms

The Annual Carriacou Maroon & String Band Festival
www.carriacoumaroon.com

Sister Isles Lime

Approximately 25 nautical miles north and 1000 mental miles from the mainland, lies the largest of the Grenadines. But she is still our little Sister Isle, Carriacou. Travel another 2 ½ miles across clear blue water and quantum leap your mind into the world of Petite Martinique.

Aerial views of sand-hugged and ocean-kissed shores can be yours, if you choose to fly the twenty minutes it takes to reach this 'other worldly' destination.

Mermaids have been seen and painted here!

The calm and sleepy exteriors of our siblings, belies the rich local heritage and culture which pulsates through their veins.

These are islands with dark and light skinned inhabitants in contrasting and complimentary hues. With eyes of brown, grey, green and blue which declare their African, Scottish and Irish ancestry. Dig if you will...

They are also indisputably linked with Canute Calliste, Saraca, Parang, String Band, Anse La Roche, Maroon, Sugaring the Piton, Wetting the Ring and much, much more...

Don't be fooled by what you see in your first few glances. Three quarters lie beneath the surface.

Take a breath and dive in.

Caution! You will have to stay and 'lime' to do so.



Grenada, Carriacou & Petite Martinique

Serving the Caribbean, North and South America



*Personalized Service
Day Excursions to neighboring Islands
Stretcher Cases . Freight Service
Individual or Group Charter*

SVG AIR
AIR TAXI SERVICE

Twin Props & Business Jets

784-457-5124/5777

when in Barbados call:- 246 247 3712 | Grenada (473) 444 3549/1475

Carriacou (473) 443 8519 Email: cayak@spiceisle.com

PO. Box 39, E.T. Joshua Airport, St. Vincent & the Grenadines

Fax: 784-457-5077 | www.svgair.com | info@svgair.com



www.boglesroundhouse.com

www.carriacouvillas.com

Carriacou Villas has been providing *Carriacou* with Property Management and Villa Rental services for more than 3 years now.

All our villas are found in the finest locations on *Carriacou*, offering great views as well as easy access to nearby beaches and restaurants. We offer a comprehensive professional service for both holiday makers and villa owners. Contact us at +1-473-443-7841 or visit either of the above websites for more information.





Grenada, Carriacou & Petite Martinique

The Chapeau Carré

CAFE • RESTAURANT • BAR

Sandisland Gift Shop



waterfront dining...

carriacou tours & realtor

WWW.CARRIACOUREALTOR.COM



The Chapeau Carré

Tel : 1.473.443. 6189/8001 • VHF Ch. 16 • email: chapeaucarre@gmail.com
Cel: 1.473.415.0189/416 6573

Wayne's Auto Rental & Services

Rental • Sports Bar • Car Wash • Auto Repair

Rent & Drive in style now!

"Get in gear for the ultimate Carriacou experience"



The Esplanade, Main Street, Hillsborough, Carriacou
Office: 1 (473) 443-6120 • Mobile: 1 (473) 409-0703 / 407 0703
Email: waynesautorentals@yahoo.com



Where the Wind Blows...

Raindancer, Classic Schooner – near Glovers Island

Pure Lime

Sun, sand, sea and...
rum? Naturally!

The challenge is to vary the location.

Mosquitoes? We have the gregarious kind and they may want to give you a love bite or two! But hey, if you're a 'pure limer' that's not a problem; you know what you need to do.

There is a theory that a shot or more of our world renowned, locally distilled rum will keep them away. But what if they enjoy it and sing louder? After all, we do!

With this in mind, depending on your preference, you might want to put a visit to our rum producers a little higher up on your 'must do' list.

Tutti Fruitti, River Tubing, Seven Sisters, Scaramouche, Fruits of the South, Surf & Turf and more, more, more... go for it. Let your curiosity get the better of you, call one of our tour companies.

We also have a Rain Forest with Seven Sisters, the Grand Etang and a Mountain called Qua Qua. All the more reason to take on the challenge of a 'pure lime!.'

Here's a tip; if you are here at the right time, do anything which has to do with moonlight!

Our moonlight is the truly fantastical kind. Anything you do under its glow will go down in the annals of your vacation history.



Grenada, Carriacou & Petite Martinique

The Ultimate Rainforest & Island Experience

"This is Eco-Tourism at its best..."



