

Lime & Dine

Grenada

Carriacou & Petite Martinique



**WHAT TO DO
WHERE TO GO**

While you're asleep

We're working, for you

While you're at work

We're working, with you

While you're on vacation

We're working, with you

While you're at the bar

We're working...

... sometimes ;-)

Cheers



AllyDay
CREATIVE PROJECTS LTD

PUBLISHERS & DISTRIBUTORS OF LIME & DINE | WWW.ALLYDAY.NET | 1 (473) 443-5568

Welcome

TO KIRANI COUNTRY



IRANI JAMES

Gold Medal Winner

400m in 43.94s

London 2012 Olympics

Congratulations to all Grenadian Olympians

Our People are one of our most special assets.

Kirani James has proven this to the world as an athlete, "a gentleman and a scholar" of the Spice Isles.

Respect the Nutmeg



Woburn, St. George



We will forgive you if you thought we had mistakenly featured one of those Indian Ocean or Pacific Island scenes. We felt like we had stumbled right into one of them ourselves, when we found this secluded spot.

Probably best known by local fishermen and sailors, this is yet another of those idyllic hideaway spots that our islands may not be known for and yet which we have in abundance. To find them, you have to be curious, and if you have a penchant for adventure, then by all means follow it and wander off the beaten track. The thrill of the discovery is worth it!

However, one of the best things about visiting our islands is that even if you don't want to exert yourself as an intrepid explorer, you will still have an authentic and unspoilt Caribbean experience. Time continues to move slowly here in the Isles of Spice.



Thank you to all of our advertisers and friends. Your continued support in an increasingly challenging business environment, has allowed us to fulfill our commitment to continue showcasing our beautiful island home.

The Publishers

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Carriacou & Petite Martinique

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Limin' is

INTERNATIONAL ...

FOR

AMERICANS
BARBADIANS
BRITISH
CANADIANS
GERMANS
GRENADIANS
TRINIDADIANS
VINCENTIANS et al.

WE ALL DO IT!

It's whatever you choose to do when you're **not in a hurry**, under pressure, trying to meet a deadline **or clock watching**.

You do it with your family, friends, both or even alone.

That's it, great! **Take a deep breath** and think about it.

For our neighbouring islands we don't need to explain. We all do it in similar fashion and we all believe we do it best!!

Many a good **lime amongst Caribbean brothers** will include a long and sometimes heated discussion of what island gems – food, beverage, location or olympic medals, makes theirs the untouchable **Lime of Limes!**



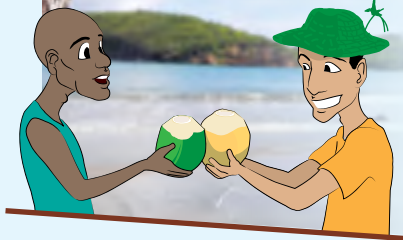
A vibrant tropical beach scene. On the left, a bright blue building with vertical wooden slats in various colors (yellow, red, green) is partially visible. A blue wooden bench sits in front of it. In the foreground, a colorful, multi-layered tree stump (green, yellow, red) is on the left. The beach is sandy and leads to a clear blue ocean. Several palm trees are scattered across the scene, with a large one in the center. A hammock is strung between two palm trees. The sky is bright and slightly hazy. The text 'Lime & Dine' is written in a cursive font in the top right corner.

Lime & Dine

Breathe out and you will know exactly
what we're talking about.

You're here! **Relax, Chill & Lime**

Limin' Talk



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

Proper

Prim & Proper

Let's tief a chance

We really should make the most of this opportunity.

You have it before behind!

You did this completely the wrong way – it's all back to front!

Yuh belly long oui!

You have a rather voracious appetite.

Yuh bubbling a pot?

What culinary delight are you preparing?

Yuh too eat

You really do enjoy your food and have an extremely healthy appetite.

Ah doin' it one time

I will take care of that immediately.

Yuh ent have no brought-up-cy?

Where are your manners? Were you dragged up?

True dat!

You're absolutely correct on that matter.

Yuh wotless

You really are an individual of no account.

Let's buss it

It's time for us to take our departure.

Yuh dotish oui!

You really are not the most intelligent of persons.

In trute?

Are you certain this is bona fide information?

Oui papa!

Oh my goodness!

Vex home

A safe haven when there is a family altercation.

Sell out

The revealer of another's' secrets or confidences.

Ole talkin'

Taking a conversational trip down memory lane. Or taking a convivial interest in other people's affairs.

Listen carefully and enjoy. Most of these expressions are accompanied by requisite levels of enthusiasm and sometimes accompanying expansive gestures to support them!

Dodgy Dock

Restaurant & Lounge Bar

Dining by the Sea

Liming by the Bay



DAILY
Open from 7 am to 11 pm
TUE: Grenada Night,
FRI: Mexicaribbean Night,
SAT: Calypso BBQ Night
all with Live Music
WED: DJ Jam Lime

