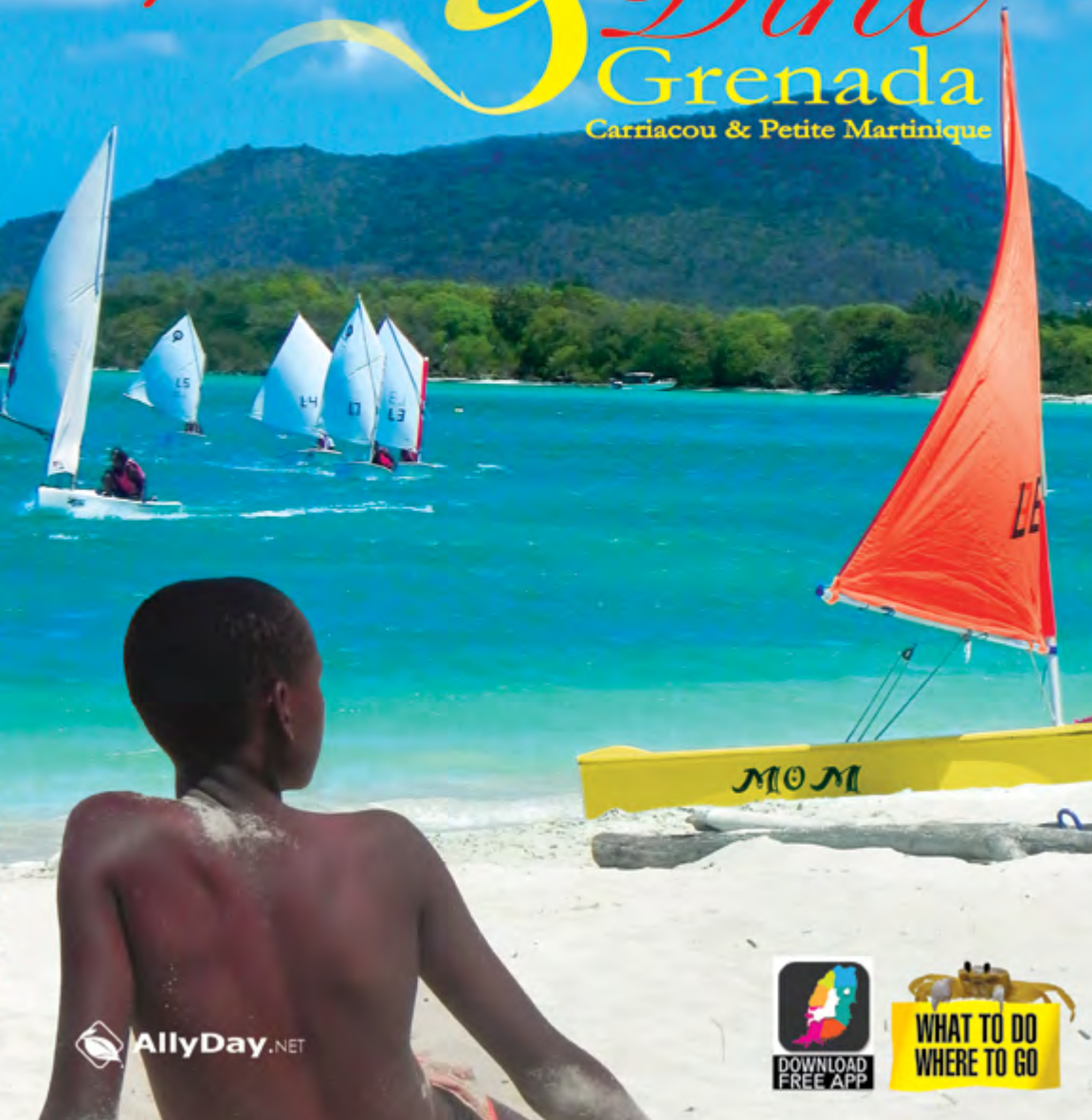



# Lime & Dine Grenada

Carriacou & Petite Martinique




 AllyDay.NET



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# Welcome

to **PURE GRENADA,**  
SPICE OF THE CARIBBEAN



We celebrate our Independence on February 7th of each year. At this time, every corner of our island displays the country's flag and national colours, from the most scenic location to the most rural.

The great beauty of our island is in us, and our hearts.

**Respect the Nutmeg**



White Sails, Blue Water  
Paradise Beach, L'Esterre Bay - Carriacou



On Saturday mornings, in view of the picturesque Sandy Island, L'Esterre Junior Sailing Club holds free sailing classes for youngsters between the ages of 7 to 15 years. A programme provided to instill an abiding respect and love for the tradition of sailing. The Optimist sailing dinghies, used to teach the youngsters their basic skills, are the stepping stone to Laser Class Sailing. The emphasis is on the dexterity of the sailor, not the size of the vessel, and may hold the key to a maritime future.

This sight of White Sailed Optimists cutting through the tranquil stretch of water, shaded in multiple hues of blue and dancing with sunbeams, is captivating. It is also possibly the source of day-dreams of a future in some distant land.

Many who have left the shores of the Sister Isles continue to return 'home' as often as possible to refresh their childhood memories and create new ones until they return again.

Our Sister Isles look forward to welcoming you too!



# Lime & Dine Grenada

Carriacou & Petite Martinique

2014 – 2015

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**AllyDay** CREATIVE PROJECTS LTD

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

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

[allyday@allyday.net](mailto:allyday@allyday.net)

[www.allyday.net](http://www.allyday.net)

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Grenada, Carriacou & Petite Martinique

# Limin' &



For everyone, everywhere, but no, not all the time! If life were one BIG lime, then a lime would not be a lime, and life would not be an adventurous roller coaster ride.

Saying you're limin' is a way of saying you're getting some 'down time', doing your own thing at your own pace – not marching to the beat of anyone's drum but your own.



## *When you're limin'*

### *You cannot:*

Have a 'stiff upper lip', keep your guard up, mind your P's & Q's, stand on ceremony, worry about what's happening at work, put any subject for conversation off-limits, keep texting on your cell phone unless you're alone of course, watch the news, do anything that feels like work, do anything in a hurry, keep checking your watch etc...

### *You can:*

Slouch, swing your legs, put your feet up on the table, sit in your favourite, most comfortable position, lie down, be silly, laugh uproariously, get sand between your toes, talk to strangers and make friends, wear your sunglasses in the dark, put your cell phone on silent, be alone with your thoughts, read a great book and dream day dreams...oh and text on your cell phone, if you're alone!!

So you get it, right? Then you're all set and you can help us spread the word about what 'Limin' is!



## Grenada, Carriacou & Petite Martinique

The Carriacou Maroon Music Festival, normally held towards the end of April each year, is a veritable feast for the senses.

Experience local food, colour & culture at this much anticipated occasion. As with many of our festivals traditional folk dancing & musical accompaniment, with brightly coloured apparel and foot tapping rhythms, are enjoyed by all.

*Grenada Conception Dance Theatre  
2014 Carriacou Maroon and String Band Music Festival*



# Limin' Talk

## Proper

## Prim & Proper

Every bread has its  
cheese

There is someone for everyone.

It fell in meh pot

My goodness, that is absolutely applicable to me.

Yuh trow me in de  
bamboo

I understand that as your friend you really don't have time for me anymore.

Ah dey

I'm doing well thank you very much.

Ah dey dey

I'm really endeavouring to put my best foot forward and to make do.

Yuh over bright oui

You have a habit of making everything your business.

Ah poke-a-poke

Things are a little trying but I am doing my best to manage with my situation and circumstances.

Yuh have no  
behaviour

You appear to have no idea of the appropriate way to conduct yourself.

Ah bun!

(Not a pastry!) A level of extreme tiredness. I'm utterly and completely exhausted.

Yuh buy cat in bag?

You agreed to something without knowing all the facts?

Yuh have me bazodi  
oui!

I believe you have rendered me a senseless blundering fool, I am totally confused.

Well trow meh  
down!

My goodness, now there's a surprise, you could have knocked me down with a feather.

Wah go?

May I inquire as to how you are?

De ting happen  
brapps oui!

This occurred out of the blue, with no warning whatsoever.

We have our own way of saying things and expressing ourselves, just like you do when you're at home. Listen carefully & enjoy!

# You May Need to Know...

## WHAT LANGUAGE IS SPOKEN IN GRENADA?

See 'Limin' Talk' – on page 7.

## WHEN YOU CAN GET YOUR MONEY?

Bank opening hours: Monday to Thursday 8:00am–2:00pm. Friday 8:00am–4:00pm

## HOW MUCH OF OUR MONEY YOU WILL GET FOR YOURS?

Currency exchange rate US \$1.00 to EC \$2.67

Major credit cards are accepted by most businesses, however checking may be advisable particularly for smaller establishments.

## WHEN SHOPS AND BUSINESSES ARE OPEN?

Monday to Friday 8:00am – 4:00pm

Saturday 8:00am – 12midday (excluding offices)

## WHAT TO PLUG IN SO YOU DON'T GET SHOCKED?

Electricity – 220 volts – appliances using 110 volts can be used with a transformer.

## WHICH IS THE RIGHT SIDE OF THE ROAD TO DRIVE ON? AND WHAT DO YOU NEED OTHER THAN THE CAR?

Driving is on the left hand side

of the road, a local driving permit is required and you must wear a seat belt.

## HOW TO GET AROUND IF YOU DON'T WANT TO DRIVE? – NO PROBLEM!

Enjoy the experience of using the local buses. They travel all around the island and are very inexpensive, just check the fare once you choose your destination.

Alternatively, taxis are readily available at the airport & hotels. If not, our hotel & guest-house staff will be happy to assist in arranging transportation for you.

In both cases, feel free to ask for information at your hotel reception desk.

## IF YOU CAN ESCAPE TAXES? JUST KIDDING!

Most hotels and restaurants add a service charge of 10% & VAT at 15%.

