

Lime & Dine

Grenada

Carriacou & Petite Martinique





Exquisite Quality
Exceptional Value

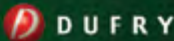
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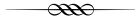
Our locations in Grenada:
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Member of the Dufry group, a Swiss company established in 1865 and operating in over 45 countries.





The prettiest harbour in the Caribbean.
The Carenage, St George's



Many a story has been told of important messages washing ashore in a bottle, put out to sea in the hope of discovery.

Hopefully, if you have Lime & Dine in your hands, you have already discovered us and have had the pleasure of visiting one of the jewels of our island, as depicted in Grenada's own 'message in a bottle.'

The Carenage, inset, has often been described as the most picturesque natural harbour in the Caribbean. Once you visit the town of St. George's, please be sure to take at least one walk around it during your stay with us. Approaching it from the open sea is also breathtaking, so you have choices, but definitely not one to miss it.

If you haven't discovered us already, here is our message; "Come soon and be welcomed".

We know, whether you are already here or yet to visit, it will be an unforgettable experience. We hope that you will come to love it and its beauty as much as we do.



Our thanks to our advertisers for their continued support, as we continue to make it our goal of ensuring that we deliver on our promise to both you and all of our readers.

The Publishers

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Carriacou & Petite Martinique

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Lime & Dine

ABOUT THE SPICE ISLES



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Grenada, Carriacou & Petite Martinique

Limin' is

The excitement,
the buzz,
the anticipation, the visitors, the
costumes, the non-stop partying,
the deliberately sleepless
nights... of our two annual
Carnival festivals.

People on the streets
wearing 'small clothes' in shades so bright
they defy the colours of the
rainbow.

Spice Up de Carenage, Queen Show, Soca
Monarch, Permit Fete (over 18's only),
Panorama, Glow, Dimanche Gras, Monday
Night Mas... and then anything we can think
of to continue the lime as long as possible!

If it's your kind of lime here's when it all
happens! February in Carriacou and August in
Grenada.

...and is

Doing things in
your own time, to
your own rhythm.
Enjoying the silence,
sauntering at your
own pace, bare foot
with sand like sugar
between your toes,
sun on your back,
arms swinging,
birds singing. Feet
moving slowly, brain
moving quickly. The
symphony of the
ocean, the singing of
the insects.

(NB Carriacou
Carnival dates
are always the
Monday &
Tuesday before
Ash Wednesday.
2012 dates
February 20th &
21st .

Grenada's
Carnival dates
for 2012 are
Monday 13th
& Tuesday 14th
August. The
limin' starts at
least several
weeks before
these holiday
dates).



Satisfied with life
and breathing easy...



Livin' Time



SUNDAY

- All Day BBQ & Live Music: 3pm: Aquarium
- Brunch: 10am - 4pm: La Sagesse
- Brunch: 11:30am - 2:30pm: Slipway
- Sunday Roast: 12:30pm - 4pm: Roundhouse
- Roast Lunch: 12:30pm - 5pm: Oasis
- Movie Night at Dusk: Prickly Bay
- Karaoke: 6pm - 10pm: Creole Shack

MONDAY

- Rum Tasting & Cocktail Mixing: 5pm: Dodgy Dock
- Happy Hour: 5pm - 7pm daily: Prickly Bay
- Happy Hour: 5pm - 6pm daily: Victory Bar
- Happy Hour: 5pm - 6:30pm daily: Le Phare Bleu
- Crab Racing: 9pm: The Owl
- Beach BBQ & Live Music: 7pm - 10pm: Kalinago

TUESDAY

- Happy Hour 4pm - 7pm & 11pm - Midnight: The Owl
- Happy Hour: 5pm - 7pm & Live Music 6:30pm: De Big Fish
- 2 for 1 Pizza: 7pm - 9pm: Le Phare Bleu
- Grenada Night & Live Music: 7pm: Dodgy Dock
- Quiz night: 7:30pm - Prickly Bay
- Fast Food All Night: 5pm - 10pm: The Grill House

WEDNESDAY

- \$1 Wings + Beer Specials: 5:30pm - 6:30pm: Dodgy Dock
- Karaoke: 6pm - Midnight: Creole Shack
- Reggae Jazz Fusion: 7pm: Aquarium
- Friendship Table: 7pm- 9pm: Le Phare Blue
- Bingo: 8pm: Prickly Bay
- Coconut Beach Restaurant: Open every day except Tuesday

Rain or shine, limin' is about your state of mind!



THURSDAY

- Cooking Class: 3pm & Happy Hour 5pm - 6pm daily: **Dodgy Dock**
- Happy Hour: 5pm - 7pm (Tues - Fri): **Umbrellas**
- Karaoke: 10pm: **The Owl**
- Beer Pong & Games Night: 8pm: **Prickly Bay**
- Happy Hour: 5pm - 7pm every day: **Mangrove Hideaway**
- Oil Down & Caribbean Cuisine with Live Entertainment: 7pm - 10pm: **Kalinago**

FRIDAY

- Texas Style BBQ: 5pm - 11pm: **Victory Bar**
- Live Music & DJ: 6:30pm - 12:30am: **Prickly Bay**
- \$1 wings + \$10 Margaritas & Live Music: 7pm: **Dodgy Dock**
- Lime in the Sand & Live Music: 9pm: **The Owl**
- Happy Hour: 10pm - Midnight: **Beach House**
- Happy Hour: 5pm - 7pm: **De Big Fish**
- Beach Party, Beach BBQ & DJ: 6pm - 10pm: **Kalinago**

SATURDAY

- Italian Night: 6pm - 10pm: **La Sageesse**
- Live Music: 6:30pm & Happy Hour: 5pm - 7pm: **De Big Fish**
- Live Music in the evenings: **Prickly Bay**
- Karaoke: 8pm - Midnight: **Creole Shack**
- Happy Hour: 10pm - Midnight: **Beach House**
- Calypso BBQ Night: 6:30pm - 9:30pm: **Dodgy Dock**

AND MORE

- Grenadian Breakfast: Last Sunday in every month: from 7am onwards: **Mt Moritz**
- Gouyave Fish Friday every Friday evening: **Gouyave**
- St Mark's Food Festival: every last Saturday of the month: **Victoria**
- Traditional produce markets: every Saturday morning: **St George's & Grenville**
- Jazz Night at the Museum: First Friday of every month: 5:30pm - 7:30pm: **National Museum St. George's**

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.