Located at True Blue Bay Resort
Reservations: (473) 443-8783
www.truebluebay.com





Limin' Time



SUNDAY

Brunch Specials - 11:00am - **Dodgy Dock**

'Chill Out Lime' - 12midday to Sunset - **The Bash Bar at Calabash Hotel**

BBO Lunch - 12:30pm to 4:00pm - **Petite Anse**

Roast Lunch - 12midday to 10:00pm - **Prickly Bay**

Sunday Roast - 12:30pm to 4:00pm - **The Roundhouse**

All Day BBO & Live Music - 3:00pm - **Aquarium**

Sports on TV - 4:00pm - **Bananas**

Movie Night - 6:30pm - **Prickly Bay**

Family Sunday - **Movie Palace**

MONDAY

Daily Happy Hour - 5:00pm to 6:30pm - **Le Phare Bleu**

Daily Happy Hour - 5:00pm to 6:00pm - **Dodgy Dock**

Daily Happy Hour - 5:00pm to 6:00pm - **Victory Bar**

Margarita & Mojito Specials - 5:00pm to 9:00pm - **Savvys**

Wok & Roll Dinner - 6:00pm - **Dodgy Dock**

1/2 Price Pizza - 7:00pm to 10:00pm - **Prickly Bay**

Beach BBO & Live Music - 7:00pm - **Kalinago**

Crab Racing - 9:00pm - **The Owl**

TUESDAY

Happy Hour Tues to Fri - 5:00pm to 7:00pm - **Umbrellas**

Daily Happy Hour - 5:00pm to 7:00pm - **Bananas**

Rum Tasting & Cocktail Mixing - 5:00pm - **Dodgy Dock**

Happy Hour - 5:00pm to 7:00pm & Live Music - **De Big Fish**

2 for 1 Pizza - 6:30pm - **Le Phare Bleu**

Rum & Tapas Specials - 7:00pm - **The Roof Top**

Student Tuesday - **Movie Palace**

Trivia Night - 7:30pm - **Prickly Bay**

2 Drinks for the Price of 1 - 10:00pm - **Bananas**

WEDNESDAY

Champagne Night (Wine Specials) - 6:00pm - **The Roof Top**

Karaoke - 6:00pm to 12midnight - **Creole Shack**

Wednesday Special - **YOLO Tapas Bar**

Reggae Jazz Fusion - 7:00pm - **Aquarium**

Friendship Table - 7:00pm - **Le Phare Bleu**

Big Bingo - 7:30pm - **Prickly Bay**

Crazy Wednesday - **Movie Palace**

Live Music and 'Open Mic' - 8:00pm - **Bananas**

Late Night DJ Jam - 10:00pm - **Dodgy Dock**

Limin' is a kind of skill...
let us help you!



THURSDAY	FRIDAY	SATURDAY	AND MORE
Daily Lunch Specials - Ocean Grill	BBQ- 12midday to 3:00pm - Mt. Hartman	Daily Happy Hour - 4:00pm to 7:00pm & 11:00pm to 12midnight - The Owl	Grenadian Breakfast - Last Sunday in Every Month - 7:00am - Mt. Moritz
Cooking Class - 3:00pm - Dodgy Dock	Texas BBQ - 5:00pm to 11:00pm - Victory Bar	Happy Hour - 5:00pm to 7:00pm & Live Music 6:30pm - De Big Fish	Gouyave Fish Friday - Every Friday Evening - Gouyave
Daily Specials - Ali Baba Bar & Grill	Party Night, Live Music & Happy Hour - 5:00pm to 10:00pm - Prickly Bay	Beach Grill & DJ - 6:00pm - Kalinago	St. Mark's Food Festival - Every Last Saturday of the Month - Victoria
Local Cookery Class - 4:00pm - Kalinago	Karaoke - 6:00pm to 12midnight - Creole Shack	Karaoke - 6:00pm to 12midnight - Creole Shack	Traditional Produce Markets - Every Saturday Morning - St George's & Grenville
Free Pizza When You Buy 8 Beers - 5:00pm to 7:00pm - Bananas	Mexicaribbean Night - 6:00pm - Dodgy Dock	Calyпсо, BBQ & Live Music - 6:00pm - Dodgy Dock	Hashing - Every Saturday 4:00pm - www.grenadahash.com
Movie Thursday - Movie Palace	Live Music - 7:00pm to 9:00pm - Umbrellas	Saturday Night Club Event - 10:00pm - Bananas	Spice Island Billfish Tournament - Every January - St George's
Salsa-Tango Class & Dance - 7:00pm - Dodgy Dock	Live Calypso/Parang - 8:00pm to 10:00pm - The Owl	Late Night Lime 11:00pm to 3:00am with \$10 Waters - Coconut Beach	Annual Carnivals - February & August - Carriacou & Grenada
Karaoke Night - 8:00pm - Prickly Bay	Mojito Night - 10:00pm to 12midnight - The Beach House	Karaoke - 10:00pm - The Owl	
Dinner & Bingo - 8:00pm - Bananas			

All information is accurate as at time of publishing. Please note this information is provided as a guide and that some activities listed may take place in high season only. It is recommended that you call your chosen venue and confirm, to avoid any disappointment. Please see index on page 88 for contact numbers.

Limers & Diners

Dayliah



Marathon Limer

It takes four years for the Olympics to come round and one year for a copy of Lime & Dine. How come it seems like a marathon every time – the first spurt of adrenalin and we're off! Pace ourselves to keep our momentum going, then some pain and cramps and on to the finish 'lime' – sorry OK line, line. **Lime & Dine new edition on the streets! Yipee!!**

Alleyné



Cyber Race Limer

Obviously Dayl! Anyway you know you're telling 'porky pies' **this biz is not a one sport discipline** – I know I'm in a decathlon for sure... design, photography, drawing, painting, I.T., answering the phone, cleaning the office. Yes, I do, I draw the line at polishing 'THE SUBARU'; after all I did design the graphics that got it onto the Subaru Facebook page! No, I didn't list all ten disciplines,

Kelliann



Eat & Run Limer

Hello! Enough of this foreign accent stuff – this is Lime & Dine Grenada, Carriacou & Petite Martinique, last time I looked. Did you two get lost somewhere? There is no bend in the 100 metres Dayl, so even you should have been able to stay on track!

Oh goosh. I know my mouth is getting seriously smart – yeah; OK people. Fine, yes, it is the channel for all the food I'm always eating. Not my fault that

Uncle Cleave



Classic Race Limer

You know what I always like to say? 'A smooth baton pass', that's what makes for survival and winning the business! Perhaps in my mind I always wanted to run the relay race....

Or maybe an obstacle event; yeah like the Steeple Chase! Keeping you lot in check and making sure **'we don't lose our shape'** ...no Dayl, I said 'we', you need to stop this obsessing with the

When the going gets tough, the tough get... tougher?

That's the spirit! Especially now with everyone saying how tough it is out there, well we're not listening. Off with the warm-up gear, team AllyDay. We need to shed some of the extra weight to stand any chance in this Olympic Gold endeavor!