Tipping is at your discretion.

## OUR 'DRESS DOWN' CODE?

We really appreciate it when you wear your swimwear only on the beach and a few more clothes when you're not!

## HOW TO TRAVEL TO CARRIACOU & PETITE MARTINIQUE?

**By sea:** Osprey Lines operates

a daily service from the Carénage, St. George's – Tel 440-8126

**By air:** St. Vincent Grenada Air (SVG) operates a daily service from Maurice Bishop International Airport – Tel 444-3549

## IMPORTANT TELEPHONE NUMBERS

Emergency Services - 911

Police Headquarters  
440-3999

Grenada Coast Guard  
444-1931

General Hospital  
440-2051

St. Augustine's Medical Services Inc. - 440-6173  
(Private Hospital)

Maurice Bishop International Airport (MBIA)  
444-4101

Grenada Tourism Authority  
440-2279

## INTERNATIONAL CALLS

Grenada's country code is (473)

To call the UK dial 011 before the country code and number.

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

# I.C.E.

IN CASE OF EMERGENCY

Even on holiday,  
accidents happen.

Don't worry...



TELEPHONE: 1 (473) 440-6173  
EMERGENCY 24/7: 1 (473) 440-6174  
ST. PAUL'S, ST. GEORGE  
[www.samsgrenada.com](http://www.samsgrenada.com)



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# Limin' Time



## SUNDAY

**THE BASH BAR** - Chill Out Lime - 12noon to Sunset

**BELMONT ESTATE** - West Indian Buffet & Live Music - from 12noon

**COCONUT BEACH** - BBQ & Live Music 12noon to 4:00pm

**PETITE ANSE** BBQ Lunch - 12noon to 4:00pm

**PRICKLY BAY** - Sunday Roast - 12noon

**BOGLES ROUND HOUSE** - Sunday Roast - 12:30pm to 4:00pm

**AQUARIUM** - All Day BBQ & Live Music from - 3:00pm

**VENUS** - Ice creams, Wines, Desserts - 5:00pm to Midnight

**UMBRELLAS** - Live Music - 5:30pm to 7:30pm

**ROOF TOP** - Football Night Specials on beer & Wings - 6:00pm

**CREOLE SHACK** - Karaoke 6:00pm to 10:00pm

## MONDAY

**KALINAGO BEACH BAR** - Daily Happy Hour - 50% off Cocktails - 4:00pm to 7:00pm

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

**LAZY TURTLE** - Cruisers Happy Hour - 5:30pm to 7:00pm

**VENUS** - Games Night - 6:00pm to Midnight

**DODGY DOCK** - Pizza & Beer \$10 special - 7:00pm to 10:00pm

**PRICKLY BAY** - 1/2 Price Pizza - 6:00pm to 10:00pm

**PURE XS** - Wine, Spirits & Chocolate Tasting 7:00pm to 10:00pm

**ROOF TOP** - Audition Mondays - 8:00pm to 10:00pm

**THE OWL** - Crab Racing - 8:00pm & Karaoke - 10:00pm

**THE OWL** - Extra Happy Hour - 11:00pm to Midnight

## TUESDAY

**VICTORY BAR** - Daily Happy Hour - 5:00pm to 6:00pm

**DODGY DOCK** - Daily Happy Hour - 5:00pm to 6:00pm

**PRICKLY BAY** - Daily Happy Hour - 5:00pm to 6:00pm

**UMBRELLAS** - Tuesday to Friday Happy Hour - 5:00pm to 7:00pm

**ROOF TOP** - Latin Night - 2 for 1 drinks

**MOVIE PALACE** - Student Tuesday

**DODGY DOCK** - Grenadian Night Live Music & Special Menu - 7:00pm

**PURE XS** - Open Microphone with Band - 7:00pm to 10:00pm

**PRICKLY BAY** - Trivia Night - 7:45pm

**VENUS** - Live Jazz Music - 8:00pm to 10:00pm

**COYABA** - Dinner & Live Music 8:00pm to 10:00pm

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

**WEDNESDAY**

**DODGY DOCK** - Yoga & Breakfast - 8:30am to 10:00am

**LAZY TURTLE** - Cruisers Happy Hour - 5:30pm to 7:00pm

**CREOLE SHACK** - Karaoke - 6:00pm to 10:00pm

**VENUS** - Karaoke Night - 7:00pm to Midnight

**PRICKLY BAY** - Happy Hour 5:00pm to 6:00pm and BIG BINGO with Drinks Specials

**UMBRELLAS** - Happy Hour 5:00pm to 7:00pm and Live Music 8:00pm to 10:00pm

**PURE XS** - Burlesque Tease at Dinner - 8:00pm to 10:00pm

**DODGY DOCK** - Late Night Jam - 10:00pm

**MOVIE PALACE** - 2 for the price of 1

**ROOF TOP** - University Night. Drinks specials for SGU students - 10:00pm

**SANGRIA** - Daiquiris 2 for 1

**THURSDAY**

**COCONUT BEACH** - Daily Lunch Specials from 12noon

**DODGY DOCK** - Cooking Class - 3:00pm to 4:00pm

**THE OWL** - Daily Happy Hour - 4:00pm to 7:00pm

**VENUS** - Mug Shot Night, Shot Specials, Wings & Beer - 6:00pm to Midnight

**DODGY DOCK** - Salsa-Tango Class & Dance - 7:00pm to 8:00pm

**PURE XS** - Amateur Night - 7:00pm to 10:00pm

**PRICKLY BAY** - Latin Night - Salsa Dancing, Drinks & Food Specials - 7:30pm

**ROOF TOP** - Karaoke - 8:00pm

**COYABA** - Dinner & Live Music - 8:00pm to 10:00pm

**MOVIE PALACE** - Movie Thursday

**FRIDAY**

**VENUS** - Food & Drink Specials - 5:00pm to 2:00am

**VICTORY BAR** - Texas BBQ - 5:00pm to 11:00pm

**SANGRIA** - Sangria Down Friday - 5:00pm to 7:00pm

**CREOLE SHACK** - Karaoke - 6:00pm to Midnight

**PURE XS** - Live Band, Local Food - 6:00pm to 2:00am

**PRICKLY BAY** - Happy Hour 5:00pm to 6:00pm & Party Night, Live Steel Pan & Band Music - 6:30pm

**DODGY DOCK** - Mexican Night, Live Music, Dancing, Dinner Special - 8:00pm to 10:00pm

**UMBRELLAS** - Happy Hour 5:00pm to 7:00pm & Live Music 8:00pm to 10:00pm

**ROOF TOP** - Ladies Get Paid to Party from - 10:00pm

**SATURDAY**

**DODGY DOCK** - Yoga & Breakfast - 8:30am to 10:30am

**CREOLE SHACK** - Karaoke - 6:00pm to Midnight

**PRICKLY BAY** - Happy Hour 5:00pm to 6:00pm & Buy One Get One Free Pizza - 6:00pm

**DODGY DOCK** - Happy Hour 5:00pm to 6:00pm & Calypso BBQ & Live Music - 6:30pm

**KALINAGO** - Beach BBQ Grill Party & DJ - 7:30pm

**UMBRELLAS** - Live Music - 7:00pm to 9:00pm

**COYABA** - Dinner & Live Music - 8:00pm to 10:00pm

**THE OWL** - Karaoke - 10:00pm & Extra Happy Hour - 11:00pm to Midnight

**ROOF TOP** - International Night - Live DJ - 10:00pm

**PURE XS** - Burlesque / Latin Night. 10:00pm to 2:00am

**VENUS** - Live Band - 10:30pm to 12:30am

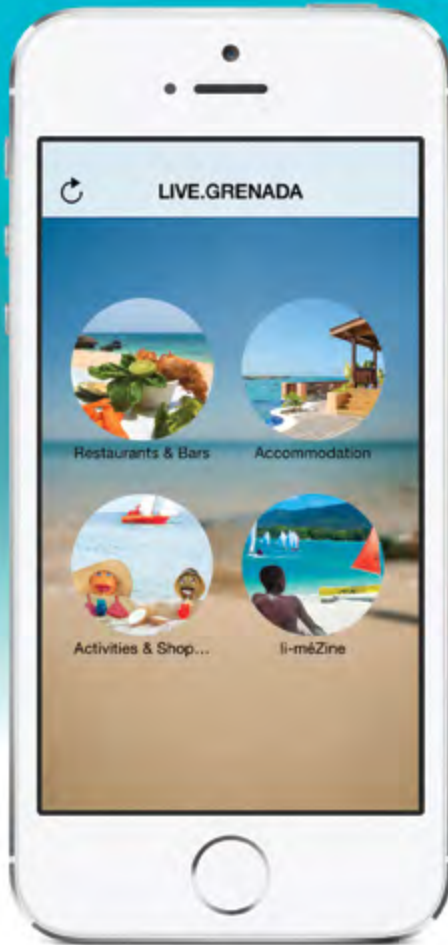
All information is accurate as at time of publishing. Please note this information is provided as a guide and that some activities listed may take place in high season only. It is recommended that you call your chosen venue and confirm, to avoid any disappointment. Please see index on page 92 for contact numbers.



Grenada, Carriacou & Petite Martinique

# Limers & Diners

...all things App!



**Dayliah**

D'App'er Limer



**Alleyne**

App Link Limer



**Kelliann**

App-Licious Limer



**Uncle Cleave**

D'App'arition Limer



**GRENADA LIME & DINE**



## Dayliah – D’App’er Limer

So what’s all the fuss? People, ‘**App**’ was here before the arrival of these little postage stamp looking things you all have on your phones and iPad, tablets etc – you would think it’s some new invention!

I keep telling you guys, you don’t read enough; all this gadgetry and abbreviations as though techie’s invented the English language or are trying to write their own. I mean get this Alleyne, there were actually stores before the **App** Store and music before iTunes. **Apparently**, the **Appearance** of all things **App**, which means that these gadgets are now used like limb **Appendages**, is a global and island-wide phenomenon.