Limers & Diners



A result! At last I managed to cross the ocean in time for my first Spice Island Billfish Tournament, 2011. Living these moments vicariously through Skype was just not cutting it. Can't smell the sweat... or the fish!

Don't say that guys, you're making me blush! Yes, you could have landed an **AllyDay Grand Slam** without me; you're accustomed to hanging banners, mentoring and generally 'calming troubled waters!'

Hey Alleyne, changing the subject, what about those female free moments? Few and far between I know, but we did get some **multi-tasking** done (sorry ladies we are not having any of that 'men can't multi-task' talk) we got everything done.

One thing at a time, naturally.

Sockets out of water danger, a fax line sorted, tidied up errant wires and moved the office around at least three times to accommodate bodies and workflow.



Uncle Cleave, those moments are called 'boyz limin'. Don't worry about being politically correct; I have the females in the team under control! Oh Lord did I just say that? Take it out of print quick!

Yes, about the work flow. I have to disagree with you, I can't do that man solidarity thing, even with the amount of PMT in the office where I'm surrounded by...ouch Dayl – kicking is disallowed... I was gonna say 'surrounded by **Positively Motivated Talented**, smart, attractive women!'

Where was I? Oh yes, Cleave the work is not a flow, it's a flood and I'm here without water boots!

No chance of becoming a couch potato, more like computer mash. They say I'm flying ligaroo on the net, I'm on-line when mere mortals sleep. Oh shucks did I put my boxers over my trousers again? No Dayl, I'm not saying I'm a super hero, I'm just saying "ah burn".

Having you as Mrs. Superlady is 'super' enough for all of us!



Understood Alleyne, we're not saying that because you're ambidextrous you should continue working on two 2 Macs simultaneously – that's not actually what it means to compare Apples with Apples! But don't worry we've got your back. We've got water wings, floats, boogie boards any kind of flotation device you need. No we can't afford a yacht for you yet, but I see we have a cruise ship up front! Keep **living the dream!**

Anyway I'm with you, serious stomach dropping, head spinning activity, talk about roller coaster, merry go round and bumper cars; speaking of which, mine has been driving me these days, I realize the car takes itself on the same route no matter where my meetings are? No, excuse me. They are not senior moments Kels! Thank You.

Ok yes, increased grey hair and therefore wisdom are otherwise known as old age.

So this year I started lifting my 5 pound weights, walking on the beach, did 3 sessions of Zumba and, had dance lessons from Kelliann. Unfortunately, I think my feet actually move quicker on the car pedals!... I said started right?

I'm taking a 'time out' card when the yacht is ready to sail? Ok fair enough the cruise will do for now. **Transatlantic Crossing** for you U. Cleave?



Woi yo yoi! Alleyne, boy those boxers pretty ouil!

Seems we all have water on the brain – did I tell you all I did my customs training? I did! More than once? Just wanted to make sure. LOL. If you see your girl strutting through the docks like I know what's what. Well I kinda do and no, all those male hormones are no challenge. As long as they are not small, green and cold blooded I'm good to go. Ok yeah I know there are not a lot of men like that!

No you guys are exaggerating; I did not scream like two banshees when the lizard tried to attack me from 10 feet away in the office? Ok I screamed but I was sure he had on a mask ready for the attack. Oh that was the shadow? Could have been one of those ninja lizards! They can be lethal. But wait, stop this. You guys gave me a tough time last year as well. Not fair!

Actually the most scary thing this year is that Dante started school, no more mommas little boy. And no **Superheroes**, the only thing he wants to watch is The Visitor Channel.

Dayl have you got a Lime & Dine desk ready for him? Yeah I know it will be a 16 year wait...but don't you always say 'preparation is the key?'



The business of relaxing...

OUR ISLAND

Logically, as any island dweller will tell you, water plays a large part in our lives.

Firstly, there is the everyday business of earning a living from the 'fruits de la mer', as you will see when you take the time to travel our coastal roads. The Western coast will take you through the fishing villages of Gouyave, St. John, home of the Fisherman's Birthday celebrations, on 29th June each year, and then on to the picturesque village of Victoria and the historical town

of Sauteurs. Follow the Eastern coastal road and it will take you Grenada's second town, Grenville, located in the Big Parish of St. Andrew. En route you are sure to spy fishing vessels, in all manner of sizes and even shapes, proving their seaworthiness and the fishing prowess of their captains!

However, there is also the business of relaxing, recreation and competition!



Oyster Fleet vessels race the blue waters of the Caribbean Sea off the coast of St. George in the 2011 Oyster Regatta.

Grenada, Carriacou and Petite Martinique have firmly established their rightful place in the exciting circuit of sailing regattas, festivals, fishing tournaments and water sports of all kinds. Each of our islands has its own special events in this integrally aqueous aspect of island life. Vessels of all kinds follow the navigation of the stars to reach our island shores at 12° degrees North.

No need to worry if you do not have a captain's or mariner's license. As the song

says 'don't worry about a thing'... There are a goodly number of local companies who have made it their business to see that even those of us who do not captain our own vessels, or have strong enough sea legs, still have the opportunity to experience the diverse delights on offer in our Grenadian waters.

Of note, our main maritime events commence in January and continue through to August.



Rhythm of the drums...



OUR HERITAGE

It cannot be overstated, the warm friendliness and exuberance of our people is listed amongst the most appealing aspects of any visit to Grenada.

This indomitable spirit has triumphed through French, Spanish and British domination... interventions, hurricanes, economic hardships and a lot more. As a result, Grenadians are protective of a local culture that has resulted from a long history of identity challenges.

Our ability to surmount challenges comes from a strong, resilient sense of identity; knowing who we are, and where we come from. This means understanding and embracing our past, our culture and our heritage, from generation to generation. This transfer of knowledge is apparent in the rhythms of the drums, the messages in the dance, and in the true nature of our smiles. Smiles start from within, and manifest themselves in our faces and our



The Tivoli Drummers perform at the Annual Carriacou String Band & Maroon Festival.

eyes, often resulting in peals of contagious, infectious laughter. You will definitely have to join in. Wait and see!

The rhythms of the drums are beaten by several groups which are scattered throughout the island. Of particular note is the Annual Drum Festival held in the village of Tivoli, as well as folk dance and singing groups. These often perform for both visitors and locals in their determined endeavor to keep island traditions alive.