You guys know me, I admit it, a short sprint is more my style. Fast and furious, get it all done and NOW. I agree patience is not my strong suit – no I don't ask you for the same thing more than once a day, be fair!

What's wrong with wanting to get things 'sorted', yeah **'sorted'** – you have to say that with a London accent, otherwise it

but some of my body beautiful techniques need to remain secret – you know what they say? **What happens in AllyDay, stays...**

Unless of course we spill the beans on this page? Anyone got any confessions to make? Me, I'm silent as the grave. Besides, when I

I don't put on an ounce. Sorry Dayl & AOG, it has to be an age thing!! OK yes I saw 'the look', I'm on dangerous ground!

Sooo as I was saying, I think my discipline will have to be... Is there something you can stop in the middle of and **get a drink or something to eat?** Yes Alleyne,

weight thing... I was speaking metaphorically, now where was I? Oh yes, maybe motor racing, steering the AllyDay vehicle, with you lot in it, maneuvering past flying debris, avoiding any chance of a collision, putting out minor or major potential explosions - yep, I could see myself in a custom made helmet. Alleyne you listening? Can I get the logo in PDF for

doesn't sound right. Like one of those East End of London 'hard boy' types.

No, I'm not saying endurance isn't good. You guys never let me off the hook anyway, you're always trying to drag me into whatever race or event you're involved in... you know it's true!

have my headphones and I'm in my creative cyber system, I miss all the gossip, but you know what the girls are like? They call it Business Development & Networking. I call it 'armed and extremely dangerous!'

Yeah Dayl, I can tell 'you get me'. Yes I know it has to be said with a London accent. Try it out for size 'You get me?'

like I do at work all day, I'm not denying it . You need energy to be me, I need energy to be me.... no my baby Dante does not need even one iota more energy...

Can Facebook Posting be an Olympic sport? Fine Dayl, so I wouldn't win any medals yet, but keep your eyes open, once I improve it could be another Usain and Yohan headliner event!

placement? ...2 go faster stripes, either side?

Alright Kels, thanks for that smart comment, even I'm allowed a daydream or two. Maybe walking the jetty at the Billfish Tournament may not be a recognized Olympic Sport. However, not everything can be done in 43.94 seconds!

After all, there is only one Kirani James.

OUR ISLAND

In case you haven't noticed, our national flag is fittingly the only one in the world on which a nutmeg is depicted. Makes sense then that you will have heard us referred to often as, Grenada Isle of Spice or, the Spice Island.

It would also be remiss of us not mention that you may also have heard of Grenada through that brilliant, nay stunning run to win the Olympic gold medal, by the world 400-metre champion Grenadian athlete, Kirani James, in London on August 6th 2012.

Our country produces and exports the second largest amount of nutmeg in the world,

second only to Indonesia. Hard to believe for such a small island? Even more astounding is the fact that Grenada is the only producer in the world of Grade 1 hand picked mace. Mace? That's the layer of bright waxy red bands which is found between the external fruit and the internal seed of the nutmeg itself. You will see it, nutmeg and your choice of other spices, for sale all over the island, from the beach and market vendors, to the supermarkets, gift shops and a multitude of places in between.

The distinctive and pungent aroma of our



*Laura's Herb and Spice Garden,
Perdmontemps, St. David*

spices will assail your nostrils at some point during your vacation here, you may walk across nutmeg shells to some of the restaurants and island attractions you visit. These shells still emit that unforgettable aroma even though the 'Black Gold' itself, has long since been removed and made its journey to far-flung shores.

Black Gold was, and still is a fitting description of our nutmeg, a valuable export commodity, of great importance to Grenada in the past, present and also for our future. Enjoy delving into some of our history when you have the

time...

For the present? Grenada has declared 2012 the Year of Nutmeg and Other Spices. 2012 also sees the islands' very first Nutmeg Festival.

However, there's another place less obvious, where you will find the spice of our islands... It's in our people! If you let us we will flavour every one of your experiences here, with witticisms, philosophy, grenadianisms, story telling a-plenty and limin' talk galore!

...Simply Grenada, Simply Spice!



OUR FORTS

As small as our islands are, we do have a colourful history which may interweave with some of yours.

Grenada was prevailed upon in its time by the Spanish, French, and the British when, as the saying goes, 'Britannia Ruled the Waves' and 'conquered' the balmy tropical islands of the West Indies.

The verdant hills and island interior, fed from the rich volcanic soils of the terrain, the air laden with the scent of our abundant 'Black Gold', our island was a traders' dream. They were to return again and again, to fill their

ship's holds with the 'fruit' of the aptly named Isle of Spice.

Remnants of these 'visits' are part of Grenada's history and fabric. These can be seen from the colonial style houses of those appointed by the ruling powers to administrate their wishes, to the fortifications constructed to ensure that hostile and competing powers would be kept in abeyance. These historic structures can still be viewed, built to protect our main town of St. George's, our harbour, and the sun-kissed, golden shores of the Spice Isles.

Make some time to visit, we can only scratch



Forts Frederick and George

the surface for you on these pages...

Fort Frederick: Reputedly the best preserved of these silent story tellers of yore, offers a 360 degree view from its position 730 feet above sea level. It is documented that the slave Henry Christophe worked here before stowing away to Haiti and becoming ruler of the State of Haiti in the 1800's.

Fort George: Renamed in 1763 by the British for King George III, this fort commanded the immediate approaches and entrance to our harbour area.

Fort Matthew: This is the largest fort on the island. A maze of tunnels, dark stone hewn chambers and guard towers can still be found here. It became the location of the islands 'lunatic asylum' in 1880 -1987. Presently home to spirits of a different sort...

What do we mean? No we are not telling all...

Source material – Forts and Coastal Batteries of Grenada by Michael Jessamy c1998

Girlz Lime

In the very best of senses, Grenada is not a place for a lot of clothes!

Yet, you will note that there is a definite sense of propriety as to what should or should not be worn and where, and we certainly appreciate our visitors who respect this.