## Alleyne – App Link Limer

*Most likely to know of any app you might need!*

I get where you’re coming from Dayl. What about ‘office wide’ phenomenon? I seem to remember my Dell-centric friend below swearing against all things **Apple** and now I am hearing the word ‘love’ and iPhone in the same sentence! Is the word ‘traitor’ **Applicable**, Dayl? Or should we just **Applaud** that she’s seen the light?

## Kelliann – App-Licious Limer

OK you two, I get this game! Yes at last **Apple** has my **Approval**, got me an **Appetite** for Mac. Lord, how did I manage to get something to do with food in here again? No, no give me a chance, this year I also got the right **Apparatus** to get my Open Water Diver certificate, there’s a lot of potential food under the sea... oh boy, more food talk! Hang on I can beat this...

Dayl, this year you proved no **App** is required for you to navigate the dance floor or to find the good places to eat or lime; You are a walking, talking, living, breathing **App**. LOL. Some people have Siri, but we have The ‘D’... yeah ‘D’ **App** (Phew! wonder if that will **App**ease her for the next 12 months!!)

## Uncle Cleave - D’App’arition Limer

*Missing from Greenz this year!*

Folks, sometimes I despair! Where’s the value-add to all of this, have I taught you nothing? Let’s cut to the chase and say what needs to be said; Improve, **Apply**, Implement

Based upon these 3 basic principles we wish to announce:

Grenda Lime and Dine **App** is LIVE & KICKING, arming serious limers with all they need to know about where to go, and what to do... **App**earing on a mobile screen near you, NOW!

Am I hearing **App**lause? OK, take a bow team. Well Done!!



# Our Island

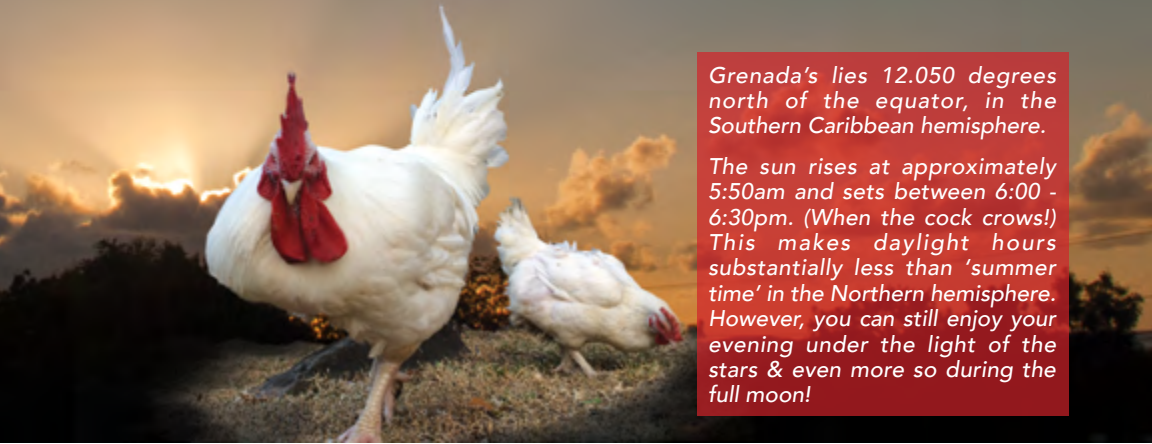
In Grenada, we often loosely use the expression (GMT) a.k.a. – Grenadian Mean Time – and the longer you stay here the more it will apply to you. That is to say, you will learn that not everything has to be or is, done by the clock.

However, there is at least one island dweller that does not subscribe to this mentality. Our 'Herald of the Dawn'... and sometimes even midday and sunset... or God forbid, all day!

If you come from a big city, we recognize that this natural way of indicating the day has begun could come as quite a surprise; or may even be 'alarming!' The cry of the cockerel signaling the dawn - literally - of a new day.

You'll probably find that eventually, the sound will become like ambient music, just part of our Caribbean soundscape. At some stage during your visit, these new sounds will no longer register as any kind of unusual 'noise'. Just King Cockerel adding his unique notes to the daytime symphony of sound, before it's taken over by the night music of our crickets, grasshoppers and frogs.

You will have noticed that this, our feathered and red-combed island resident, is no respecter of whether you're in a 5 or 3 star residence, or simply just 'by friends.' If he is in your vicinity, you will need to accept that this island is his home; he will definitely let you know when HIS day has begun.



*Grenada's lies 12.050 degrees north of the equator, in the Southern Caribbean hemisphere.*

*The sun rises at approximately 5:50am and sets between 6:00 - 6:30pm. (When the cock crows!) This makes daylight hours substantially less than 'summer time' in the Northern hemisphere. However, you can still enjoy your evening under the light of the stars & even more so during the full moon!*

Though he interjects into our psyche with his persistent chorus, he isn't spending time worrying about us and whether we awake with or without the assistance of our mobile device or some other electronic medium. His crowing has to do with his own internal clock, and serves to sound the warning to any of his peers whom he deems to be in his territory. Not about to be intimidated, they chorus back in reply, an crowing contest for who is the 'baddest' cockerel in town.

In some ways he mirrors our unique Caribbean culture. The dominant role of this member of the male species is communicated in his aggression should anyone arrive unannounced in his territory. Interfere with his feathered

'harem' of hens and you invade his space at your personal peril!

Here in our Isle of Spice, many a 'brave' child has felt impelled to test the cockerel's mettle, throwing caution to the wind. A life long scar has been the resulting war wound for such intrepid action.

### **Cock-a-doodle don't, try that again!**

As you savour the 'lime' of island life; enjoy the antics of our cockerels; at some point you will inevitably be his guest or his audience. He is not to be feared, he just wants a little

### **R.E.S.P.E.C.T!**

Don't we all?



# Our Black Child

Geoffrey Telesford

**S**hort Man, Dark Girl, Big Man, Tin (thin) Girl... here in Grenada we have a tendency to call everything as we see it, no frills attached. This is not a sign of discourtesy, it's just a Caribbean characteristic. And so, 'Black Child' is the name of... no... actually it's the name of a boat. However, this is Grenada, so of course there's more to that story...

The part of the story we **can** tell is that she, 'Black Child', was Grenada's top placing boat for 2014, in the internationally renowned, Budget Marine Spice Island Billfish Tournament.

To some it might seem a 'David among Goliaths' but not to her intrepid owners, cousins Godfrey & Geoffrey Telesford. The

techniques which allow their team to hold their competitive stance in the fray of tournament fishing remain Black Child's 'on-deck' secrets.

It's all about skill, and one of this vessel's main proprietors is a fisherman by profession. Please note that the correct terminology is 'anglers' for sport fishing and fisherman when accepting the even bigger challenge of doing this for your living!

Godfrey is the expert, a local fisherman, having plied the waters of our ocean and sea for more than three decades. He and his cousin Geoffrey grew up fishing in Grenada's rivers as boys; for crayfish, mullet, titiri... boys here still do so.

'Black Child' is a multi-purpose working



Godfrey Telesford



**46TH GRAND SLAM TOURNAMENT**  
**JANUARY**  
**20TH - 24TH 2015**

**Budget Marine Spice Island**  
**Billfish Tournament 2014**  
*TOP GRENADA BOAT*  
*Black Child*  
*TOP GRENADA ANGLER*  
*Godfrey Telesford*  
*OVERALL 3rd PLACE ANGLER*  
*Godfrey Telesford*

boat. She and Godfrey (a.k.a 'Black Boy'... don't ask!) are renowned island-wide for the amount of fish brought to the fish market and even straight to restaurant kitchens. Her limin' time is when the challenge of Grenada's sports fishing tournament arrives each year in January.

Although the working boats you may espy might not seem to have all the 'mod cons' of their glossier counterparts, Godfrey assures us that they have what they need; "local knowledge of our waters along with modern equipment; that's the combination which gets results." Even our relatively quiet islands are moving-a-pace with the rest of the global village.

What is it that brings these intrepid fishermen/ anglers their rush of satisfaction? A love of fishing, peace of mind that comes from being out in those huge expanses of water, and experiences which allow for a never ending supply of material for spinning a good yarn. The premise of all fisher folk!

Oh, so you still want to know the other reason why the boat is called Black Child? We're afraid we will have to leave that to your own imagination!

Whilst you are here though, enjoying our Caribbean Sea and Atlantic Ocean, take this sage advice from the crew of our 'Black Child'

**"Doh fraid the sea, respec' it"** Words of wisdom and insight from two Pure Grenadians.



# Boyz Lime

...that special gene

For a nation proud of our Caribbean 'laid back' approach to life, the seriousness with which we view ANYTHING sports-related is quite a revelation.

Sporting occasions here, whether they are orchestrated, like the cricket matches at the stadium, or just evolve, like going to catch crayfish in the river, are automatically considered a good lime!

Understanding the rules of the game or sport is not of highest importance, but understanding the fabric of our Caribbean DNA is. If by some random chance any island dweller missed that fiercely competitive gene, it will be infused into them at the earliest opportunity!

For your induction, there is the inevitable March Past. At every sporting event, from pre-primary to Inter-col, displaying your house colours and 'performing' in them in unison, is a must. That's true even if you are too young to spell your own name! Whether the tiny tots know which direction to run in – or think they should stop to wait for their friends, like they usually do in the playground – at some stage everything clicks into place and their competitive bone finds its socket!

Inter-col? Here in the Spice Isles it's MASSIVE. It's attended by secondary school students, the business community - normally supporting their alma mater - the athlete's family and friends, and just about anyone looking for a good lime. The objective? Making serious



#### ► DID YOU KNOW

that the first ever Southern Caribbean Billfish Circuit (SCBC) was launched in Grenada at the Spice Island Billfish Tournament in 2008?

noise as the events take place and, in true Grenadian fashion, discussing the merits and demerits of all that occurs on and off the field! From the dramatic fall of the fastest runner, realizing he is not going to win, to the mini – ambulance (seeing is believing) racing across the track, to remove him or her on an equally mini-stretcher! Each event is treated with the respect due to an Olympic endeavour and that covers the entire spectrum from cricket to dominoes!