Such local and regional performing arts are championed in our Annual Festivals, at weekly and monthly local events and in our resorts. In addition to this, they are all now regularly showcased at a picturesque, purpose built venue, called the Spice Basket Cultural Village. It is located in Beaulieu, a short drive from the centre of St. George's.



Hope, St. Andrew

W Indies 2020!!

Boyz Lime

Games in Grenada are never taken lightly!

The intensity with which they are approached is tantamount to the qualifying rounds of any international tournament. Many a 'stttuupse' (Huh? Yes, we dare you to try and say it!) and an array of colourful vernacular may accompany any effort which is not deemed to be at least 50% skill and 150% effort being put into the game.

Board and card games are played on street corners, outside of rum shops or even just on the verandah at home. Football, cricket, volleyball, wind ball, soft ball... are all played on any available space on

the beach. We have no shortage, with seven miles of white sand on Grand Anse beach and hidden spots like Pink Gin, BBC and La Sageesse, to mention a few.

The ultimate finale of any beach game? A mad dash into the serene blue water of the Caribbean Sea, or the white tipped breakers of the Atlantic Ocean, to cool down.

All that said, don't let the intense concentration make you afraid to stop, look, or ask to join in. There is normally room for one more, especially if your back is broad enough to take all the repartee that will definitely accompany proceedings.

Are we making any statements about Grenadian athleticism?

Chasing chickens and goats around the yard, cutting the bush in the garden with a razor sharp cutlass and going barefoot when doing the yard work, may all have some implications here. They bring back great memories of serious boyz limes and probably not a few girlz limes too!

No, we are not making comments on West Indian genetics and athletics, far too serious! We'll leave you to decide for yourselves.

Did we mention Kirani James? No, we didn't think so!!

LIMERS...
DID YOU
KNOW...

that Grenada is home to the world's first West Indies Cricket Heritage Museum?





Come and enjoy!

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.



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



The Victory Restaurant & Bar at Camper and Nicholson's Port Louis Marina features wood stone oven pizza and on Fridays a traditional Texas Slow-smoked BBQ. Fresh fish and certified Angus steak are deliciously served with a chilled bottle of wine from the extensive wine cellar. The yachtmen's favourite attraction from the fully stocked bar is the aged whiskey collection and the daily happy hour attracts a lively mix of visitors and local imbibers alike.

Sail up...or come by foot or car...



Open daily 7 am - 12 pm | Breakfast ~ Lunch ~ Dinner | Happy Hour every day
Victory Bar & Restaurant | Lagoon Road | Tel: 435 7263 | Email: victorybar@gmail.com



Grenada, Carriacou & Petite Martinique

for reservations
473.444.4662



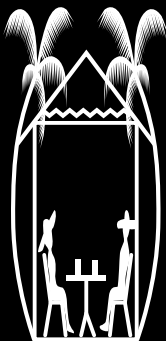
the Grill House

Only *Cinnamon Spice Wood* used in our grills and authentic *Italian Pizza Oven*.

 **OPENS**
5PM 'till late

www.bananas.gd/grill

Bananas, True Blue St. George's GRENADA



The Beach House

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fax: 1-473-444-5855
contactus@beachhousegrenada.com
www.beachhousegrenada.com

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.





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)

debigfish@gmail.com

 Find us on
Facebook

The Coconut Beach

French Creole Restaurant



Coconut Beach French Creole Restaurant
Grand Anse, St. George's
Tel: (473) 444-4644
Website: www.coconutbeachgrenada.com
E-mail: patmc@spiceisle.com



Coconut Beach Restaurant serves French Creole dishes right on our beautiful Grand Anse Beach. Eat with your feet in the sand, or dine indoors by candlelight, the choice is yours.

A cooling sea breeze and the oceans own music are all part of the treat, not to mention a view that will be etched in your memory for some time to come.

Enjoy a truly tropical, Grenadian experience.



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

La Sagesse Hotel

Restaurant & Beach Bar

Captures the very essence of tropical tranquility.

Complimenting our unspoiled locale is our menu of Caribbean and Continental dishes, the freshest of seafood, organically grown fruit and vegetables, our famous Grenadian Chocolate Mousse and equally infamous rum punch.

La Sagesse Hotel, Restaurant & Beach Bar - St. David
25 minutes from Grand Anse and Maurice Bishop International Airport

Nature walk/lunch packages & dinner packages are available, with complimentary transportation included. Please call to enquire.

Restaurant open from 8:00am – 10:00pm

Tel: (473) 444-6458

www.lasagesse.com • lasagesse@spiceisle.com

In my stroller!

Born to Lime

Girlz Lime

Is it only us in Grenada who say 'age is just a number?' Often you may assume that limin' is for singles. Not so. Oh no, limin' here is very much a family affair. So, let the kids come too!

Emancipation or not, we challenge you to say that it's not true that many a girlz lime gets shot down in flames when those 'little limer' surprises come along!

No reason for that here, we have enough for you to do as a family. Yes, you may have to remember the sunscreen, the baby wipes, juice cartons, snacks, and that's just for the adults! ...Feeling tired already? – (boyz can help pack the

bag too you know) and in the case of our little limer, don't forget the sunglasses!

Keep in mind also that there is absolutely no reason why the boyz would mind sacrificing their lime for you to have some 'me time' – we're not kidding; kudos to you boyz who do just that.

Save serious shopping 'til you go home, just enjoy getting some mementoes to remember us by. This trip is about the outdoors and we are proud to say that even in our restaurants we have very few 'no kiddie' zones.

Keep your eyes open and see the tiny tots in their uniforms, even for pre-school. Children here are a community responsibility. The saying here is that, 'it takes a village to raise a child'. Everyone has an interest. Perhaps that's why you and your family will find your stay here so welcoming.

If you look away too long on the beach, you may find your children embroiled in a game or conversation long before you say your first hello to anyone nearby!

We adults have a lot to learn.

Limin' is for everyone and it definitely has no age limit!

LIMERS...
DID YOU
KNOW...

that the Aloe Vera plant used in abundance of skin and beauty products, grows prolifically all around Grenada?





LIGHTHOUSE SHIP, VASTRA BANKEN RESTAURANT

Fine dining at its best. Contemporary Caribbean dishes created by our European Chef and his team. Located onboard an elegant floating Lightship in the Marina.