Paradoxically, for our Carnival celebrations, you will notice that it's the fewer clothes the better... or something like that! But aside from this, your bikini is for the beach. Local culture asks that you wear something more when you leave it.

You will surely want to take at least a few breaks from the beaches. Relaxing on them with long cold drinks is good, very good, but it's not true that all we have here is sun, sand and sea. Take some time to enjoy at least a few of the other beauties on offer in

our islands.

The natural ingredients used in foods, drinks and even massage oils are available to you right here on island. Gardens open for public tours, allowing you to become acquainted with our stunning variety of indigenous flowers, spices and herbs, are well worth a visit during your stay. Some of these gardens grow tropical blooms which travel to the prestigious Chelsea Flower Show in London each year, and have helped Grenada achieve its Ten Gold Awards there.

In the parish of St. Andrew, you can visit and tour an island-based processing and distillation plant, built for the production of essential oils. Pimento, Nutmeg and Lemon Grass are on offer. Learn more about our world famous nutmeg and its many uses

and properties. We promise you will look at it with very different eyes in the future!

You can also experience the soothing powers of these natural island products, in bringing both your body and mind into balance. With a spa named Heaven & Earth, it would somehow defy the imagination not to visit it!

"Each treatment is tailor-made to your individual needs. Using natural products from the 'Spice Isle' itself,... essences of clove, ginger and nutmeg" Sounds good enough to eat?

That's it then? Sorted! Spice up your visit with some variety.

Hey, anything which entails multi-tasking has to be a Girlz Lime, right?



that Grenada is the only country in the world which produces Grade 1 hand picked mace, the outer covering of nutmeg?



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 by the water's edge.



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 serves breakfast, fresh fish and certified Angus steak and the best pizza on the island. Fridays is Texas BBQ night and for late nights there's **YOLO** Cocktail, wine and tapas bar right next door. Yachtsmen, ladies who lunch and holiday makers mix and mingle right by the water's edge.

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



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grills and authentic *Italian Pizza Oven*.

www.bananas.gd/grill

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5PM 'till late



Grenada, Carriacou & Petite Martinique

de Big Fish



Bar & Restaurant

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



Live Music on
TUESDAYS
&
SATURDAYS

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



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(473) 439-4401
Prickly Bay (True Blue side)
debigfish@gmail.com

The Coconut Beach

French Creole Restaurant

Opening Hours
12 noon to 10:30 pm.
Closed on Tuesdays.



Coconut Beach French Creole Restaurant
Grand Anse, St. George
Tel: (473) 444-4644
E-mail: patmc@spiceisle.com
Website: www.thecoconutbeachgrenada.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 Wednesday, Saturday and Sunday from 6pm.



Melville Street, St. George's (above Andall & Associates Supermarket)
(473) 435 9376 or (473) 435 9377



POOLBAR RESTAURANT

Casual beach front dining overlooking Calivigny Island. Open 7 days a week. Offering a selection of snacks as well as appetisers and entrees. Non-residents are welcome. A great location to relax and enjoy the costal breeze.

LIGHTHOUSE SHIP RESTAURANT

Located on board an elegant floating Lightship in the Marina. A truly unique experience. Closed during low season. Please call for further information or check our website.

Le Phare Bleu Marina & Boutique Hotel, Calivigny Bay Tel: 444 2400

www.lepharebleu.com



Gymnastics!

Boyz Lime

Who can't jump? No we didn't just say that did we?

But hey, look at these guys defying gravity!

Yes. We have definitely reached the same era of technology as everywhere else in the world; so you will be able to find those hot spots and also wireless in a whole array of places which you may visit.

However, there isn't really a good reason to stay inside with curtains drawn and immerse oneself in online multi-play & surfing here on the Spice Isles. Our climate gives us little excuse for cyber over indulgence, so please don't try to find one - the little excuse, that is! To your advantage, we can also offer the non-electronic version of multi-play and surfing. Hit the beach, take a hike, play some

good old fashioned games, the rough and tumble way. C'mon, hone some muscles you may have forgotten you actually have!

Ours is an outdoor life and we welcome you to embrace it whilst you are here. Save the cyber-life for when you may return to colder climes.

Public holidays and weekends are synonymous with a 'Beach Lime', as are sea baths and salt-water scrubs, using the sand as your exfoliant. If you're not quite convinced of our traditional methods, then we can also offer you your own more traditional methods at the hands of trained masseurs and beauticians.

There are no age barriers or restrictions for beach limin', just a request that you ladies do not sunbathe topless.

The 'Beach Lime' is the

ultimate leveler of any spoken or unspoken hierarchical structure. Banker, baker, fisherman, architect, farmer, designer, visitor, student - no labels - just pure unadulterated limin' fun.

A slightly more serious side? Yes, it may have. Let's see now...

... 'Tri de Spice' athletes in training, the next big thing in local dance groups challenging each other to more and more tricky gymnastic flips & stunts, after-work walkers thinking of breaking a sweat, beach aerobics in progress...



that Grenada has an internationally attended Billfish Tournament, held in January each year?



Grenada, Carriacou & Petite Martinique

GODDARD
CATERING
GROUP



GRENADA

LIFT OFF **restaurant & bar**

SERVES BREAKFAST, LUNCH & DINNER DAILY

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Minimum 10 Covers

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LOCAL SPORTS WALL OF FAME

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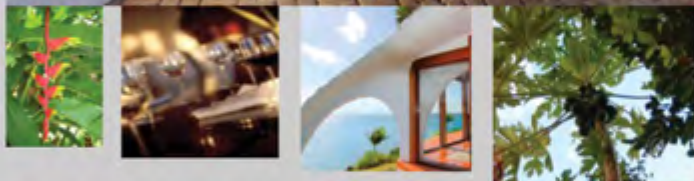


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To find the Cave House: Come past the Calabash, take the first left up Campeche Hill, straight over at the top into Reef View Drive. Mount Hartman Bay Estate is at the very end. Or you can come in by boat and moor at our deep water dock.