An addition to the island's sporting mix is Drag Racing. This has captured the imagination of the generation which raced on Fridays after school, from Old Fort to Grand Anse, to the peer group of World Class Motor Racing Icon, and Formula One Racing Champion, Lewis

Hamilton. They can now live, or re-live, their youthful race driving fantasies on the Pearls airstrip, in the parish of St. Andrew. You did know Lewis has roots here in the Spice Isles, right?

Yet more inspiration comes in the person of Kirani James, 2012, 400m Olympic Gold Medalist, 2014 Common Wealth Games Gold Medalist, born and bred in the renowned fishing village of Gouyave. He was one of those runners on the beach who has proven that the sand beneath our feet can, in the passing of time, take us to different horizons. However, the shores of the Spice Isles will always be home and with it memories of many a great Boyz Lime.

# Grenada, Carriacou & Petite Martinique



Bash Restaurant  
by  
*Park B*

Lunch is served between  
12 noon – 3pm and “tapas” bites  
and cocktails available from  
12 noon – 6.00pm everyday.



Calabash, Grenada, L'anse Aux Epines Beach  
+1 473 444-4334 | [reservations@calabashgrenada.com](mailto:reservations@calabashgrenada.com) | [www.calabashhotel.com](http://www.calabashhotel.com)



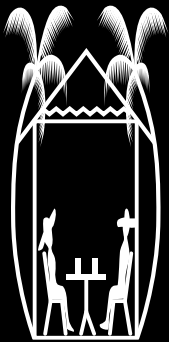
Unforgettable  
Experiences  
at Calabash  
 Grenada

**Rhodes Restaurant**

Celebrity chef Gary Rhodes mixes elegant cuisine with the spices and flavours of the island to create a world class dining experience.

Join us for dinner  
from 7:00pm to 9:30pm.

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# The Beach House

r e s t a u r a n t



## A quality experience in Caribbean dining!

telephone: 1-473-444-4455

fax: 1-473-444-5855

email: [contactus@beachhousegrenada.com](mailto:contactus@beachhousegrenada.com)

website: [www.beachhousegrenada.com](http://www.beachhousegrenada.com)

Located in Point Salines, just off the airport road.

Open Daily in Season: 11:00a.m.-10:30p.m., except Sunday's. Off-Season (April - November) operating times may vary. Reservations are recommended.

EC\$10.00 round-trip shuttle service available from major hotels in the area. Arrangements for this service must be made by 6.00p.m. of the same day.



# Belmont Estate

ST. PATRICK, GRENADA, W.I.



## The Caribbean's Finest Agri-tourism Experience

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

Creole Restaurant • Plantation Tours • Museum • Gardens • Animals  
Fine Organic Chocolate and Bon Bon shop • Goat Dairy  
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We are available for...

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Belmont Estate, St. Patrick, Grenada, West Indies  
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info@belmontestate.net • www.belmontestate.net

*Open Sunday to Friday (closed Saturdays)*

Certificate of Excellence  
2014 WINNER



Belmont Estate



Grenada, Carriacou & Petite Martinique

# The Coconut Beach

French Creole Restaurant

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

**Sunday BBQ Special**  
**12 noon to 4pm**



Coconut Beach French Creole Restaurant  
Grand Anse, St. George  
Tel: (473) 444-4644  
E-mail: [patmc@spiceisle.com](mailto:patmc@spiceisle.com)  
Website: [www.thecoconutbeachgrenada.com](http://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.*

# COYABA

BEACH RESORT - GRENADA W.I.

...be enchanted

Exquisite cuisine  
featured daily at  
Coyaba's two  
dining venues

**The Arawakabana Restaurant** offers exciting menus in Caribbean and International specialties. As you indulge yourself, be enchanted by the lovely sea breeze and lush garden setting.

Opens for breakfast from 6:30am – 10:00am, lunch from 12:30pm – 2:30pm and dinner from 7:00pm – 10:00pm.



Our poolside open-air restaurant also known as **The Carbet**, features casual dining with à la carte menu options available. We open for lunch from 12:00 noon – 3:00pm and dinner from 7:00pm – 10:00pm.

Live music is featured each week on Tuesdays and Saturdays

Tel: 473-444-4129 • Fax: 473-444-4808 • Location: Grand Anse, St. George  
Email: [reservations@coyaba.com](mailto:reservations@coyaba.com) • Website: [www.coyaba.com](http://www.coyaba.com)  
Facebook: [www.facebook.com/coyababeachresort](http://www.facebook.com/coyababeachresort)

# 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**



# GCG events

.....

## Simply Outstanding

GCG Events is a part of the Goddard Catering Group Grenada. We provide world class catering service for all commercial and private events including business conferences, weddings and banquets. We add that Simply Outstanding touch to any event!



*Let's discuss your catering needs!*

Call us at 1 (473) 444-2896

Or mobile 1 (473) 405-2896/3665

[www.goddard-catering.com](http://www.goddard-catering.com)

[joe.simon@goddardcatering.com](mailto:joe.simon@goddardcatering.com)

## When travelling, visit our outlets...

### **Flyin Hi** Snack Bar

Located at the airport courtyard and departure lounge for delicious hot meals prepared daily, Grab-n-Go bites and cold drinks.

GODDARD CATERING GROUP GRENADA ALSO PROVIDES PROFESSIONAL CATERING TO COMMERCIAL AND PRIVATE AIRCRAFTS!

### **J's Cafe**





# Girlz Lime

...wheels

The Spice Isles, like everywhere else in the world, have moved into the 21st century... albeit a little reluctantly.

This will seem crazy to you in our day and age, but one of the biggest changes we have noted is how many 'girlz' are now behind the wheel on the island's roads. And yes, we also throw our hands up in the air and say 'women drivers', – but then that's a global phenomenon isn't it?

We're hoping you do some driving around our beautiful home, so let us share some 'insider' info.

All, and we mean ALL, Grenadians know how to direct traffic. It's completely true and it's not limited to any age group or gender – it's just a

natural aptitude for Spice Islanders. It's totally superfluous whether an individual actually does drive; the fact is we know the best way to do it, and we love to share...

You will often see a myriad of rotating, flapping and waving gestures. Don't get confused. We're using them to tell you how to turn your wheels, how to park, to move your car forward or back and to say 'c'mon man you have room to pass'. Amazingly, everyone knows the exact size of your vehicle and how and where you can make the manoeuvre we desire of you, so we can all get on with our journeys!

Sometimes we do stop to talk to an acquaintance on the road, even if they're driving in the opposite direction, but always



► **DID YOU KNOW**

that Dame Hilda Bynoe, a Grenadian, was the first female governor in Grenada and the Caribbean?

on some vitally important matter. We are tacitly asking that every car behind us, on both sides, wait patiently while we take care of this important business at hand!

Pedestrian crossings? Honestly? Circumventing pot holes is a higher priority; they have huge implications for tyres, suspension etc. But of course we stop for the red traffic lights, so don't worry.

Indicators? The use of these can be somewhat spasmodic. Truthfully, it's just that we're sometimes so focused that we've already made the turn or stop before remembering about them. Please forgive us in advance, we're working on it!

The high beams in oncoming traffic are

naughty though, so feel free to give us a gentle reminder to lower them by flashing yours. We want all drivers to be comfortable.

When do we drive our slowest? Yup, the arrival of the cell phone means; when talking, texting and driving simultaneously! Sshhhh – let's just keep that our little secret.

So that's it. Key in the ignition and ready to roll? Remember to smile, take your time and enjoy. Smile and laugh with us as we do at ourselves, you'd be amazed what a great de-stresser that is!

Hang on there, just one caution - no throwing up of hands at women drivers only. Be fair! This is a seriously spicy, Grenada experience.



*pool*



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



*karaoke*



*cocktails*

**OPEN**  
**MON, FRI & SAT**  
10:00AM TO 3:00AM  
**TUES TO THURS & SUN**  
10:00AM TO 11:00PM

- Monday night crab racing •*
- sports tv •*
- parties •*



## The Flamboyant Hotel & Villas

Morne Rouge, St. George  
**(473) 444-4247**  
[www.flamboyant.com](http://www.flamboyant.com)



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BEAULIEU, ST. GEORGES, GRENADA

# the roof top

Relaxing Lounge Bar  
& Restaurant

*Dare to be different*



## *Our Menu of ~Events~*

### **Mondays**

Audition Night  
8:00pm – 10:00pm

### **Tuesdays**

Latin Night  
with 2 for 1 Drinks

### **Wednesdays**

University Night – Drink  
specials for SGU Students  
DJ from 10:00pm

### **Thursdays**

Karaoke Night  
from 8:00pm

### **Fridays**

Ladies Get Paid to Party Night  
DJ from 10:00pm

### **Saturdays**

International Night  
DJ from 10:00pm

**Book us for your special events  
& parties!**

**1(473) 435 5353**

**info@therooftopgrenada.com**

**Open**

**Mon – Thurs: 12 noon to  
Midnight**

**Fri & Sat: 12 noon to 2.00am**

**Sun: 6.00pm to Midnight**

**GCNA Complex, Kirani James  
Boulevard, St. George's**



**SAILS**  
Restaurant & Bar

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

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

THE CARENAGE, ST. GEORGE'S  
T: (473) 440-9747 M: (473) 405 7609

[sailsinc13@gmail.com](mailto:sailsinc13@gmail.com)