Explore Grenada's natural beauty in unspoilt locations not often ventured into by visitors!

*Princess Cruises
'High Volume'
Tour of the Year,
Grenada
2007-2008*

Call: (473) 444-JEEP (5337)
www.adventuregrenada.com

FIRST IMPRESSIONS LTD.

Catamaran Tours



ENJOY
A DAY
OF
FUN!

Swim in crystal clear waters.
Go kayaking or relax on a floating
hammock.

Full & Half Day Sailing Trips

Deep Sea Fishing
Drift Party Fishing
Hog Island Trip
Karaoke Dinner Cruises
Sea Safari Tours
Sunset Cruises
Whale & Dolphin Tours
Wedding Sunset Cruises
and MUCH MORE



OR CREATE YOUR
OWN CRUISE.

All tours are inclusive of rum punch, beers & soft drinks.

Contact your tour representative or call : (473) 440-3678 / 407-1147 / 418-2083

Allamanda Hotel, Grand Anse, St George.

Email: starwindsailing@spiceisle.com Web: www.catamaranchartering.com



Grenada, Carriacou & Petite Martinique

EXPERIENCE THE SPIRIT OF GRENADA

with our World Class Rum.



Grenada's No. 1 Rum



NICK'S BARREL HOUSE

Grenada Distillers Ltd., the makers of Clarke's Court Rum, has been in operation since 1937. We are renowned for our array of gold and silver medal winning rums.

Owned and managed by Grenadians, we warmly welcome you to visit our factory and taste our rum at Nick's Barrel House.

Clarke's Court Rum is available duty free at the Maurice Bishop International Airport and also at most retail outlets in Grenada.

Grenada Distillers Ltd.
Woodlands, St. George, Grenada
Tel: (473) 444-5363/5736
Website: www.clarkescourtrum.com
Email: sales@clarkescourtrum.com



FURNITURE MADE FROM RUM BARRELS





Laluna Asian Spa & Beachfront Yoga Pavilion
Spa menu and daily Yoga schedule at : www.laluna.com
or call us at : 439-0001



Amazing Things Happen When You Introduce Your Body To Your Mind

We call LaSource 'the amazing holiday' because it truly is Grenada's most amazing resort. We offer you many opportunities to reconnect body-mind balance for a feeling of ultimate well being. Treat yourself to a Day Pass at our exclusive luxury inclusive resort, add pampering treatments at our Oasis Spa, or you can simply enjoy an evening of sumptuous dining and live entertainment.

Please call 444 2556 and arrange to visit us for the day.

(Day passes and dinner passes are available to both local residents and island visitors)

www.theamazingholiday.com

LaSource
GRENADA
THE AMAZING HOLIDAY



'See the quintessential Caribbean in style'

Everybody needs at
least one unforgettable
experience. Here it is...



From the minute you see the aerial view of Grenada afforded by the light aircraft you know that this is going to be a special day.

Twenty-five minutes of flying to Union Island, and then on to the nearby jetty to be transported to your sailing vessel – Scaramouche.

There she waits, pitch pine and white cedar constructed on the shores of our sister isle, Carriacou. This aged schooner with its sails to the wind, offers plenty of space, comfort, shade & sun. Above and below her decks admire the craftsmanship which forged her.

EXHALE... Close your eyes,
RELAX those shoulders, you
are about to experience the
completely **SUB'LIME'**.

The picture perfect scenery of the Grenadines, Mayreau, Tobago Keys and Palm Island, all with water which looks as though it were coloured by a giant paintbrush. Clear enough to view the sea bed, deep enough for your most perfect dive.

Today is your opportunity to get up close and personal with turtles and iguanas! The choice is yours.

If all this is not enough then here's one for the telling – you are walking the same decks as Jack Sparrow aka Johnny Depp of Pirates of the Caribbean fame!

Ask the crew they willingly tell all!



For further
information &
bookings contact:
Sunsation Tours
Morne Rouge,
St. George
(473) 444-1594



P.O. Box 813 • www.grenadasunsation.com • qkspice@spiceisle.com



Cool Therapy

Dodgy Dock, True Blue Bay Resort

Shaken & Stirred

Mangoes, soursop, paw paw, golden apple, watermelon, pineapple... juiced, pureed, smoothied, frozen and ice creamed of course. Snow-ice, snow cone, pen-a-cool... all created in an effort to 'chill us out' on our sun-drenched island.