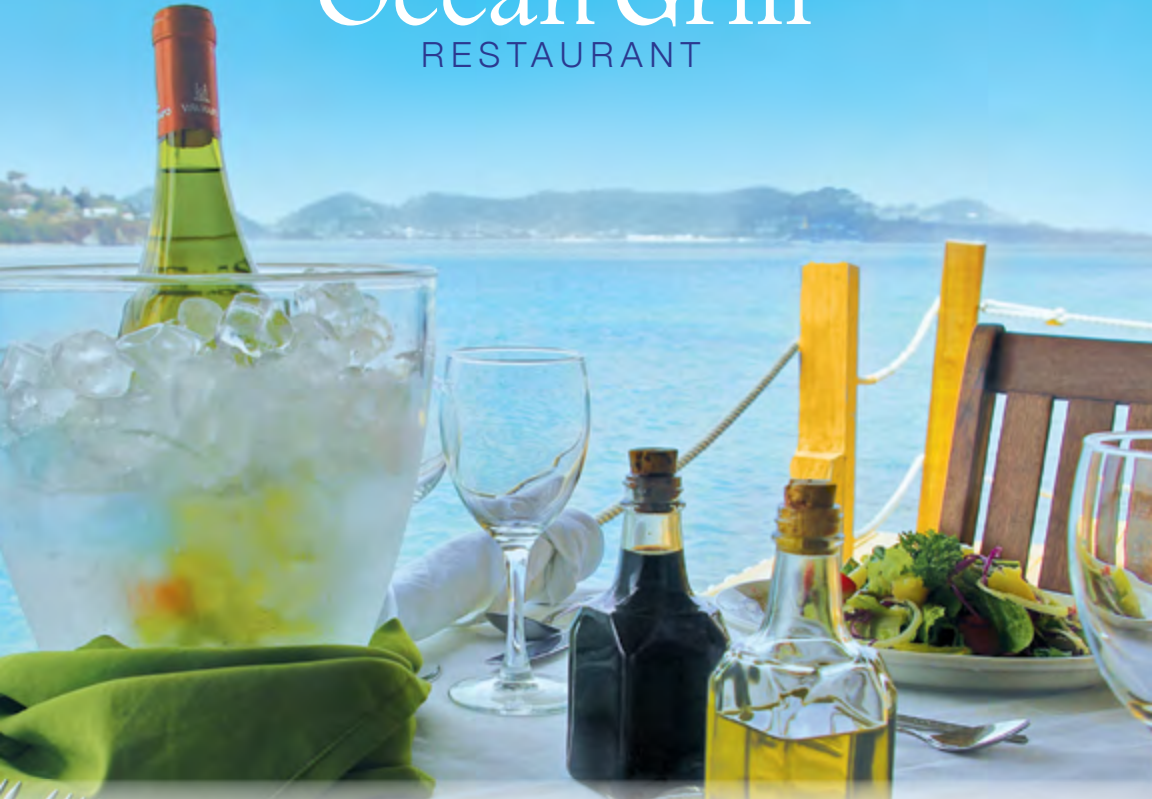
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Grenada, Carriacou & Petite Martinique

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Grenada, Carriacou & Petite Martinique

Mimm by Mark B



...the Spice of Life

Look Who's Cooking

Christopher Columbus is said to have first sighted Grenada in 1498. He named our island Concepcion, but it was later renamed 'Granada' by Spanish sailors, as its lush landscape and hills reminded them of the Spanish province of Granada, in Andalucia. If you have visited both of these locations, you will know why. The French and British translations of the name resulted in our island being known as Grenada.

The Spanish province of Granada is still renowned for its traditional tapas. Thus the introduction of this eating experience onto a number of our restaurant and bar menus would seem to be a fitting addition to the choice of culinary delights we have to offer.

Breadfruit, plantain, smoked herring, carpaccio, prosciutto, goat, pigtail, callaloo, cheese

stuffed mushrooms, salt fish, kebabs... in the sunshine with a view!

It's true that we in the Spice Isles have always had our own versions of 'little bites' i.e. doubles, philouri (very Trini) nibbles and snacks. You can also create your own 'tapas' by ordering several starter dishes from our restaurant menus.

Why not, if you want more variety and are not particularly fussy about having a main course?

You're bound to notice that our Chefs, locally and internationally trained, display a love for food and a passion for the fresh seasonings and spices grown right here on our islands. These inspire them to try combinations and textures you may not have tried elsewhere.

Munching on the roadside is also an intrinsic and very acceptable part of Spice Isle culture, particularly on a Friday after work or Saturday afternoon. If you see a lot of cars or people and there is food being cooked for sale, why not stop and see if there's anything which takes your fancy?

Like tapas, all of these are classic limin' food!

Tapas - def. "A style of eating rather than a form of cooking. It means sociability, friends and family. People of a like mind talking and drinking in a relaxed atmosphere... You can keep it simple or you can make it complicated... tapas is best among friends and lively company."

We couldn't have described a lime any better!



that Grenada has pioneered the cultivation of organic cocoa which is also processed into finished bars by the Grenada Chocolate Company?



Sun on your face, wind in your hair, all is well with the world... no we're not talking about driving a convertible! We are talking about local dining experiences here in the Spice Isles which definitely have that real **"feel good factor."**

Come with us whilst we try to pry loose some secrets to the success of our very own **Beach House Restaurant.** Yes, the name has all the right connotations and sends your mind straight to images of lazy days lounging in the sun. Sorry, no lounging just yet!

This story takes us back to 1998, when Stanley returned to Grenada as Executive Chef and founded the family owned restaurant called The Beach House. Michelle then arrived on

the scene to help Stanley out. Their business motto was "old rules, right team equals the best performance", or in their case, food!

150 seats, 14 years later and the restaurant is still producing great food. What makes this partnership work so well? They both agree that it's their open and honest relationship.

No flying pots or pans?

"Nope, we balance each other out... and I keep Stanley from spending all the money!" Michelle jokes.