8:00AM - 11:00PM  
MONDAY - SATURDAY



# Sangria

Restaurant Bar & Lounge

*Mediterranean Caribbean Fusion*

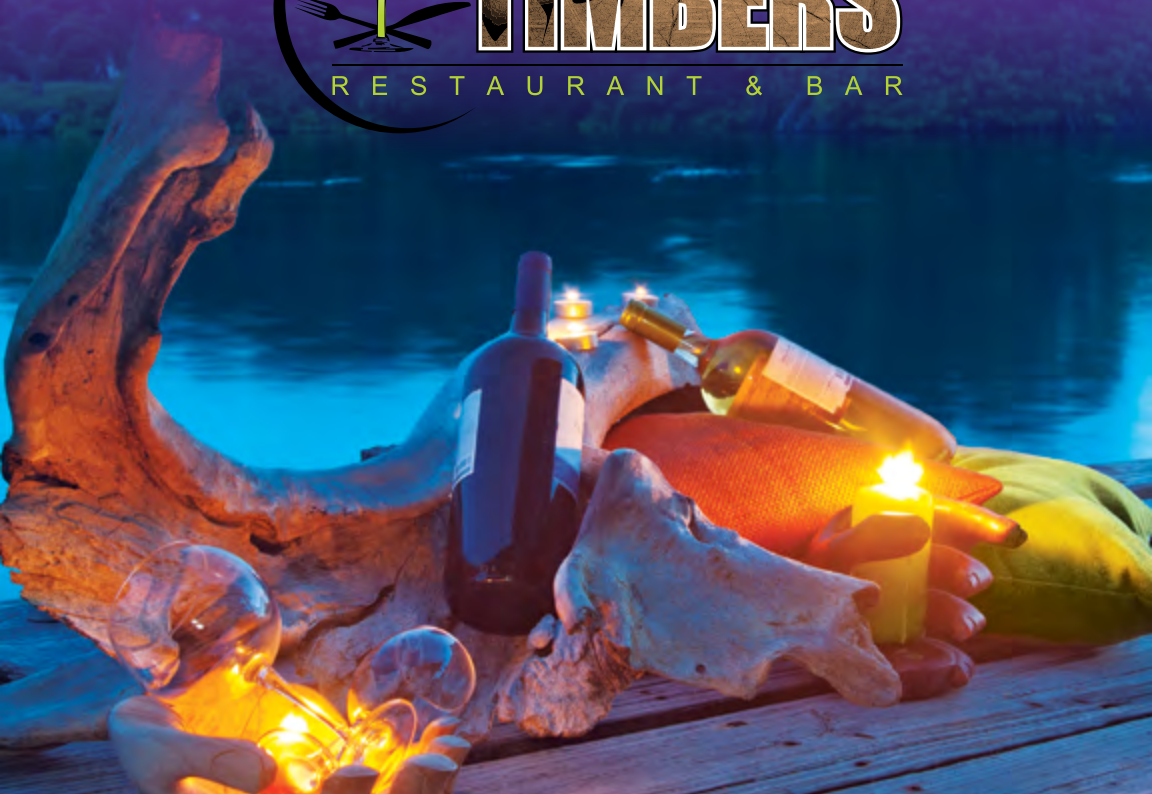


Enjoy tapas, lunch or dinner prepared by our expert chef, drinks of your choice & a real taste of Sangria, overlooking the bay.

Monday to Sunday Opening Hours 12:00 Noon to Midnight  
Beer Happy Hour Daily 5:00pm - 7:00pm



Morne Rouge, St. George  
**(473) 439-7491**



Enjoy Grenada's newest waterside dining experience.

Offering a fine dining menu in an eclectic setting over the serene waters of Prickly Bay Harbour.

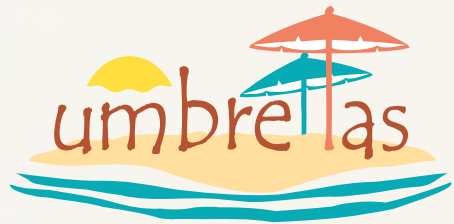
Opening Hours: 11:00am to 11:00pm  
Tuesday - Sunday

Take-away service & dinghy docking also available.

**1 (473) 439-4401**

Prickly Bay (True Blue side)





The 'coolest' spot on Grand Anse Beach! Day or nighttime let us offer you some shade on top, under or inside Umbrellas.

Ours is an exceptional bar, offering a wide variety of drinks and a great selection of food to soak it all up! Try our signature home-made burgers, slow-cooked beef ribs, great fresh salads and sinfully wicked desserts... just to get started!

Enjoy a great time as you savour our perfect Grand Anse beach location, at Umbrellas.

Closed Mondays except on Public Holidays



**(473) 439-9149**





Restaurant & Sports Lounge

## Have an Out of this World Food and Entertainment Experience!

**FOOD:** Wings, Burgers, Nachos, Fajitas, Platters & More

**BAR:** Wines, Cocktails, Draught Beer, Shots & More

**ENTERTAINMENT:** Karaoke and Live Bands

**GAMES:** Pool Tables, Slot Machines, Game Viewing

**PRIVATE ROOMS:** Meetings, Parties, Conferences & More

## Lunch, Snack and Dinner!

Located Grand Anse, St. George

(Wall Street - Upstairs Republic Bank ATM)

Open: Mon - Sat 11am | Sun 5pm | TEL: 473-439-1800

[experience@venusgrenada.com](mailto:experience@venusgrenada.com)

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

Find us on  
**facebook**





# Look Who's Cooking

It's true that wherever we find ourselves in the world, good food is a universal panacea, a leveler of all kinds of barriers and an educator of one culture to another. Our culture, festivals, limin' times, family and even business socialising, are all integrally linked with food.

Beautifully presented food has its place and you will find you have a good choice here, but not all great tasting food has to have on its 'Sunday Best'. How about trying some of the local eating & limin' experiences which take place island-wide weekly, monthly or annually? You may not see many starched chefs whites and neatly prepared 'mise en place', but you will get to 'taste the hand' of some great local cooks.

Actually, we do have our own version of 'mise en

place'. We call it 'seasoning'. When it comes to fish and meats, everything has to be seasoned or marinated. This means that we like everything to sit in our own concoction of herbs & spices, overnight if possible, before we get on with cooking it.

Most likely, any foods that you taste at our community tourism events will have had this 'special' treatment. These occasions offer you a window on Grenadian culture and an up-close and personal interaction with us in our 'back yards'.

How about trying one of these:

**Mt. Moritz West Indian Breakfast - Last Sunday of the Month.**



### Annual Food & Drink Events

**MANGO FEST**  
July/August

**GRENADA CHOCOLATE FESTIVAL**  
August

**RUM & BEER FESTIVAL**  
October

**NUTMEG FESTIVAL**  
November/December

This is the essence of a Grenadian village community working together at its very best. The breakfast menu? "Food for so!" Smoked herring, salt fish souse, fried fish, hot bakes, coo-coo, provisions i.e. breadfruit, dasheen, yam, green banana, plantain... You should try everything! Yes, they start early, but in true Grenadian style, with the lime being so nice, breakfast at Mt. Moritz has become an elongated meal, lasting through brunch and sometimes even beyond that.

#### **St. Mark's Sunset City Food Fest – Last Saturday of the Month.**

The quaint fishing village of Victoria, on Grenada's northwest coast, is home to the Sunset City Food Fest. Each month the community

comes together to enjoy quality local food and good company and you're invited! Your biggest problem will be what not to try! Some of the dishes will need explaining, but it's OK, we're all here to help.

#### **Gouyave Fish Friday – Weekly on Fridays.**

Naturally this is all things seafood and you'll be pleasantly surprised at the variety of dishes you'll encounter. Our local tour operators can arrange to get you there, or go by taxi if you want to be able to relax, and not be worried about getting 'home' early.

Just as a FYI, save your best evening dress for another occasion – go casual and enjoy the local drums, steel pans and popular Caribbean music.



# Look Who's Cooking

## Three Restaurants, One Team and An Entrepreneur

**A**n entrepreneur? Definition: Someone who has to be a little bit nuts, crazy, who can make something out of nothing, who can effect change, who is relentless and driven, has stars in their eyes, has focus and tenacity...

### So are you ready to meet one?

Uli Kuhn arrived in Grenada from Germany twenty four years ago. However, in all this time on the Spice Isles, he has not yet grasped the concept of going slower.

“Fine, yes I do seem to live my days on the run but it always seems to have been like that. I just need to know, what to do, where to be and when to be there? After that it all goes smoothly!! No, I’m joking, this is the restaurant

business, I’m not sure ‘smoothly’ is part of the vocabulary.

I started in a relatively small spot on the beach with the original **Aquarium Restaurant**, nutmeg shells on the ground, a few benches, tables and chairs and... we kind of grew.”

That’s typically understated. The Aquarium Restaurant relocated from its original spot to one further along the beach. Now a dramatic study in natural topography accessorized by wooden structures and decking, you can literally lime & dine just a few feet away from the oceans edge.

The Sunday afternoon BBQ? Still one of the islands most popular 'limes'.

### Your biggest accomplishment?

"I think accomplishments are about people, not about things. I always wanted whatever I did here, to eventually be run by local talent. My vision was to nurture people and empower those with real potential. I've been lucky enough to have a good number of these.

If you **give people the right tools you give them the opportunity to excel.** That's kitchen tools, 'tools' for living, for decision making and for taking life changing steps. For my restaurants this translates into good service, food and ultimately customer satisfaction.

Listen, some of my team have been with me for as long as 20 years. Some started washing dishes and now they run the kitchen and their own team, they don't need me in there any more!"

### You said restaurants? As in more than one?

"Yes, with the solid team I have, when the opportunity presented itself to **open a second restaurant**, of course I didn't need to hesitate, just had to decide how to divide my existing team."

...And so Uli went right ahead and put the **Victory Bar & Restaurant at Port Louis Marina** on Grenada's culinary map. Forget kicking back and resting on the laurels of the Aquarium!