POOLBAR RESTAURANT

Casual beachfront dining overlooking Calivigny Island. Open 7 days a week. Tuesday night Pizza Special, Wednesday night Friendship Table and Thursday night Spicy Curry Special. Happy hour most days from 5pm to 6.30pm

Le Phare Bleu Marina & Boutique Hotel, Petite Calivigny Tel: 444 2400 www.lepharebleu.com

Mangrove Hideaway

RESTAURANT, SPORTS BAR & GRILL

Enjoy our unique waterside dining experience!

Our spacious grounds, in the heart of the mangrove, are the perfect spot for a family outing, your own special event, an evening lime...



Come
experience the
ambiance!

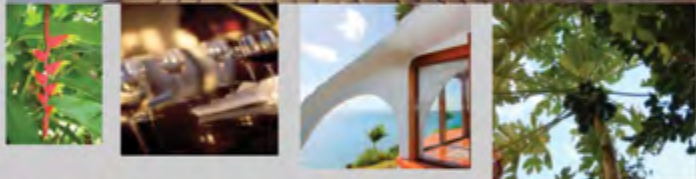
Fresh affordable meals, snacks and drinks all accompanied by nature's background music and more ...at Mangrove Hideaway.

Closed on Mondays | Open from 8:00am until...
Westerhall, St. David | 1 (473) 443-2782



MOUNT HARTMAN BAY ESTATE

COME DINE IN THE CAVE HOUSE!



Grenada's most exclusive hotel and restaurant invites you to dine at the 'Cave House.' The airy, elevated restaurant serves a varied menu of international and local dishes using all fresh ingredients, many grown on the Estate itself. Popular dishes include Barracuda with nutmeg and ginger, and Crab linguini with red chilli and coriander. Enjoy one of our exciting cocktails on the terrace with stunning views over Mount Hartman Bay and across to the Nature Reserve.

There is a full à la carte menu available and the chef's daily special is US\$36 for two courses or US\$46 for three courses.
RESERVATIONS ONLY on 407 4504. Exclusive bookings possible for functions



To find the Cave House: Come past the Calabash, take the first left up Campeche Hill, straight over at the top into Reef View Drive. Mount Hartman Bay Estate is at the very end. Or you can come in by boat and moor at our deep water dock.

MOUNT HARTMAN BAY ESTATE Reef View Drive, Lance-aux-Épines St. George's, Grenada
T 407 4504 E reservations@mounthartmanbay.com

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



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



Thai & Spice

Thai cuisine is still one of the mysteries of the culinary world. It has mastered the art of bringing the spicy, sweet, salt, sour and bitter together in perfect harmony. The Oriental brings you these subtle flavours using the freshest Caribbean ingredients combined with the expertise and mystic of the East.

Please call **444-3333** for reservations



GRENADIAN
GRENADA
by rex resorts

The ♦ Oriental  **rex resorts**
be part of our paradise

THE ORIENTAL • GRENADIAN BY REX RESORTS - TAMARIND BAY



the OWL

The Late Night Place

at The Flamboyant Hotel & Villas

HAPPY HOURS
4:00pm - 7:00pm
and
11:00pm - Midnight



pool



karaoke



cocktails

- lime in the sand •
- buffet with crab racing •
- sports tv •
- parties •



Morne Rouge, St. George • (473) 444-4247 • www.flamboyant.com

PRICKLY BAY MARINA



Enjoy the sunset and a sundowner at our Happy Hour 5pm – 7pm daily. You'll definitely want to stay longer and experience our...

Restaurant & Pizzeria & 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 & Movie Nights.

Lance Aux Epines

Tel: (473) 439-5265

info@pricklybaymarina.com

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Facebook





RHODES RESTAURANT

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

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Step Inside



Look Who's Cooking

Here in Grenada we say, 'every bread has its cheese'. Mostly it's to do with relationships, but then we do have an ongoing relationship with our bellies! And each of us has definite tastes. Doesn't everyone?

We had organic before it became a buzz word, it's the norm for us. Notice that even in our supermarkets you will see brightly coloured fruits and vegetables, some varieties of which you may have seen at home, only ours are huge in comparison and the colours are also organic! Must be all that fresh air and natural fertilizer!

The diversity of aromas, tastes, textures and

colours will be translated into what arrives on your plate. Complimented by the equally fresh seasonings used for marinating. Depending on your choice of venue and company, you will find different or new senses tantalized as never before.

Of course, choosing and cooking your own, by visiting our traditional market and supermarkets, is also an option.

Either way you will definitely find something to suit your pocket.

A little secret? The most breath-taking venues are absolutely free if you choose to take your own!

Roadside food has an appeal all of its own, just the experience provides a taste of our culture.

Friday is BBQ day and night. It's TGIF here, just like it is everywhere else in the world. That can mean highly animated, interesting and amusing conversation, as ties are loosened, cutlasses are put away after working the land, goats are tied up to pasture and construction boots get thrown to one side for the weekend. Everyone gets ready to enjoy their own kind of 'lime'.

You wanna dress up, not down? No problem, flick through our pages and take your pick of places to go.

LIMERS...
DID YOU
KNOW...

that a cross section of our islands chefs, who made up Grenada's Culinary Team, were silver medalists at the Tastes of the Caribbean Competition 2007, in Miami?



Look Who's Cooking



OMG! Stop watching me being undressed!

Ok, maybe just a small peek. They are just taking off my green skin and then cutting out my middle – no pain no gain! Just kidding. It doesn't hurt and I do enjoy showing off my robust physique!

I was discovered over three thousand years ago in New Guinea, no not me personally, my ancestors of course! Since then I have been cultivated in places like Southeast Asia, the Pacific Ocean Islands and the Islands of the Caribbean. Hence here I am in my lovely home, Grenada, which I'm sure you've enjoyed exploring. Actually, you many have seen me on your travels around the island, hanging from a tree that can grow anywhere between seventy to eighty-five feet tall.

Some of our islands tour guides will **stop your bus right below my tree**, so you can get the chance to appreciate me fully.

My local friends already esteem me highly. Some of them love to climb the branches of my tree to handpick me. They know they can't pick just one fruit off the tree since the neighbours will all be asking

“weh mine?” So in true Grenadian fashion, expect to see one person in the tree and about six at the bottom, anxiously awaiting their share of me.

Oh my goodness, where are my manners? I’ve been rambling on and haven’t even introduced myself properly as yet, that’s if you haven’t guessed!