Or your preference may be:

Corks popping, beverages frothing, bubbles rising, shades of white and amber flowing over ice, glasses clinking.

Whatever your choice of liquid refreshment and where, the constant hum of voices, stories in the telling, jokes in the re-telling and peals of laughter are the signs of a good 'lime' in progress!

It couldn't be anywhere but the Isle of Spice with our unequalled mix of :

1 measure - Our sunsets
1 measure - Our beautiful water
1 measure - Our lush landscapes
Double measure - Our Grenadian hospitality.
1 measure - Our rum
Sprinkle to taste - Our famous spices

'Mix in well' and enjoy!

Where? On the rocks, with water, in the water and even under and in 'Umbrellas!'

Confused again? Don't worry we're going to explain.

P.S Whatever you decide to do, remember you're in the tropics - please drink enough water!



Shaken & Stirred

When we think about the tropics, our first thoughts are usually of the beach, blue water, sugary sand, frozen cocktails, beach loungers and... no, not parasols maybe sun-shades, but most of the time... simply umbrellas.

Let your imagination run riot. Randomly scattered, colourful haphazard arrays of them and here and there one or two abandoned on the hot, white sands, like a mirage on a desert island. Yes limers, we have them all.

...but Grenada also has an additional special collection all of its own, a new and exceptional shady 'liming' spot.

In the right place, **On the beach**, at the right time, **On the beach**, with the right drinks & food, **On the beach. Umbrellas!**

You won't be able to miss it as you take a sloooooow walk along Grand Anse beach. Natural wood decking with colourful umbrellas vying for attention on its open-

air upper floor, facing the Caribbean Sea.

This is a multi-cultural, multi-faceted mingling spot. Child friendly, adult friendly, just plain friendly... the right place to 'kick back' or even knock something back, under our Caribbean sun.

Umbrellas offers the best of rum cocktails concocted with rums of character, fables and mysteries, blended, aged and bottled on our shores and all directly linked to our very own Westerhall Estates. You may encounter an interesting discussion amongst connoisseurs when you visit!

Naturally you'll find more than rum here! After all, a bar's a bar and this one knows not all of us appreciate a fine rum, even when it's staring us in the face.

Forget the cliché 'seen one bar seen them all...'

Umbrellas is an exceptional bar offering a variety of drinks and a great selection of food to soak it all up!

A chunk of history, an ocean of water, a sprinkling of spicy intrigue and a serious dash of rum related stories, over ice? That's Umbrella's!

Located on Grand Anse Beach, it's a new structure but not a new idea, owing its existence to fond memories of the Aquatic Club, Africa, CotBam and Morne Rouge Beach Club. You've never heard of them? Sounds like a good reason to get in and under 'Umbrellas' and hear the story. We all know there's no place like a bar for telling one!

And who better to tell it than the three guys who own it? Graham, Keith and Wayne. Two of them happily say that you can find them sitting at the bar, limin'. You'll have to visit to find out which two – we're not incriminating ourselves!

Graham who is an integral part of Westerhall Estate Ltd. is eager to get 'instant feedback' after those Umbrella signature rum cocktails. You can always try asking if the drinks are on him – if you catch him on the right side of the bar! Normally his customers 'buy and go' so

this is novel for him. Make his day and let him know what you think. After several necessary samples let him know what you really think!

Wayne who has been watching Umbrellas Beach Bar rise from the ground - it is named after Keith's mums former beach stopping spot - is now in his element with a team of youthful and enthusiastic staff. His vision: Making sure that the welcome you get make it not only a shelter but a true Caribbean watering hole!



But what about the recession?

Surely the last thing we need is a new bar?

Keith tells us 'There's never been a better time to open. No matter what's going on, everyone finds time to sit behind a bar. It is the time honored leveler where the world's complex problems are solved, so easily.

People want to drink rum, talk and drink rum or whatever and talk and...

Don't worry, you won't need deep pockets to visit – we checked it out already!

So pay 'Umbrellas' a visit, you'll want to go back.

Remember the name, you heard it here first... or was it from one of those famous pop stars?