### So what's the difference between what Victory Bar and the Aquarium have to offer?

"Probably it's that the Victory Bar has more 'snack' items on the menu to cater to the cruising community, as the marina offers

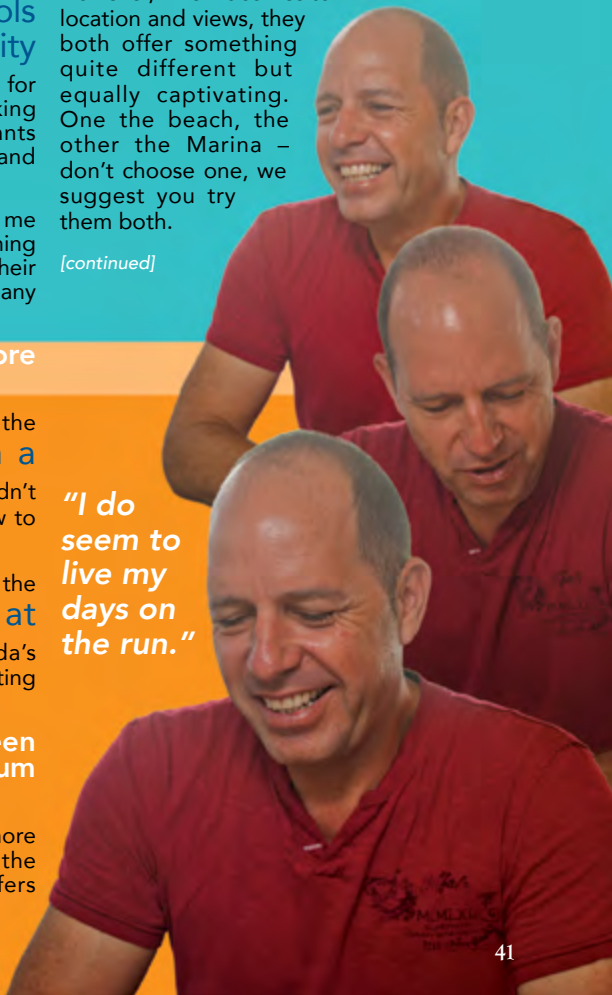
docking for yachts of all shapes and sizes. Our wood stone-oven pizza – 'fired' right in front of you, is extremely popular. You have to try it! Oh and don't forget our Friday evening Texas BBQ – great for serious meat lovers.

Yes there are some similarities on the menu but most importantly, the food quality is never compromised at either restaurant. The Aquarium is more of a fine dining venue... "

However, when it comes to location and views, they both offer something quite different but equally captivating. One the beach, the other the Marina – don't choose one, we suggest you try them both.

*[continued]*

*"I do seem to live my days on the run."*



## So can we hear what the Chefs have to say? Do the two restaurant teams compete with each other?

“No, we’re **one team**. Once one restaurant does well so does the other, and of course we trade customers all the time – after all Uli is the only restaurateur on the island with three restaurants!

## C’mon, tell us the truth you must compete a little bit?

“Alright yes, but only because we all want our food to taste the very best, we call it **‘friendly fire’** – it’s more to spur all of us on, rather than to get one up on each other. Ultimately we feel we are all actually **on the same team**. We share cooking tips, check how many meals were served and benchmark against each other. We also trade guests whenever we can and now they can have three great eating experiences.”

We may not all have formal culinary school training, but we certainly have full culinary educations. Some of us started at the very bottom and moved on to working in 5 star kitchens and even competing for Grenada in culinary competitions.

In our hearts, we know that a good chef must know his products and what the customer wants, balance his flavours and cook things right –the customers will let us know if we don’t! But most importantly, you have to love what you are doing, have passion and cook from the heart.”

## The extra ingredient?

A relentless boss, a loyal friend and a guy with stars in his eyes, a real entrepreneur by any definition!

## What about restaurant No.3? A new Sushi Bar at Port Louis?

Seriously!

# Coconut Shrimps WITH CURRY PINEAPPLE DIP

## INGREDIENTS

(Serves 2)

- 4 Jumbo Shrimp - peeled & deveined
- 1 Whole Egg - whisked
- 1 Cup Shredded Coconut
- ½ Cup Flour
- Salt and Pepper to taste

## METHOD

- Rinse shrimps thoroughly and lightly coat with flour mixture.
- Dip into beaten egg and coat in shredded coconut.
- Deep fry until golden brown.
- Serve with curry pineapple dip.

## INGREDIENTS

- 4 tbs Mayonnaise
- ½ tsp Curry Powder
- 2 tbs Pineapple Juice
- 2 tbs Pineapple - finely diced

## METHOD

- Combine all ingredients and mix well.
- Add salt and pepper to taste.
- Allow mixture to set for 15 minutes before serving.



The Aquarium  
RESTAURANT

*Lunch at the beach...  
Dinner under the stars*

Caribbean infused flavours & a first class wine cellar,  
relaxed music and mixology by the water's edge.

For reservations please call 444-1410  
Open daily from 10:00am. Closed Mondays  
[www.aquarium-grenada.com](http://www.aquarium-grenada.com)



# Callaloo Shrimp Cake WITH MANGO COLESLAW

## INGREDIENTS

(6 servings)

- 1 lb Potatoes - peeled & cooked
- 1 lb Shrimp - peeled & deveined
- 1 lb Callaloo - chopped
- ¼ Cup Breadcrumbs
- 1 Cup of Olive Oil
- 1 Onion - diced
- 2 Seasoning Peppers – finely chopped
- 1 Clove of Garlic - finely chopped

## METHOD

- Heat 2 tbsp of olive oil in a pan and gently cook the onions, peppers and callaloo for approx. 5mins.
- Dice or blitz the shrimp.
- Roughly mash the potatoes (not too finely), and combine potato and shrimp and set to one side.
- Add the cooked callaloo to the shrimp and potato mixture along with the breadcrumbs and mix thoroughly.
- Add salt, pepper and nutmeg to taste.
- Roll the mixture out to 1 ½ " thick and cut with a round cookie cutter.
- Place in the fridge to set for at least 20mins.
- Remove and deep fry until golden brown.
- Serve with mango coleslaw and tartare sauce.

## INGREDIENTS

- 1 Small White Cabbage - shredded
- 1 Small Purple Cabbage - shredded
- 3 Carrots - grated
- 4 tbsp Mayonnaise
- 1 Ripe Mango - peeled & diced
- 2 Jalapeño Peppers - diced
- 1 Cup of Sugar
- ½ Cup of Vinegar

## METHOD

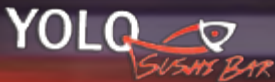
- Add to diced mango, jalapeños, sugar and vinegar in a pan and cook for 10 minutes.
- Allow this mixture to cool for at least 10 minutes, then add mayonnaise.
- Combine with cabbage and carrots,
- Add salt and pepper to taste and serve.





*The Victory Bar & Restaurant serving breakfast, lunch & dinner. Enjoy fresh fish, certified Angus steak and our unique pizza.*

## FRIDAY IS TEXAS BBQ NIGHT, SO DON'T MISS OUT



For a totally different experience try Yolo Sushi Bar. Whatever your choice you'll have found the perfect spot with a view of the prettiest harbour in the Caribbean.

Kirani James Boulevard, St, George.

Tel 435-7263

Open daily  
7:00am – Midnight.  
Daily Happy Hour.



# Naturally the

## They say that anything can grow in Grenada...

and believe us it does. The rich volcanic soil we are blessed with makes our produce as organic as you could wish for and sometimes a little bit more so...

So we know all you fresh fruit and vegetable lovers are going to thoroughly enjoy our produce whilst you are here.

### WHO ARE WE?



Locally known as MNIB we are the Marketing & National Importing Board for Grenada. We are the main link between Grenada's farming and agricultural community, for getting their produce to market, so of course we know the produce is absolutely; 'Naturally the Best!'

No don't worry we're not asking you to grow anything whilst you're here, Just 'lime', come and visit our stores around the island when you are shopping for those fresh local flavours – either to enjoy here, or even to take back home. And yes, a refreshing fruit juice, local fruit salad or even a spicy freshly made local roti are all also available for you to eat and drink right on the spot.

**ST. GEORGE:**  
Young Street, St. George's  
MNIB Deli TAMCC, Tanteen  
Excel Plaza, Grand Anse

**ST. PATRICK:**  
Main Street, Sauteurs  
**CARRIACOU:**  
Main Street, Hillsborough



# Best

- **FRUITS**
- **VEGETABLES**
- **HERBS**
- **SPICES**
- **LOCAL TREATS**



## OUR MISSION

To market the produce of Grenada locally, regionally and internationally. By innovatively adding value to our primary products in line with customer preferences and in strict adherence to food safety regulations. Doing so in an economically sustainable and socially responsible manner which supports national economic growth, food and nutrition security.



Telephone: (473) 440-1791 • Email: [mnib@spiceisle.com](mailto:mnib@spiceisle.com) • Website: [www.mnib.gd](http://www.mnib.gd)

FOR DAILY LOCAL LUNCH MENU



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



# THE FOOD FAIR

At our Food Fair Supermarket locations you can get everything on your list. Visit us and see for yourself, we guarantee you'll get through with time to spare!