Ladies and Gentlemen
I am the silky, smooth, creamy, potassium rich, carbohydrate strong, ... **BREADFRUIT**. And to add to all of my accolades, I am also the feature ingredient in the Country’s National Dish - **OIL DOWN**

Due to my versatility, life is never dull! I’m also a bit of a contradiction in terms, because my name describes me as a fruit, but I’m normally cooked like a vegetable. Let me explain, you see I can be boiled, baked, roasted, fried, steamed... Actually, even if I say so myself, the possibilities are endless. And, I am a must in an Oil Down.

Yes, yes I’m going to explain, in case you haven’t had the low down on Oil Down. It is a one-pot dish that combines callaloo (the leaf of the dasheen plant, it’s kind of similar to spinach but without the bitter taste), salted fish, salted meats, like pork or beef, chicken, dumplings, saffron and coconut milk. There are a number of other ingredients, but I can’t mention all of them, especially because this is a dish which has multiple variations depending on who’s cooking it; you’ll see what I mean when you look at the recipe overleaf.

So where was I? Oh yes, given the amount of ingredients, you can well imagine that **Oil Down is cooked in a very big pot!**



It’s called Oil Down because the coconut milk, which is mixed with a small amount of saffron, is poured into the pot over all of the ingredients and as everything simmers together, flavourful oils and juices are released which cook everything simultaneously, me included. The aroma is enough to make your mouth water before the pot is finished cooking. When it is finished, you have **the star attraction of any memorable ‘lime’,** here in the Spice Isles.

You know they say wisdom comes with age. Nuf said right? So take it from me, I’ve come to realise that while the food is an integral part of a ‘lime’, possibly even more important is the camaraderie that surrounds the preparation. ‘Mise en place’ as they say in the best kitchens!

In the case of Oil Down, **the ‘best kitchens’ are normally outdoors...** on the beach, in the yard, the pasture... anywhere al fresco. As you can imagine, there’s a lot of preparatory work that goes into this dish. However, you don’t notice it with all the friendly debating and rum drinking that seem to be compulsory with this lime. Quip-filled banter between the men as to whose dumplings were kneaded the best. Or the age old and very heated discussion between the men and women as to who

makes the better Oil Down.

Of course I'm gender neutral, but from my point of view, when the women get down to business, you don't have to wait so long to eat – they multitask better! However, in defence

of the men, it is true that **“one-one dumpling full de pot”**.

That means that whilst they may be a bit slow, eventually the job gets done. Either way, I promise you it's going to taste good, just expect some really large dumplings when the men are in control, they can't help themselves!

Next comes the 'packing of the pot.' No I'm not talking about travelling, I'm referring to the most pivotal part of the Oil Down cooking process.

Here goes; the ingredients with the longest cooking time are placed first, and then layered with the ingredients taking up the least amount of time towards the top. Let me break it down a bit more for you... a little coconut milk is poured in, followed by the meat then some chopped up callaloo, breadfruit (I'm in big slices by now), more callaloo, dumplings and a final layer of callaloo. The right amount of coconut milk mixed with saffron is poured in to ensure there is enough to cook all of us to perfection.

Before you tell me you've heard differently, I'll tell you an important secret. Everyone has their own way of making this special dish, **there's no one way or wrong way.**

And me? Well I'm just happy to be a part of this feast. Now you understand why I was being undressed earlier. The pot is packed and I'm kicking back enjoying my time as the journey begins. I'm about to become an important part

of **Grenada's National Dish;**
Oil Down.

I really hope you get a chance to enjoy it whilst you're here!



Oil Down

Ingredients & Preparation Serves 6 - 8

1kg chicken – preferably back and neck

100g salt beef - soaked in water overnight & par-boiled

100g pig tail - soaked in water overnight & par-boiled

200g breadfruit - pared & cut into large pieces

200g green bananas - peeled

50g salt fish - cooked & flaked

25g seasoning peppers - chopped

25g garlic - peeled & chopped

1 sprig of thyme

25g chives - chopped

50g callaloo

50g carrot - chopped

50g okra - chopped

2 tins coconut milk (414ml each)

½ tbsp saffron

10 large dumplings - made by mixing flour & water.



Season chicken and lay in pot. Wash salted meat, cut into pieces and lay in pot.

Cover meat with a layer of breadfruit, green banana and carrots and seasonings. *(NB Rub a small amount of oil into your hands before peeling the breadfruit and green bananas.)*

Continue placing alternate layers of meat, salt fish, breadfruit, green banana, okra and carrots mixed with seasonings. Place your dumplings on the top.

Mix coconut milk and saffron and pour entire mixture over all the ingredients layered in the pot.

Spread callaloo over the top of all the ingredients and cover tightly with a fitted lid.

Simmer on low heat for approximately 1½ hours - 2 hours or until all liquid has been absorbed.

NB. You can make your own coconut milk by mixing water with the grated white meat inside of dry coconuts and then pouring this mixture through a sieve, utilising the liquid only.



Banana and coconut cream in a caramel glass box



*Ingredients &
Preparation
Serves 10*

Banana & Coconut Cream

- 250ml water
- 250g sugar
- 1 cinnamon stick
- 1 lime - juice only
- 400ml double cream
- 4 bananas – chopped and liquidized
- 100ml coconut cream
- 2pkts gelatine - 7g each

Caramel Glass Paste

- 620g butter
- 620g icing sugar
- 120ml corn syrup
- 340g flour

Make a syrup - boil water sugar and cinnamon stick and simmer for 10 minutes.

Peel bananas and poach in syrup until tender.

Blend the bananas whilst they are still warm, add lime juice to stop them from going black. Add the coconut cream.

Warm the bloomed gelatine and add to this mixture.

Whip the cream until it reaches ribbon stage, fold into banana mix.

Chill the mixture for approximately 3 - 4 hours

When set, pipe mix into caramel box and serve immediately.

Cream butter and sugar until soft. Add corn syrup and mix to combine. Stir in flour.

Cut rectangle shaped stencil - a plastic ice cream container lid can be used. Place stencil on greaseproof paper and smooth paste thinly over cut shape.

Remove stencil.

Bake caramel paste on 350°F for 4 - 6 minutes.

Remove baked caramel and mould around a cylindrical instrument such as rolling pin.

When moulded caramel is set, pipe set banana cream mix into 'box' and serve.

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

...and still
have time
to 'lime'!



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We offer an extensive range of foodstuffs that you will recognize instantly, whether you are home or away ranging from our very own IGA brand, to exclusive brands such as Waitrose and Häagen-Dazs.