Location? The casual, elegant, dining experience, that has become their trade mark, started well, with a beautiful property nestled in



the stunning Portici Bay, located in the South of the island. Since then, The Beach House has grown and grown, not only in size but in its reputation for good food and great service.

The team freely admits that some of The Beach House charm has nothing to do with them, it's often nature's gifts and inhabitants that top off a perfect evening for diners. As if to prove the point, during our conversation, the resident heron carefully picked his way across the lawn. Michelle says he often does so, "with the gait and stature of an old politician." Occasionally, guests even get the opportunity to assist some young turtle hatchlings find their way to the waters edge!

Chris, who has been with The Beach House since its very beginning, has worked his way up the culinary ranks to the position of Sous Chef. He does not hesitate in firmly attributing the success of the restaurant to; avoiding resting on its laurels and continually looking for ways to improve the food, service and ambience it offers... 'a bona fide island experience and an opportunity to enjoy a memorable combination of outdoor and beach-front dining,' he says.

"Service sets us apart. Innovative thinking, **striving for perfection** and building relationships with our guests keeps us ahead" says Stanley.

Dining in Grenada has changed significantly over the years and The Beach House has kept pace with the trends. From the bright Caribbean colours and formal suits to linens and presently the more relaxed bistro style apparel. With so much exposure to international dining, The Beach House knows that

its patrons have come to appreciate the art in food.

Stanley states that **"Every dish is like a theatrical performance, and each member plays a part in the final product on the plate."**

The secret ingredient? Cultivating relationships. This is at the core of their team dynamic. 'Old Timers' Bernadette and Chris love what they do, Roger, the newest addition to the team says **"Food is serious business.** You must love it and strive to be your best." You can see why they make a pretty good fit! And to complete the winning combination Michelle notes, "we lead by example, appreciate our staff and have flexible and accommodating employees."

Although the team may not all be trained in the culinary arts, they all share the most important part of the recipe in common; **a love for cooking and providing the best service.**

So whether you decide to lounge in the sand or dress up for a more sophisticated dining experience; shake it up with Kathy Ann, add a splash of Bernadette, a sprinkle of Roger, a dash of Chris & Shane, a pinch of Wendy Ann and a smidgen from the rest of the team, for a very memorable dining experience at The Beach House.

Bon Appetit!



Blackened Sea Scallops with Coconut & Saffron Sauce

BLACKENING SPICE

- 1.5 tbsp Chilli Powder
- 1.5 tbsp Black Pepper
- 1 tbsp Cayenne Pepper
- 2 tbsp Garlic Powder
- 2 tbsp Onion Powder
- 1 tbsp Oregano
- 1/3 cup Paprika
- 1 tbsp Dried Thyme
- 1.5 tbsp Salt
- 1 tbsp White Pepper
- 1 tbsp White Sugar

In a small bowl add all ingredients and mix thoroughly. Set aside.

COCONUT & SAFFRON SAUCE

- ½ cup Heavy Cream
- 1 cup Fresh Coconut Milk
- 1 tsp Cajun Spice
- ½ tsp Salt & Pepper Mix
- ½ tsp Dry Curry Spice
- ½ tsp Saffron

In a medium saucepan make a small portion of roux (flour & butter). Add coconut milk, cajun spice, curry and saffron and let simmer. Add heavy cream and allow sauce to reduce and thicken. Set aside.

BLACKENED SEA SCALLOPS

- 6 ea Large Fresh Sea Scallops (U10)
- 2 tbsp Cajun Spice
- 1 tbsp Freshly Chopped Basil
- Salt

Skewer 3 ea. scallops on two bamboo skewers each. This will prevent the scallops from spinning around. Dust both sides generously with the Cajun Spice. Set aside.

Preheat searing pan or skillet to approx. 375°.

Add 1 tbsp. olive oil and allow to smoke.

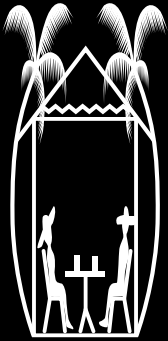
Place both double skewer scallops on pan and cook for approximately 2 minutes either side or until desired doneness. (Scallops need to kiss the pan, do not overcook!)

When scallops are cooked, move to a plate and drizzle with 3 oz. coconut & saffron sauce.

Top Scallops with 1 tbsp. freshly chopped basil and freshly cracked black pepper to taste

Serve immediately!





The Beach House

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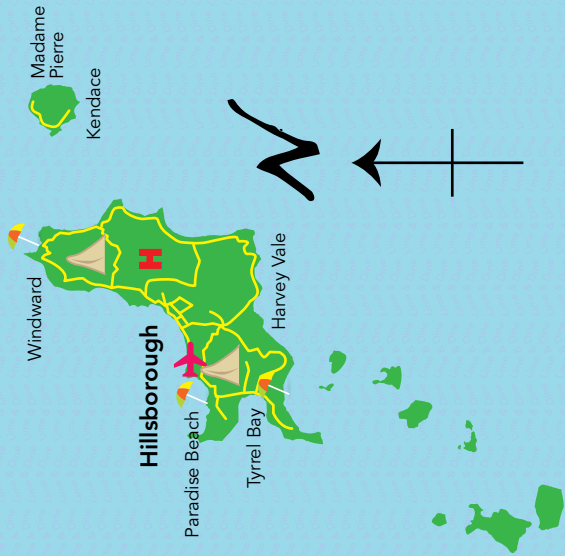
Lime & Dine

Grenada

Carriacou & Petite Martinique

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- Fort George
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- Sulphur Springs
- Pearls Airport
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- Laura's Herb & Spice Garden
- Westerhall Rum Factory
- Bay Gardens

PLACES OF INTEREST



ATLANTIC OCEAN



MAP KEY	
★	Points of Interest
⚓	Mountains
🌊	Lakes
✈️	Airport
🏖️	Beach
H	Hospital
🛣️	Main Roads
🛤️	Secondary Roads



Watering Bay, Windward, Carriacou



Island Views

Sister Isles Lime

The way to arrive is by boat. The way to leave is by boat!