Crimson Mojito

Ingredients

1.5 oz White Jack Rum
12 fresh spearmint leaves
7 oz club soda
4 parts watermelon
1 oz Grenadine syrup
½ of a fresh lime

Preparation

In a cool tall glass, muddle the mint, lime juice, Grenadine syrup and blended watermelon. Add the crushed ice, rum and soda. Stir well.

Garnish with a lime wedge and a few sprigs of mint.

Serve and enjoy!





Rum Stories
COCKTAIL BOOK

Grenadian Banana

Ingredients

- ½ oz Light Rum
- ½ oz Crème de Cacao
- ½ oz Crème de Banane
- ½ Banana
- 2 scoops Vanilla Ice Cream
- 1 Banana, sliced.

Preparation

Blend all ingredients, except sliced banana, at low speed for a short length of time.

Pour into a large brandy snifter and add sliced banana.

Sprinkle lightly with nutmeg.

Garnish with fruit of your choice.

Visit www.allyday.net to get your copy



Westerhall Estate

Water Wheel



Westerhall Estate's Rum Distillery & Park invites you to visit and see for yourselves the history and relics of a bygone era side by side with 21st century processes.

Dam & Aqueduct



Mango Trees

Meet with our guide and follow his footsteps and those of his predecessors around the old estate grounds, see the signs of yesteryear surrounded by the lush foliage of today.

Old Crane



Old Boiling Pots



Stills

Sugar Area



Cynthia Hughes Collection





X marks the spot! – Free tasting of the blends for which Westerhall Estate has become renowned throughout the Caribbean and beyond.

www.westerhallrums.com



**GRENADA'S PREMIUM
RUM PRODUCER
MAKING RUM SINCE 1800**

**A conservationist's pleasure
and a rum connoisseur's
dream!**

**Open daily for tours
Please call in advance
to avoid
disappointment**



In the beginning...

Local sculptor Wayne Snagg - Calliste, St. George

Art Lime

Art in Grenada is a tapestry of traditions, talent, and a special way of looking at and interpreting our environment. The night music of the grasshopper, the seductive lull of waves breaking on the shore, rich melodious spiritual singing...

There are so many ways to experience this integral part of our culture, you may want to let us help you. Look without prejudging and you may discover some of our remarkable artisans in very unexpected places.

Just one stroll along our most famous beach will bring you to the home of **Grand Anse Craft & Spice Market**.

Step inside. 'Lime' awhile. There's no charge!

Enjoy the colourful wares and the equally colourful exchange of friendly banter, accompanied by tantalizing fresh local juices and authentic local 'fast' foods. This slice of Grenadian culture is an insight into the bright fabric of our island.

Home to sculptors in both classical and non traditional mediums, we boast 'Creatives' internationally renowned, and those as yet 'in waiting.'

Galleries, Theatre, Steel Pan, Opera... hand crafted glass jewellery, wood, black coral...

This tapestry of ours is a living organic creation.

You can help it breathe.



... and saw that it was good!

PARADISE GLASS Grenada

ART GLASS

online Shop:
www.mariamcclafferty.com

email:
mmccparadise@caribsurf.com



JEWELLERY

Available at Esplanade Mall
Melville St, St. George's
Tel No. 440 3010 - Studio;
439 0789 - Shop
Cell 415 8824

Art Glass and Art Glass Jewellery is designed and made in Grenada
by Maria McClafferty



GRAND ANSE CRAFT & SPICE MARKET

Enjoy an authentic Grenadian experience

A wide variety of spices, jewellery, crafts, souvenirs, local food & drinks and even your beach chairs! You'll find them all here.

We look forward to your visit!



Local Art & Craft

Ann-Marie's Fashion Wear & Gift Shop

Culture Man ● Island Expressions

Jackie's Creations ● Jean's Craft

Louise's Gift Shop ● Pam's Spicy Fashion

Sun Seekers ● Touch of Spice



www.grenadagrenadines.com

SUN, SEA, SAND... SOUVENIRS & SNACKS ON GRAND ANSE BEACH



Local
Food &
Drinks



Beach Bum Corner Bar
Voltrice's Lunch ● Esther's Bar
Fish Pot ● Janice's Bar
Sharon's Kitchen

SPONSORED BY:



