

Where to Go, What to Eat

The islands offer a variety of dining experiences, from world class to enjoyably simple, all of which which play an important part in Grenadian life and culture. Restaurants tend towards chic informality, many being outdoors, taking advantage of the cooling trade winds to create a uniquely West Indian ambience.

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Fresh seafood is a must and new visitors should not leave Grenada without sampling the 'Conch'. Local restaurants outside of the hotels are definitely worth a visit and many feature local game such as Manicou.

The following is just a selection of those recommended by Peter de Savary...it will give you an idea of the vast array of choice that's available.

Almost Paradise Cottages and Bar

Come north as far as you can go to (almost) paradise, just west of Sauteurs. Lunch at Almost Paradise is not to be missed and on a clear day, you'll enjoy views all the way to St Vincent. Try a delicious local soup or salad or one of the renowned fish or chicken dinners.

Tel 473 442 0608. www.almost-paradise-grenada.com

Aquarium Beach Club and Restaurant

'A favourite of mine at lunch-time.'

Basking alongside white sands and azure waters, The Aquarium's beachside dining decks are surrounded by tropical gardens. Don't be misled, this is one of the chicest restaurants in Grenada and dinner is one of the smartest places on the island. Choose from Callaloo Cannelloni & Spanikopita, or the fresh catch of the day. Close to St George's. Bookings a must. The Sunday morning beach-side BBQ is the place to be seen.

Tel 473 444 1410. www.aquarium-grenada.com

The Beach House

“The service, cuisine and ambience will meet the highest expectations of international travellers”

On a lovely private beach, The Beach House serves a variety of international cuisine in a chic outdoor setting. Come as you like but the romantic setting makes this a place to dress for if you’re in the mood!

Tel 473 444 4455

Carib Sushi

Enjoy Grenada’s finest fish, sushi-style. In the Marquis Complex on Grand Anse Beach, Carib Sushi serves freshly prepared sushi and sashimi with tuna, mahi mahi, sailfish, snapper and lambie. Delicious and interesting take-aways are available for beach-style picnics.

Tel 473 439 5640

The Dodgy Dock

Cool music, delicious snacks and some of the best cocktails in the Caribbean. The dock at the True Blue Bay Resort offers wonderful sunsets, delicious Friday BBQ’s and a great place to moor.

Tel 473 443 8783 Open 3-11pm.

Fish Friday, Gouyave

Not a restaurant but a “foodie experience” not to be missed. Primarily a weekly event in the town of Gouyave, a short ride from St George’s, street vendors cook local seafood delicacies over open fires, whilst enjoying a variety of locally distilled rums and home-brewed beer.

Laluna Restaurant

“It’s sexy and it doesn’t get any better”

One of the most romantic and intimate beach-side settings in Grenada at Morne Rouge. Arrive early and enjoy a cocktail in the thatched-roof sunset bar with its cool and sophisticated furnishings. Dinner consists of Italian delicacies and a good selection of specially selected Italian wines from relatively unknown wineries. Voted one of the Top 100 Hot Tables in the World by Conde Nast Traveller so make that booking.

Tel 473 439 0001 www.laluna.com

Mona Lisa

“I’ve never enjoyed better ravioli”

Stylish and very Italian, enjoy homemade pastas, delicious wines with added fun from the wonderful Italian owner, Victoria. A short drive from Port Louis.

Tel 473 439 6555. Open for dinner from 6pm-10pm.

The Nutmeg

Overlooking the waterfront Carenage, St. George’s, this is one of the oldest and most popular restaurants on the island. The menu features a number of West Indian dishes and is based on locally caught seafood.

Tel 473 440 2539

Oliver’s Restaurant

The powder-white sandy beach of Grand Anse stretches for miles in front of this elegant dining room. Set in the Spice

Island Beach Resort, after recent refurbishment it is now one of the smartest restaurants on the island. Definitely no shorts in the evening...international in style, the daily table d'hôte menu features a number of local infusions; distinctively flavoured taking advantage of the fresh, local spices.

Tel 473 444 4258 www.spiceislandbeachresort.com

The Oriental Restaurant

Authentic dishes from China, Japan, India and Thailand are a popular draw at the Grenadian Rex Resort. The stylish setting reflects the theme of their enticing highly spiced dishes.

Tel 473 444 333

Rhodes Restaurant

"My mother loved it and she's never wrong"

The only Gary Rhodes restaurant outside the UK, this famous Michelin starred Chef has had a long association with the Calabash Hotel and Grenada. Recipes have been designed around interesting local produce and Gary is often in residence to ensure fantastic quality and consistency. Not to be missed. Named Number 1 Best New Experience for the Connoisseur in British Airways Highlife Magazine 2006.

Tel 473 444 4334

The Water's Edge

With views of St David's Harbour, a perfect spot to visit for a long-lunch. The upstairs lounge is a picture-perfect setting to enjoy the glorious sunset, a sun downer cocktail and the sparkling lights of the harbour at dinner each evening.

Tel 474 444 2822 www.belairplantation.com.