Where? Our smallest Sister Isle, Petite Martinique.

To get to her, be adventurous and when you arrive in Hillsborough, Carriacou's main town, ask how to get to Windward. Once there, a stroll along the jetty and a few discreet enquiries should find you a boat to take you across to our smallest Sister Isle. By now she will be well within your view, 586 acres dominated by The Piton, which rises 756 feet (230 meters) above sea level.

The importance of fishing and seafaring activities, to the Sister Isles should be readily apparent. Naturally, both islands have strong maritime traditions and therefore regattas are an integral part of the Annual Calendar. The months June through August

host a variety of regatta and water based activities, encompassing Petite Martinique's Whitsuntide Regatta and climaxing with Carriacou's Annual Regatta event.

These are the islands' forum for proving who has the edge in maritime ability. They proudly claim skills that have been inherited from their ancestors, irrespective of whether they are directly descended from Scots or from slaves.

This mixture of European and African influence is visible in both skins and skills. In Petite Martinique, this intermingling has made for a strong resilient community of roughly nine hundred souls. A traveller will observe residents are welcoming of visitors and solicitous of each other.

Carriacou is also host of the first of the Spice Isles two

annual carnivals, which is held before the start of the Christian Lenten period. The holiday period commencing with Calypso Finals is to be held on the evening of February 8th for 2013 and culminates on February 12th, which will see the island's famous *Shakespeare Mas*. Who would have imagined that the Bard's words, performed by actors in period dress, would find their way into the intriguing historical fabric of a Spice Island festival?

With such a lot to recommend, there is no suggestion that either island should be used only as a stepping stone to the other. Our purpose is to help you to see that a day trip may not be enough to quench your thirst for discovery, or penchant for relaxation, once you make your way to our Sister Isles.



that the Grenadian artist, the late Canute Calliste, played his fiddle for the Queen at Buckingham Palace?



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Moody

Pure Lime

In this era of eco mania, or more correctly, ecological awareness, your visit to our shores can bring you as close as you might wish to the eco systems and wonders which dominate and have created our beautiful volcanic land mass.

Our tour operators offer on and off road, ocean, river, air experiences and more. You just have to decide which.

One of the diverse products of Grenada's volcanoes is our rainforest. The Grand Etang Lake and Forest Reserve is situated in the crater of an extinct volcano surrounded by lush vegetation. Here, one can experience mists rolling in around the lake, creating a moody, mystic ambience which you may or may not enjoy, depending on how vivid an imagination you have! It's definitely a different experience and offers an

alternative to the glorious sunshine of our beaches and coastal regions.

Choose to walk one of the series of marked trails around the Grand Etang or through the forest and your reward will be breathtaking scenery and a fascinating cross-section of flora and fauna. Please take note of the time needed to complete the hike of your choice and if you so desire, you can also hire a guide. Mt. St. Catherine our highest peak, rises 2,756 feet (840 meters) above sea level and on a clear day affords views of both the islands coastline and interior.

We also have an active under sea volcano which lies between the town of Sauteurs and our sister isle of Carriacou. Known as 'Kick 'em Jenny', she can throw some powerful punches when you travel

from Grenada to Carriacou by sea. But like most women she is capricious, so it will be dependent upon her mood!

Watching the nesting of the endangered Leatherback Turtles is also an unforgettable experience. If you wish to do this, please contact one of our tour operators, who can arrange for you to enjoy this fascinating occurrence, but who will also take into account the interests of the species and their nesting grounds.

Gosh! Just reading this has made you tired?

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that in Grenada you can enjoy river-tubing by moonlight?



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Our islands offer places for staying and savouring, as well as those to be used as a functional base, whilst you get out each day and explore the islands coastal secrets or rainforest interior, or even find yourselves a secret cove or two.

To be honest, each part of the island offers a very different experience and 'feel'. Should you choose to enjoy our now

renowned Fish Friday event in Gouyave, you don't have to travel back the same evening, check ahead and see what's available. Travelling North affords you panoramic views of the tumultuous Atlantic Ocean and enough breeze to blow all except the hardiest mosquitoes away. That's got to be worth at least a one night stay! And Carriacou? You need to visit our "Sister Isles Lime" - page 48.

If you didn't choose twin locations before you arrived, you still have time to 'mix it up' now that you're here.

This is the Caribbean; not every detail needs to be meticulously planned in advance. If they are, then you may deny yourself the chance of an adventure and the possibility of an incredible opportunity to 'Lime Inn'.



that Grenada is home to a world-class university complex for medicine and the sciences?



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Grand Anse Beach, St. George

Balance & Harmony

Shaken & Stirred

Grenada has Happy Hour(s): Back to back!

The downside is that they may all be happening in different places, but at the same time. The plus side is that you can choose a different venue for every day of the week!

...some even last for two hours everyday! Check out "Limin' Time" – page 8.

Cold drinks and plenty of them, have to be part of your day here and you will find there's no shortage. Drinks, in ice filled coolers on the roadside, water nuts (young coconuts filled with their own water) on vendor's stands, sugarcane crushing contraptions releasing sweet syrupy liquid. 'Tief a chance!' Drink them straight, or if you're the intrepid kind, they all taste good mixed with local rum!

Notice that often where

there's an 'official bus stop' there is also a cool drink to be had. It's a must that you ride the bus at least once during your stay. Our buses are not just a method of transport, they are a social experience! Many a serious social or political issue is resolved on a ride between Grand Anse and Town, and several if you are travelling to Grenville, Gouyave or Sauteurs! The journey will also give an added dimension to your interpretation of the concept 'Shaken & Stirred'.

Sorry you're right, that was a digression.

Yes oui! We have those beautiful beachside or waterside bars, with boats lining the jetty or waves kissing the sandy beaches, we were just encouraging you to explore your options!!

Wherever you patronize,

be sure to ask what fresh local juices are available, as most bars will have a choice, depending which fruit is in season.