Such a wide variety of goods from all over the world, including extensive ethnic choices, create an at-home feeling for our visitors, whilst affording locals the opportunity to try something new.

To ensure you don't miss out on our wide selection of frozen meats, vegetables, seafood and ice cream of course, we have located them right in the centre aisle of the supermarket!

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No, don't leave yet! Be sure to walk all the way to the far end of the supermarket where the Delicatessen and Hot Food section is located.

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Need to grab a bite? Something to take to the beach for lunch, or even home? The choice is yours from Pan Fried

Fish, to Barbequed Pork Ribs and Duchess Potatoes, or try our very popular local Corn Soup or Provisions & Saltfish dish, all freshly prepared every day of the week... even on Sundays!

So come on, visit us soon and make yourself feel right at home!

The Supermarket is located at Spiceland Mall, Morne Rouge, St. George which is situated less than two minutes away from the World Famous Grand Anse Beach.



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Hillsborough, Carriacou



Sister Isles Lime

There's something about the absence of paraphernalia which is so relaxing.

Social media can sometimes be so antisocial, boms, Facebook, Twitter, TV, internet, ipad, iphone... Yes, you know exactly what we're saying. For people who have found so many ways to keep in touch, we may have just lost the art of communication.

Why not take a chance and try to do without them for a little while? Take a plane or a boat and visit our Sister Isles. You can't imagine these, you actually have to experience them. Here you can even get your

brain to slow down from warp speed. There and back to the mainland in a day is do-able, but we strongly suggest you stay longer.

Once you arrive, you will see the main town of Hillsborough for certain. Look for its Museum and even the Botanical Gardens. That gets you off to a good start, but there's much more to this deceptively laid back island.

Paradise Beach, Tyrrel Bay, Ningo Well, a cemetery whose sleeping occupants are kissed by waves at Jews Bay, White Island Marine Park, a snorkeller's dream... Get a car for the day and really explore. You can't

get lost even if you try, someone one will find you and direct you to wherever you need to go.

You have to visit Windward, explore Petite Carenage beach and Mangroves and be sure to visit Windward Boatyard, where traditional methods of boatbuilding still endure.

We guarantee that this is a place where you will actually get to talk to other people and each other, face to face. It doesn't matter what the conversation is about ... just that it actually happens!

Even the birds can't resist a chat when limin' on the Sister Isles.

LIMERS...
DID YOU
KNOW...

that you can still see boats crafted by hand in Carriacou & Petite Martinique?





A Treasure Worth Uncovering



The Round House at Bogles offers you an unforgettable combination of tranquil surroundings, fine dining and comfortable self-catering accommodation.

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Bel Air Plantation Villas, Corinth, St. David

Hideaway

Lime Inn

Ok, so you're here! Already settled in your hotel? Visiting relatives? And you come every year so you know just about everything you need to?

Well we live here and we definitely don't! What about varying the routine a little bit? We dare you! You may very well get a chance to show the folks who live here a thing or two.

Another one of our well kept secrets is that you don't have to drive the whole length and breadth of the island in one day. You don't even have to go to our Sister Isles and come back the same day.

Yes, it's obvious, but have you ever done it?

Hidden away places to stay for a night or more are dotted all around our beautiful islands.

How do you get there?

Ok, firstly the driving.

It's very straight forward, we drive on the most appropriate side of the road. Left of course! Don't get mad. We got our independence from the British on February 7th, 1974 and quite a number of things have stuck.

All you need to do to drive here successfully is what you need to do everywhere, think and

drive for you and at least two other people! That's it, you're good to go.

Now you can really explore and find a new place to 'Lime Inn'.

Be adventurous, explore the island at your leisure by spending a night or two in a different location.

You wouldn't believe that our little dot in the ocean, twenty one by twelve miles, has such a variety.

C'mon, we double dare you!

You won't regret it we promise.

LIMERS...
DID YOU
KNOW...

that you can visit the Grenada Dove Sanctuary and view our rare national bird, which is listed as a critically endangered species?





Grenada, Carriacou & Petite Martinique



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Did you know?

Grenada is home to over forty different religious denominations and groups. These are predominantly Christian due to European domination at different times in the Island's history. Churches are commonly used as landmarks at all points of the compass. Many of these are of interest to travellers, as they speak of bygone eras and cultures, and present Godly reverence.

The Old Church, as it is commonly referred to, can be found on the main route in or out of Grenville Town via the Eastern coastal road. It was reportedly built in the 1800's and was the place of worship for Catholics in 'La Baye'.

Once the home of prayers, choral voices, faces lifted heavenward. Now a silent resting place for flora and fauna, entering its roofless splendor through glassless orifices.



Grenada, Carriacou & Petite Martinique

Le Phare Bleu, Petite Calivigny, St. George



On Ice



Shaken & Stirred

We think we've probably already delivered in the 'Beautiful Tropical Location' department. Now it's time for some action by you. You know how it goes, sun kissed sand, unbelievably blue water and...?

Yes, that ice cold drink in your hand, with streaks of condensation making cool droplets on your quickly tanning skin. Sounds good? Now comes the hard work; time to taste and test all the mouthwatering flavours the Spice Isles have on offer.

All that glorious sunshine means an ongoing array of luscious fruits, through both our rainy and dry

seasons. Drinking them squeezed or 'smoothied' can be as much a treat as eating them.

Here's a secret we're willing to share. If you are a smoothie junkie, you can get a host of mouth watering flavours in either the Esplanade or Spice Land Malls. Any fruit that's in season makes a great drink. Mangoes, melons, passion fruit, pineapple, bananas, papaya, golden apple, soursop... And if you're calorie conscious you can opt for the non-dairy version.

You want to warm your spirits and quench your thirst? Also not a problem; a chilled glass of wine

is readily available at most watering holes and definitely in our restaurants.

If you want some real 'fire', our selection of popular and award winning rums is actually disproportionate to an island state of our size.

We have blenders, distillers and sugar cane growers which is probably why rum and rum mixes (for the faint hearted) completely outnumber the seven parishes which are home to our islands population.

Naturally, on the Isle of Spice most drinks are improved with a smattering of grated nutmeg! Feel free to ask for yours.

LIMERS...
DID YOU
KNOW...

that Grenada produces, blends and exports, several gold medal award winning rums?



Shaken & Stirred



Wayne Redhead

Barman

Spice Basket Cultural Village
Beaulieu, St. George

They say many things improve with age!

That includes drinks, so maybe it applies to a good bartender too.