*Choose your location:*

The Carenage, St. George's - (473) 440-2588

Grand Anse Shopping Centre, St. George - (473) 444-4573



**Hubbard's**



Where Good Food Begins



**REAL VALUE**  
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Spiceland Mall International  
Morne Rouge, St. George

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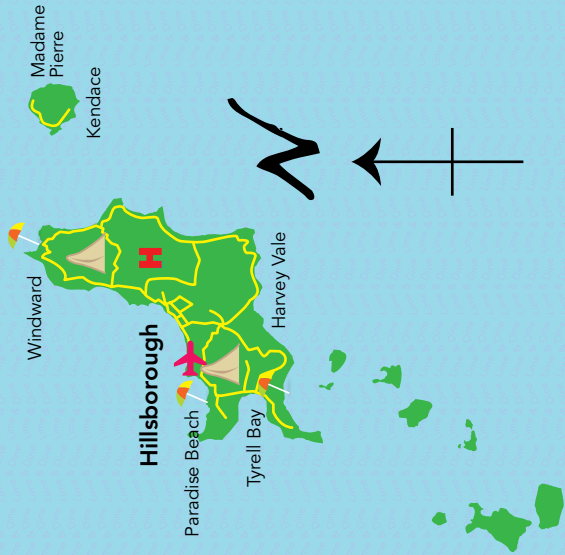
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# Lime & Dine

## Grenada

Carriacou & Petite Martinique



1. Grand Anse Beach
2. Fort Frederick
3. Fort George
4. Annandale Waterfall
5. Underwater Marine & Sculpture Park
6. Grand Etang Lake
7. Mt. Qua Qua
8. Grand Etang National Park & Forest Reserve
9. Concord Waterfall
10. Dougaldston Estate
11. Gouyave Nutmeg Processing Station
12. Caribs' Leap
13. Levera Pond
14. Morne Fendue Plantation Great House
15. Lake Antoine
16. Belmont Estate
17. River Antoine Rum Distillery
18. Sulphur Springs
19. Pearls Airport
20. Royal Mt. Carmel Waterfall
21. Laura Herb & Spice Garden
22. Westerhall Rum Factory
23. Bay Gardens

### PLACES OF INTEREST





ATLANTIC OCEAN

**MAP KEY**

- ★ Points of Interest
- ▲ Mountains
- 🌊 Lakes
- ✈️ Airport
- 🏖️ Beach
- H Hospital
- 🛣️ Main Roads
- 🛤️ Secondary Roads

**ST. JOHN**

**ST. ANDREW**

**ST. GEORGE**

**ST. DAVID**

**St. George's**

**Grenville**

Grand Roy Bay

Black Bay

Halifax Harbour

Beausejour Bay

Flemingo Bay

Dragon Bay

Grand Mal Bay

Brizan

Happy Hill

Vendome

Birch Grove

Soubise

Grenville Bay

Marquis Island

St. Andrews Bay

Mamma Cannes

Crochu Harbour

La Tante Bay

Requin Bay

Bellevue

La Sagesse Bay

Little Bacolet Bay

Westerhall Bay

Ft. Jeudy

Calivigny Island

Hog Island

Mt. Hartman pt.

L'Anse aux Epines

Glover Island

Morne Rouge Bay

Magazine Beach

Pink Gin Beach

Grand Bay

Trug Blue Bay

Prickly Bay

Calliste

Grand Anse Bay

St. Paul's

Morne Jalous

Calivigny

Egmont

St. George's

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# Sister Isles Lime

Isle of Reefs, guardian of culture & traditions...

We ask that you give serious consideration to spending some limin' time in Grenada's seventh parish, and Sister Isles, Carriacou & Petite Martinique.

Their secret is their ability to make it seem like nothing much is happening, exuding that air of calmness and serenity, making everyday cares and anxieties literally roll off your shoulders once you are there. However, this benign portrayal belies the fact that there is a veritable treasure chest of activities and discoveries waiting for you. Only two things are required: Patience & Time.

The Isles seem to have their own aura, a hypnotic quality intrinsic to them, allowing one

to step away from modernity. Or perhaps it's their fierce loyalty to safeguarding the inherent culture and historic traditions of the islands, which insist on disallowing the passing of time to ride in tandem with the disappearance of gifts left to them from their multi-faceted historical backgrounds.

Imagine the visitation of the Ciboney Indians from the Amazon of South America, to the Arawaks and the Caribs of the Orinoco River & Basin. Visitors way in advance of Columbus, the French and the British. Scratch beneath the surface and understand the plethora of precious traditional methods, cultural events and nuances of this special piece of paradise.

There are traditional weddings, boat building



► **DID YOU KNOW**

that on the flag of Grenada the 6 small stars represent the parishes in Grenada and the large one in the centre represents Carriacou & Petite Martinique?

and launching, tombstone feast, 'Saraca' libations, big drum nation dance, quadrille dancing, village maroons, Shakespeare mas, kite flying and fishermen birthday celebrations. Added to all of this are stories, tales, narratives and the clever social commentary of Parang, which proves that nothing misses the eagle-eyed acumen of these seemingly 'sleepy' islands.

This 'other-worldliness' could also be attributed to the reefs surrounding the Isles. As well as offering you beautifully clear and shallow waters, superb for diving and snorkeling, these barrier reefs also temper the waves of change to a mild and slow continuance, instead of the Tsunami that is modern living.

Picture-perfect beaches like Paradise, which has all the amenities you will need, and Anse La Roche & Petit Carenage which do not, are worth the extra effort it takes to reach them.

Some of these spots also offer the opportunity to watch giant turtles lay their eggs at night during the nesting season. Do please check with a tour operator, who will arrange a visit, as the conservation and preservation of the turtles is paramount on this nighttime expedition.

So what more do you need; restaurants, a place to stay, transport and someone to point you in the right direction for activities? Turn the page; they are all waiting for you right across the water on our Sister Isles.

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# Big Drum Memories

Who would have thought that the essential features of a good lime would prove themselves a contributor towards the preservation of cultural heritage. That in essence, limin' has a preservative quality.

Limin' means cutting the pace, slowing down and even 'quiet.' So what's the connection? The explanation is made somewhat easier by you making a trip, one best done by boat (the slow one) to the other island. To Carriacou.

As you alight and make your way to Main Street you sense immediately that time has slowed, the pace reduced, that you have stepped back. It is this essential quality that has worked to preserve the island's African heritage of Big Drum Music and Dance where in other

islands its memory has either disappeared or diminished to a whisper. More of a ritual honouring and propitiating the ancestors (or parents) in its beginning and recent past, it's now more about entertainment; the central attraction at important events.

The Nation Dance preserves a connection that links family groups with different ethnic groups of their African ancestors (including Cromanti, Igbo and Manding.) There are nine such dances with each nation having its own distinct rhythm. Some Carriacou families can still actually identify their 'nation' and it is to that rhythm that they dance.

The performance centres around three drums, traditionally made with slates from a rum barrel,



Acknowledgment: Alan Lomax, Donald Hill, Matthew "Benny" Alexander

then covered with goat skin. The two lower pitched Boula drums are played either side a higher pitched Cot drum. The most skilled of the three, the lead drummer plays the Cot.

A typical dance begins with the solitary voice of the lead singer, in french creole, with responses coming from a chorus of female singers. The Boula drummers then begin laying down the beat, the canvas upon which the Cot drummer, the virtuoso, recreates tenuous links to distant memories.

With the song now in full flow, the signal for dancing to begin is given when one of the singers jumps into the ring! Her lead is followed when others join the ring imitating her moves.

The dance ends abruptly when the lead singer touches the Cot drum with either a towel or the hem of her voluminous skirt.

As for food, where the proof is in the eating, this is likewise true with Big Drum Nation Dance. It's only by being immersed in the experience; in the savouring of the rhythmic beat; the contouring of the bodies and positioning of each step, will you be transported back, back to another continent, another time. You'll feel the pulsing energy of memory, though fragmented, relived. Perhaps it might even elicit an involuntary movement of the hips to be followed by that of the foot and before you know it, you're in the ring!

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# Pure Lime

This is about as pure as you can get here in Pure Grenada, Spice of the Caribbean. To be honest, it may well be as pure as you can get in a lifetime.

From rock formations on the North of the island in view of our Sister Isle Carriacou, to pristine bodies of water, the smaller uninhabited islets of the Grenadines and so much more...

To have an unforgettable visit requires only that you rest a few days and then, having acclimatised both to our tropical temperatures and to the very moderate pace at which we do things: Get Adventurous.

You don't have to 'go it alone', unless you want to. Hiring a car is easy and using the bus is a singularly 'Pure Grenada' experience,

as you share space with our islands greatest and often most fascinating asset; our people. Alternatively, all of these beautiful spots can also be visited with the help of our tour operators, many of whom will happily customise an itinerary for you.

If you're looking for real action, why not try some river tubing or a hike to one of our beautiful waterfalls. Take your pick; Concord, Annandale, Mt. Carmel, St. Margaret's, Tufton Hall. Each has varying levels of difficulty depending on how much of a Pure Limer you are!

You'll be amazed at the diversity of our little piece of paradise, in its topography, flora, fauna and wild life. And when our 'liquid



► **DID YOU KNOW**

that the highest point in Grenada is the top of Mt. St. Catherine which sits at an altitude of 840 meters (2755 feet)?

sunshine' rains and saturates the volcanic soils that we are blessed with and allows the plant life to flourish, you will understand why Green-a-da is an apt name for the island. Mt. St. Catherine, Grand Etang and Kick 'em Jenny – are but a few examples of our islands volcanic origins, above and below water!

To preserve this experience for others to enjoy, we need your help in maintaining a scenic and pure adventure. Feel 'free to wander', our simple request is that you leave only your footprints, to make sure a Pure Lime remains just that.

**Please visit:**

Several different beaches • At least one waterfall • Grand Etang Lake • The Sister

Isles • The Under Water Sculpture Park • The Market • At least one rum distillery • At least one fort

**Please try:**

A rum punch • A local fresh fruit you've never had before • At least one typically local dish • One local food festival • A ride on the bus • To dance, at least once • To learn how to 'lime' • To go home with some spices • To smile and say hello back when we greet you! • To admire all the little children in their school uniforms • To forget to answer any email... to go slower.

See YouTube video "This is Home" by Sabrina & The Navigators.

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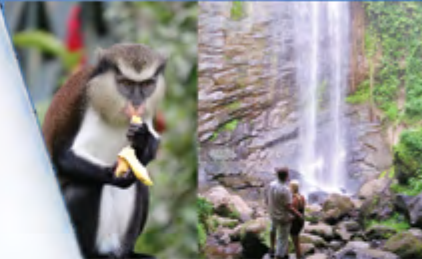
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# Lime Inn

You will note once you're here, that very few Grenadian houses look like those you are accustomed to seeing 'back home'.