Limers' Tips:

- Drink at least one local beer – so you know you were here.
- Try the rum punch in as many different places as you can. No one makes it exactly the same, but they definitely all pack a punch.
- If you find a beach bar bartender named Carville – ask him to make you a Mojito. Unforgettable!
- Ride the bus at least once.
- "Like" our Lime & Dine Facebook page and keep in touch, even when you're not here.

P.S. See "Limin' Talk" - page 6 and learn some local lingo!



that Grenada was featured in these films; *Island in the Sun* starring Joan Collins, Harry Belafonte, James Mason - *Heartbreak Ridge* starring Clint Eastwood - *White Squall* starring Jeff Bridges?



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Shaken & Stirred

Coconut Woman is callin' out and

Everyday you can hear her shout:

The thing that's best if you're feelin' glum

Is coconut water with a little rum...

Sounds like a good lime to me, sign me up!

Probably not the best idea to start you off by mentioning a 'rum rendezvous'. But you are here to relax, and that mixture of vacation and rum just seems to inspire people to sing.

You don't believe it?

Pull out your iPad, BlackBerry, iPhone or whatever gadget you were supposed to leave behind for your vacation and YouTube: Jeffrey Sings - Coconut Woman (no copyright intended :P).

Not saying 'we told you so;' we're just sipping and

singing...

**Tree of life,
nature's sports drink,
water-nut, coconut jelly...**

...whatever you may know it as, its been around for quite some time, even though its only recently been receiving international recognition.

Here in the Caribbean we live by it! The cure to anything from the common cold to recuperating from surgery.

Coconut water is our solution of choice for all ailments. Eau nature!

This is no whim, remember the song says:

**Get your coconut water,
Man it's good for your
daughter,
Coco got a lotta iron,
Make you strong like a lion,**

Although it may sound like a good rhyme there is actually a lot of truth to it, as in **vino veritas** and all that!

Dating all the way back to World War II, coconut water was used as an I.V. fluid when medical supplies ran short. This was because of its high potassium, low calorie, cholesterol free, hydrating content.

A great place to experience the **Coconut Action** is market day in Grenada; it's generally on Saturday mornings. Get ready for action. The market is a bustling place filled with bargain hunters on the lookout for the next great deal. Be sure to note the skilful wielding action of the cutlass (a.k.a. machete)

as it creates a crater like opening for your indulgence.

If you dare, 'head it' like you would a beer! Let the cool, crisp, naturally sweetened liquid provide your own mini tropical escape.

A word of caution; **be careful not to get it on your clothes, it can cause stains.** Not to worry, you don't have to be daring, straws and cups are also available.

Of course the market is not the only place to find coconuts. You can find vendors along the roadside, passing around in carts and of course the beach. Some restaurants and bars usually have them, so be sure to ask.

Tip: Coconut water is usually better without ice.

All said and done, solo, it's a very refreshing beverage, but if you're feeling adventurous mix in some rum, whiskey or gin for a Great Kick!



The soft, soothing flavour of fresh coconut water and coconut meat combines in an interesting manner with the sweet and tangy pineapple to make a really refreshing drink. Serve it directly in fancy glasses with garnishes of your choice.

Coco-pineapple Delight

Makes 4 glasses

INGREDIENTS

4 tbsps	Sugar Syrup
1 cup	Crushed Ice
4 cups	Pineapple Cubes
2 cups	Fresh Coconut Water
1 cup	Tender Coconut Meat

For The Garnish
4 Mixed Fruits Wheels

METHOD

Combine all the ingredients, except the crushed ice, and blend in a mixer until smooth. In each glass, place $\frac{1}{4}$ cup of crushed ice and pour equal quantity of the juice over it. Serve immediately garnished with a pineapple wheel in each glass.



Coco-Jito

The new mojito. Mint leaves play nice with the coconut water for a refreshing twist on the classic.

INGREDIENTS

2 parts White Rum
½ part Lime Juice
Small Spoon Sugar
Mint Leaves
Coconut Water

METHOD

Muddle lime juice, sugar and mint leaves in a tall Collins Glass. Fill with ice then add rum and coconut water.



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Old Boiling Pots



Sills



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Natural Gifts

Art Lime

"Art is not a thing - it is a way."

We love that quote and firmly believe that life in Grenada is art!

Isn't it all about your senses? All of them, and then added to that, what your heart feels? The inhabitants of the Spice Isles express their creativity in a multitude of ways.

You may be very lucky and catch a rare sighting of complete outfits woven from banana leaves, and worn with panache! Less unusual but equally artistic is the work of the designers for each year's Mas Bands, at our two annual carnivals. Consider the costumes carefully and perceive their interpretation of the Mas Bands chosen theme. The translation of these into texture, colour and flow of cloth or lack of it, is quite a work of art.

You will see art in all kinds of places. Whatever your preference is, from galleries to the street corners, in the markets, the gift shops, on the walls of offices, banks, we have it all...

Keep your eyes open when you are traversing our islands or some of this talent will remain hidden from you.

We are also home to musicians, actors, playwrights, painters, vocalists, sculptors, photographers, poets, designers, ...some trained, some completely untaught, but all naturally gifted.

Well and lesser known artists exist easily side by side. This acceptance is one of the gifts of our islands, of our people. See for yourself each extreme of the social and economic spectrum side by side, working, talking, limin', living... creating art, enjoying

art.

Of course, we are blessed with never ending sources of visual inspiration, the work of the hands of the Great Designer. You will note that He used every colour and texture, every nuance of moon and sunlight, the calm of the sea and the roar of the ocean and more shades of green than the naked eye can perceive, and formed from His artistic palate, Grenada.

Whoa, that was deep! And a little biased? Well of course!

A little lighter?

OK yes, we do have edible art. Fine, go to page 36 for "Look Who's Cooking" and the Index - page 88 under restaurants, naturally!!



that Grenada won its 10th Gold Award in 2012 at the Chelsea Flower Show in London?



Glimpses





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