AllyDay CREATIVE PROJECTS LTD



FREDDY PAUL



Commissioned Paintings, Sketches,
Murals, Portraits, Prints & More



Contact No.: (473) 449-1982

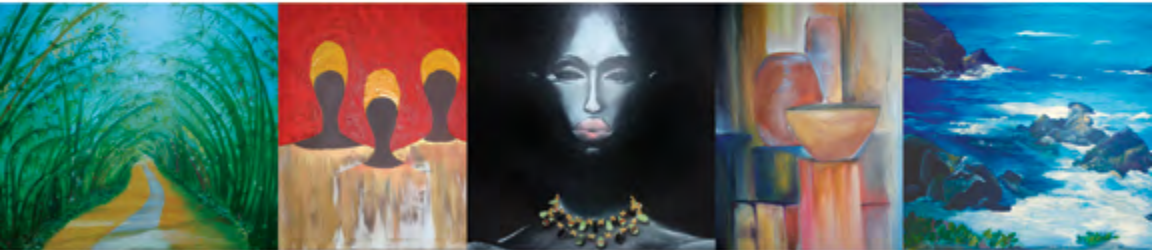
Gallery located on Halifax Street, St. George's
Paintings also on display at RBTT Bank in Grand Anse and St. George's



Like the bamboo, I strive to be stronger.

Colleen Williams

- PAINTINGS -



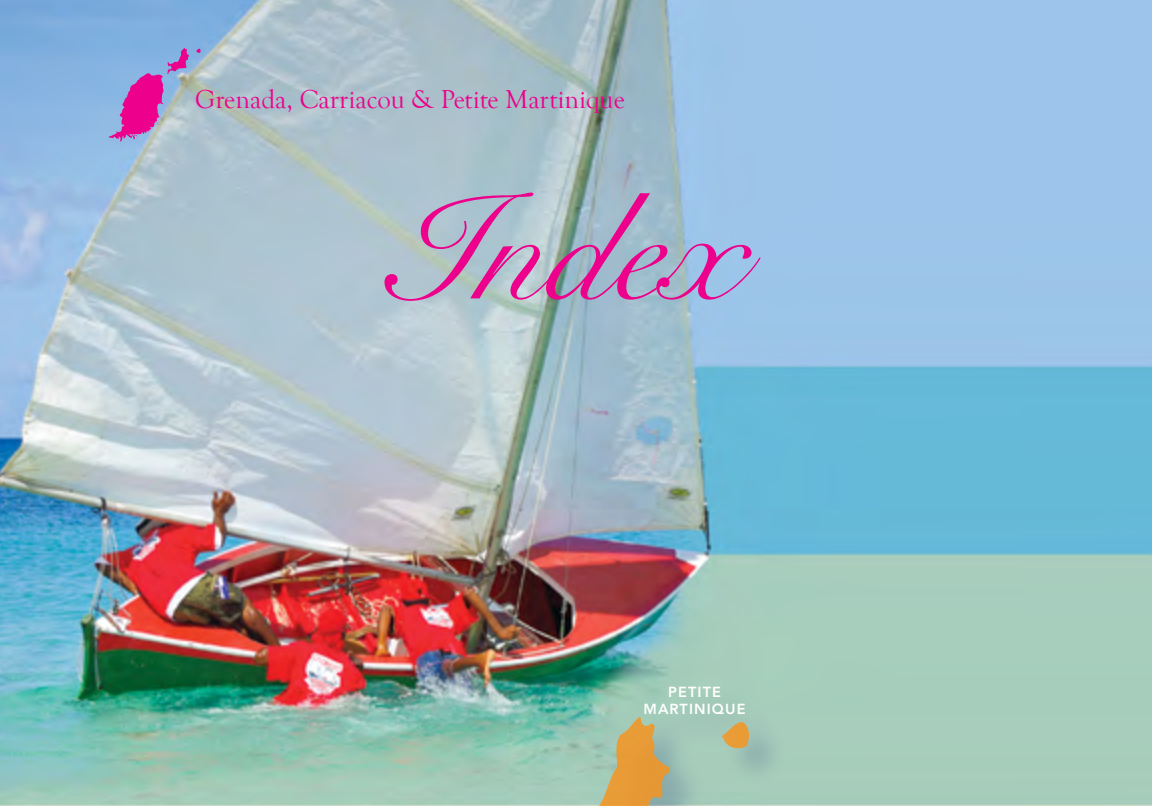
Creighton, Richmond Hill, St. George, Grenada. W.I.