Come along and meet our choice for this year at **Grenada's newest and only Cultural Village. Spice Basket.**

We went to visit him ourselves, to get to know him a bit better and see whether he would mix us a drink or two.

Our first question was admittedly a cliché however, we got a decidedly non-cliché answer.



Wayne, as an experienced bartender what drink would you liken yourself to?

"Top Shelf!" was the response we received without a hint of hesitation.

You may be wondering, which 'top shelf'? In Wayne's case it's the one at the Spice Basket Cultural Village in Beaulieu, St. George. And just to clarify, 'top shelf' in the world of bartenders translates into Premium Brand(s). The ones which came swiftly to Wayne's mind were named after a gentleman who it seems has a range of colours from blue and black to red and green! Also mentioned was a goose! We excused him for not listing

any of **Grenada's award winning rums** amongst the names he mentioned, as he has only been 'back home' in Grenada for a couple of years.

The previous eighteen, he told us, were spent working on cruise liners. Travelling

throughout the Caribbean Region, the Mediterranean and Europe.

So how do you hop on a cruise liner or two for 18 years Wayne?

"Wash dishes first and empty the rubbish, look, listen and learn, work the pantry, look listen and learn some more and then become the bartender and get your own pantry assistant!" he told us frankly.

Wayne let us know that he decided to give up this phase of his life to be near his daughters aged 20, 16 and 14, on a more regular basis. So on returning to Grenada's lush shores, he joined the construction team on a building project in Beaulieu. He asked around to find out what the finished project would be and learned that it was to be a **landmark attraction for Grenada.**

Not the shy retiring type, he made sure he met 'The Boss' and gave him his bartending credentials.

It was a win-win situation. With the number of visitors making the short trip from both the cruise

ships and the hotels to Grenada's Cultural Village, who better to be behind the bar than a man of **Wayne's experience.** Not surprisingly he got the job!

So tell us Wayne what do you talk about to customers when you're behind the bar?

"I like to tell them about all the things we have to offer when they visit us at Spice Basket. The fresh local food and drinks as well as an array of jams, jellies, arts & crafts the theatre, restaurant, pavilion, gift shop, the **West Indies Cricket Heritage Centre ..."**

Ok Wayne, no wonder they call it a village! So what about things never to talk about behind the bar?

"Religion, politics and your salary!" comes the resounding response. We agree that that sounds like good advice for any job!

However, hopefully you won't even be thinking about work when you visit, so before or after a good

look around, take the time to relax and Wayne will make you a drink of your choice or, one of Spice Baskets signature concoctions.

What kind of Limer are you then Wayne?

"A smart one! I never get into trouble! My limin' choice is definitely the country" he responds. He's talking about St Andrew, our biggest parish and then further North into St. Patrick. "The lime is Tivoli, La Poetrie, cooking with the guys, hiking, hunting. That's why I love being part of Spice Basket, it's just all natural to me, it gives me that same refreshing, unspoil, Grenadian experience."

But Wayne we have to state for the record that limin' is not synonymous with trouble, just that some people's lime is a bit more 'extrovert' than others!

"One last question then? Tell us what's your favourite drink after all your travels around the world?" "A nice Annandale Colada made right here at Spice Basket."

"Ok thanks Wayne, we can't fault you on that response!"



Unadens Dream

1 oz Grenada Light Rum

½ oz Malibu Coconut Rum

½ oz Crème de Banana

½ oz Melon Liqueur

2 oz Pineapple Juice

Shake well then pour in glass

Garnish with sugar cane stick and a splash of Grenadine.



Beaulieu's Frozen Punch

2 oz Guava Pulp

2 oz Nutmeg Pulp

2 oz Fresh Mango

2 oz Papaya

½ oz Grenadine Syrup

Blend with ice

Garnish with pineapple slice, cherry and grated nutmeg.

CARIBBEAN BREEZE

1 oz Vodka
¼ oz Light Rum
¼ oz Malibu Coconut Rum
4 oz Pineapple Juice
1 Splash Grenadine Syrup


Rum Stories
COCKTAIL
BOOK



To mix

Shake all the ingredients, except pineapple juice, in a glass with ice.

Pour into a collins glass.

Fill with pineapple juice.

Garnish with a paw paw wedge and a cherry.

Contact www.allyday.net to get your copy



Grenada, Carriacou & Petite Martinique

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St. David, Grenada W.I.

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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

Sargola Extra



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If you are here to unwind, and we hope that you are, stop thinking about that last work email you should have sent (or whether the kids can look after themselves – they can!)

We'll allow you forty eight hours to 'defrost' and get over all that, and then you have to try and get out to explore what we have to offer.

Cos your 'down time' is all about you! Pure Lime is about us!

About really experiencing the Spice Isles.

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Whichever way you may choose to relax, is your limin' time.

We only have sun, sea and sand here? What's wrong with that? The truth is, if you look a bit harder we can rid you of that illusion. Turn the pages and let our islands experts provide you with your own choice of

adventure and discovery, above and below the water. And don't forget that not all of our water is salty; we also have waterfalls, lakes, rivers and even sulphur springs.

Of course in the interest of science and history, you may need to sacrifice a little R & R time to tour one of our rum distilleries. Tasting is optional! How much you taste is also optional!!

Do whatever makes those shoulders relax and removes those lines of concentration furrowing your brow.

When you find that zone, you know you've found your version of 'Pure Lime.'

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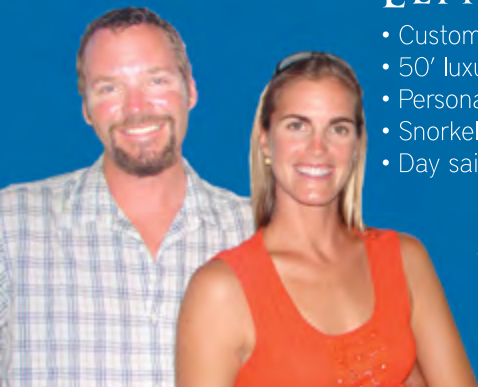
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Did you know?

There is an optical phenomena called, the **green flash** which you can experience in Grenada. It is not an every day occurrence and lasts for no more than one or two seconds, so if you blink at the wrong moment you will miss it!

The moment occurs just as the last vestige of the sun disappears below the horizon. Here in Grenada, the best place to enjoy this phenomena is on Western side beaches, which allow for an uninterrupted and picture-perfect view of the sun setting on the ocean.