The housing landscape reflects an interesting combination of 'board houses' (wooden structures) and 'wall houses' – (cement or brick structures). Yes, we know all houses have walls, but we tend to differentiate house styles by the materials used in construction. Don't worry, you'll get used to our island foibles and peculiarities!

Here's the thing, wooden houses are generally less expensive to build and we don't have cold winters, frosty nights and icy windows and only two seasons; rainy and dry. However, there is another interesting aspect to consider, the fact that a wooden structure is easily moveable. An

entire house can be dismantled and then re-assembled in a completely different location! We're not kidding, it does happen! The sight of a complete house on the back of a lorry being moved to its new location is a not unfamiliar spectacle.

Historically, this 'modus operandi' was a necessity in parts of the Caribbean as "homeowners" were not, for the most part, "landowners". Employers owned the land, so in case of an employer/employee dispute, the house could be quickly moved to a new site. Smart thinking huh! How's that for re-cycling?

You're right, all the buildings on these pages are concrete or brick structures. They are the direct result of the influence of outside entities on our Spice Isle shores. From the



*The empty doorways and crumbling bricks belie the lives that passed through them and looked through windows to vast expanses of ocean or sea.*

*If only these walls and tunnels had voices, what amazing stories they would tell!*

1600's onwards, the French, Spanish and British, all had differing periods of oversight on our coveted jewel-like island. Independence was granted from the British as recently as February 7th 1974.

These 'visits' of varying lengths resulted in many examples of Georgian architecture and French influences, island-wide. Fountains, wells, old narrow streets and cobbled alleys are all still features you will notice, particularly in our capital city St. George. This architectural legacy is also apparent in the multiplicity of forts constructed, as the ruling powers sought to secure and consolidate their stronghold on the island, against territorial forays from other colonial powers.

If history is your passion, why not do some

'scenic digging' whilst you're here; history is just waiting to be uncovered all around our islands. Do venture from that enchanting beach or poolside and travel inland; traverse our mountainous rainforest or follow our coastal roads east or west. You're sure to make some amazing finds.

Wherever you choose, remember you don't have to try and rush back to your 'base camp' at the end of the day – there is a good supply of comfortable and affordable accommodation throughout the island. Who knows, you may just find your adventure compels you to stay a night or two? Even if you're visiting or staying with your family here, you may crave a little alone time and a place to 'Lime Inn'.



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A glass of rum with ice cubes in front of a waterfall. The glass is filled with a golden-brown liquid and several ice cubes. The background shows a waterfall cascading over rocks, with lush green foliage on the left side.

# Shaken & Stirred

Anything over ice and in the shade?.. We feel you!

Yes you're right, every island does have its own rum, and with supreme confidence mixed with a dash of arrogance, we can absolutely assure you that ours is the very best! C'mon now, you wouldn't seriously expect us to say anything else, would you?

If you really can't get to visit any of the island's factories or distilleries, there is the fall back option of buying your rum from the supermarkets, whose shelves are home to a variety of brands and types. But make sure you shop early as demand sometimes outstrips supply!

We've been told by the real rum connoisseurs that the best way to drink our rum is not necessarily to mix it up in fruity or creamy cocktail concoctions; they say try it with coconut water or drink it straight with water as a chaser. However, we are not all rum aficionados, so we won't think any the less of the men who drink those colourful drinks with cherries and umbrellas!

We challenge you to find any of our restaurants that don't offer some level of mixed drink or cocktails made with our rums. And what about the rum shops, the islands local bars or pubs? Yes, they are definitely integral to pure Spice Island living.

► **DID YOU KNOW**

that Grenada has two breweries one of which is a micro craft brewery?

On the subject of water, please ensure you drink plenty to stay hydrated during your stay.

Staying with H<sub>2</sub>O, why not venture out to the sulfur springs in St. Andrew & St. Patrick. The waters are renowned for their therapeutic benefits. Do remember though, it's not about crystal clear blue water, but you will feel, well, more stirred than shaken!

Our island also has a number of natural spring water sources, as you can imagine, from all the rivers and waterfalls. Apparently, the calibre of our water makes it a big plus for our new local micro-brewery. Turn the pages and hear what they have to say.

That means we better just tell you quickly

about the Caribbean Rum & Beer Fest, as we've already established we have both, rum and beer that is. We've been host to the event twice before and it usually takes place around Oct/Nov, so think about checking your schedule and [www.puregrenada.com](http://www.puregrenada.com) to confirm dates. We would love to welcome you back.

And get this, it reportedly offers you the opportunity to sample over 70 of the world's finest rum and beers, as well as the chance to meet industry experts. We're not sure how much expertise you will take in if you actually imbibe all the samples; but no point in not taking up the challenge, once you're here!!

A photograph of three men in a brewery setting. In the foreground, a man is drinking from a large glass mug of beer. In the background, two other men are laughing and looking at each other. A sign for 'WEST INDIES BEER' is visible in the background.

# Shaken & Stirred

## I Love Beer.

*"...when we finally visited Grenada we couldn't leave..."*

**B**rewing beer and reading about beer has become something of a passion. You know some people build model air planes or play football... well I play with beer!

One of the few things we really missed after moving to Grenada were the English ales so we thought, you know what let's just make them ourselves, wouldn't it be great to open a brewery? Russ and Magdalena, the owners of True Blue Bay Resort have been good friends of ours for a long time and yes you've guessed it, Russ also likes beer! When I tentatively suggested the idea, he said "Mark you can stop looking, we'll have the brewery **right here at True Blue.**" Just like that we were underway.

Slight problem. We didn't actually know how to set up a brewery, the first one in Grenada was set up over 50 years ago. Mmmm ..happily a year later, here we are, all systems go, with our license to brew granted in January 2014.

**Micro** describes our brewery absolutely perfectly, in every aspect. In retrospect, I'm beginning to wish I had asked for a bigger space. But it works, it kinda adds to the 'nano-brewery' feel. Everything really is within arm's reach, because it can't be anywhere else!

## The biggest plus is; it's fun!

Naturally, we even get to name our own beers. That can be very interesting and the subject of much good humoured debate, as we use a combination of team ideas as well as comments and suggestions from customers. The Old Mongoose, Dodgy Dark Ale and Rogue Pirate are a few names we've experimented with.

## Naming the beers is almost as much fun as brewing them.

We cater for everyone. It's so popular with our customers that we ran out of beer a few times when we first started. 'Windward

**IPA'** is popular with the younger crowd, it's quite refreshing and strong for a beer, whilst

**Dockside** is more like the classic brown ale, very flavourful. These two are our primary beers, one of them is always on tap at the bar, but occasionally we do make a few special brews and sometimes even cider.

Can you know our **secret ingredient?**

Nice try! Not a chance!! However I will say, in my opinion, good water is one of the most important ingredients in brewing beer, assuming that all the other ingredients are measured correctly. Along with the hops, it really makes a difference in how the beer tastes.

## Rum, beer and chocolate mixed?

Sounds unlikely but actually I was a judge at the last Grenada Rum & Beer Festival. This year we'll be participants, with a selection of our very own brews. At the

Chocolate Festival, chocolate lovers will be in for a treat with our **chocolate stout!**

Nope, no tasting yet, it's under wraps for now; you'll have to be there to see what a treat we have in store. **Tasting is believing!**

This fridge? One of the resort guests said we should start selling them; who wouldn't want a barrel-shaped beer fridge? No ladies, wasn't asking you!

Now we're up and running, of course we're looking to expand; we're working on making our beer available in a number of other bars and eventually, to export it. However, our home base here at True Blue will always have the widest choice, after all this is where we began.

## Grenada is our home of choice.

When my wife and I lived in the UK we couldn't visit the Caribbean often enough. When we finally visited Grenada, we couldn't leave to go on to the next island, we loved it so much. Everytime we came back for a visit we were loathe to leave, so in the end we decided not to. We both agree it was the best decision we ever made... a life in Pure Grenada.



**ENJOY**  
True Blue's Day Pass



**True Blue Bay**  
*Boutique Resort*

mail@truebluebay.com  
443-8783



**Sankalpa Yoga Studio**  
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# Dodgy Dock

## Restaurant & Lounge Bar

Open daily from 7am to 11pm  
Serving Breakfast, Lunch, Snacks  
and Dinner

Seasonal Music Tues, Fri, Sat.

**TUE:** Grenadian Night

**WED:** Late Night Jam

**FRI:** MexiCaribbean Night  
and Latin Dancing

**SAT:** Calypso BBQ

**SUN:** Breakfast-Brunch

Located at True Blue Bay  
Boutique Resort  
Reservations 473 443 8783  
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*Dining by the Sea*

*Liming by the Bay*



## Tourist Pleaser

### INGREDIENTS

- ½ oz Coconut Rum
- 2 oz Westerhall Plantation Rum
- 1½ oz Westerhall 12 Degrees Rum
- Dash of lime juice
- 1 oz Simple Syrup
- Coconut Water to fill
- Splash of Club Soda

### METHOD

- Pour Coconut Rum, Westerhall Plantation Rum, Westerhall 12 Degrees Rum, lime & sugar syrup into a Hurricane glass
- Add crushed ice
- Add splash of club soda
- Fill glass with coconut water
- Garnish with sugar cane stick or a lemon twist



# Glimpses



**FAST FOOD**



**WITH CALLALOO**



**HIDDEN PLACES**



**SPICE LIFE**

# Westerhall Estate

St. David, Grenada W.I.

*Water Wheel*



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

*Dam & Aqueduct*



*Mango Trees*

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

*Olo Crane*



*Olo Baling Pans*



*Stills*



*Sugar Mill*



*Cynthia Hughes Collection*



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



*Water Wheel*



*Ole Copper Pots*

*Bolers*



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



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



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