By appointment only: (473) 435-3078 • (473) 418-2120

• cheewilliams@yahoo.com •

Grenada, Carriacou & Petite Martinique

Index



Dear Friend,

Each advertiser's page number is colour coded, to give you an approximate idea of where you will find them on our map of the Spice Isles.

Have a great stay and be adventurous!

The Publishers

Page #	Business Names	Tel #
70	Adventure Tours	444 5337
3	AllyDay Creative Projects Ltd.	443 5568
18	Aquarium Restaurant	444 1410
19	Bananas Restaurant, Sports Bar & Night Club	444 4662
20	BB's Crabback Restaurant	435 7058
21	Beach House Restaurant	444 4455
22	Beachside Terrace	444 4247
23	Belmonte Estate	442 9524
24	Big Fish, De	439 4401
44	Bogles Round House	443 7841
25	Carib Sushi	439 5640
65	Carriacou Villas	443 7841
66	Chapeau Carre, The	443 6189
26	Creole Shack Restaurant & Bar	435 9376
Outside Back Cover	Dodgy Dock	443 8783
Inside Front Cover	Duty Free Caribbean	440 5356
71	First Impressions Ltd	440 3678
92	Freddy Paul Art Gallery	449 1982
90	Grand Anse Craft & Spice Market	439 6450
72	Grenada Distillers	444 5363
56	Horni Baboon Bar with a Grill	420 2914
27	Laluna Restaurant	439 0001
74	Laluna Wellness Centre	439 0001
30	Land Collection	435 0291
75	La Source Spa	444 2556
31	LiftOff Restaurant	444 2896

Page #	Business Names	Tel #
96	LIME	440 1000
32	North South Wines	444 1182
45	Oasis Bar & Restaurant	439 5186
34	Ocean Grill Restaurant	440 9747
35	Oliver's Restaurant	444 4258
57	Maca Bana Villas	439 5355
89	Paradise Glass	440 3010
58	Petite Anse Hotel	442 5252
36	Pirates Cove Restaurant & Bar	444 2342
37	Poolbar Restaurant	443 3443
46	Prickly Bay Marina	439 5265
47	Renwick Thompson & Co. Ltd.	440 2198
48	Rhodes Restaurant	444 4334
59	Rohanthon Dubisette Guesthouse	439 8541
49	Savvy's Restaurant	439 9900
6	Spice Basket... Home of Our Culture	437 9000
64	St Vincent Grenada Air	444 3549
50	Sugar & Spice Ice-Cream	444 4658
76	Sunsation Tours	444 1594
60	True Blue Bay Resort	443 8783
51	Vastra Banken Restaurant	444 2400
52	Victory Bar & Restaurant	435 7263
53	Water's Edge Restaurant & Bar	443 2822
67	Wayne's Auto Rental	443 6120
84	Westerhall Estates	443 5477
93	Williams, Colleen	418 2120
61	Woburn Villas	443 2137

- ☑ Sunblock
- ☑ Floppy hat
- ☑ Low Roaming Rates

You're covered when you Roam with LIME.

On your mobile phone:

- Select settings
- Select network
- Scan for available networks
- Select LIME or C&W

Visit any **LIME store** or www.time4lime.com
LIME. For living. Everyday.

LIME Terms & Conditions apply.

A person is shown from the back, wearing a large, light-colored straw hat. On their back, there is a white, stylized tattoo of a smiley face with radiating lines, resembling a sun. The person is wearing a white shirt. The background is a clear blue sky and a blue ocean horizon.

LIME

Graphic Design Publications Marketing



AllyDay combines their passion for excellence with yours, to deliver their leitmotif...

...we capture your ideas



AllyDay
CREATIVE PROJECTS LTD

1 (473) 443-5568 | P.O. Box 1474 | Grand Anse, St. George, Grenada. W.I.
www.allyday.net | allyday@allyday.net

Dodgy Dock

Restaurant & Lounge Bar



Dining by the Sea Liming by the Bay

TUE: Grenada Night, FRI: Mexican Latin Night, SAT: Romantic Night
all with Live Music, WED: DJ Jam Lime

Located at True Blue Bay Resort

For Reservations (473) 443-8783 www.truebluebay.com

Follow us on



YouTube