A sunset of a different hue, strangely mesmerizing colours and shadows across the golden orb as it sets in view of Portici Beach, St. George.

Grenada, Carriacou & Petite Martinique

A Night at the Opera, St George



Variety is the Spice of Life

Art Lime

Quintessential Caribbean images we have in abundance.

But every culture has layers, so unsurprisingly; there is a lot more to our artistic fabric than meets the naked eye.

Look closely and you will be delighted as you discover the unexpected.

Grenada is home to a multiplicity of art forms. You will be pleasantly surprised at the variety of visual, cultural and musical genres we have to offer, influenced both by our Caribbean heritage and our experiences as part of the global village.

We make no apologies for loving the music of

Sparrow and Tallpre, the paintings of Canute Calliste, the prose of Willie Redhead and the writing of Ricardo Keens Douglas. However, we do marry them with a receptive spirit to genres of art not necessarily our own.

Strong vocals, not a few of which are trained in local church choirs, are definitely an integral part of Grenadian culture, as is church on Sunday. These voices can often be heard giving strong renditions in vocal art forms not often associated with our tropical climes.

The 'untouched' quality of our islands, flora, fauna and even homo

sapiens, inspires art in all its forms.

Definitely associated with the tropics are the dulcet tones of steel pan drums. You can enjoy these as you dance under the stars.

Feel free to call our restaurants or hotels (also check out 'Limin' Times') to find out on which night these distinctly Caribbean rhythms will be playing. Enjoy the magic!

Also, here's a gentle reminder not to miss the opportunity to take home a permanent memento of your visit with us.

LIMERS...
DID YOU
KNOW...

that Grenada has art galleries and artists who will happily make arrangements for you to view their work or commission a special piece of your very own?





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Limin' Talk

One of the most colourful and memorable experiences from your visit to the isles of the Caribbean is speech.

Along with the different accents, intonations and inflections, you will enjoy the patois that is as uniquely Caribbean as our nutmeg and spices. These delightful caresses and localising of English are sure to enhance the enjoyment of your visit.

Of course, we have our own way of saying things, just like you do when you're at home!

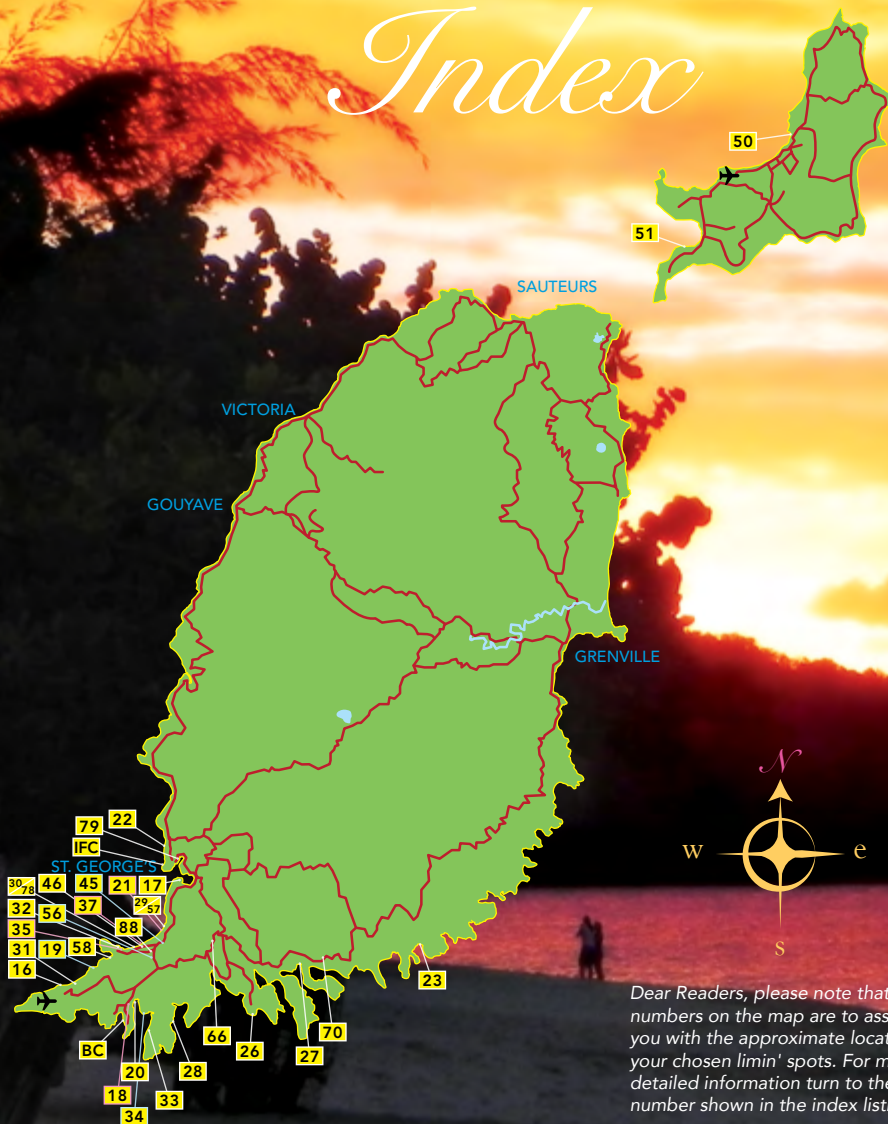
You are going to be hearing us all around you for the next few days ...so let us give you a little hand with deciphering some of the local expressions you are sure to come across.

Come on. It will be fun!

| Proper | Prim & Proper |
|-----------------------|--|
| Wah go? | How are you? |
| Ah dey | I'm well thank you |
| Weh you dey? | What is your approximate location? |
| Weh you come out? | Where did you come from? |
| Woi yo yoi! | Oh my goodness! |
| Ah burn | I'm absolutely exhausted... |
| Eh eh... or, but wait | Well I never! |
| Fuss ah hungry! | I'm extremely hungry |
| Ent? | Is that not so? |
| Yuh liieeee | No way! |
| Watch me nah | One moment please |
| Stupsel! | Tut tut!! |
| Yuh mad or what? | Have you lost your senses? |
| Yuh flying ligaroo? | My goodness you didn't get much sleep last night, did you? |

Listen carefully and enjoy. Most of these expressions are accompanied by requisite levels of enthusiasm and sometimes accompanying gestures to support them! Go on - Try them for size!

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