

## Sea Sense Restaurants in Cayman:

Abacus  
 Agave Grill  
 Barefoot Bistro (Reef Resort)  
 Breezes by the Bay  
 Casa Havana (Westin Casuarina)  
 Cimboco  
 Cobalt Coast Resort  
 Decker's  
 Eagle Rays Dive Bar & Grill  
 Ferdinand's Caribbean Cafe (Westin)  
 Full of Beans  
 Greenhouse Cafe  
 Harvey's Island Grill  
 Hemingway's (Grand Cayman Beach Suites)  
 Hungry Iguana Restaurant & Bar  
 Karoo  
 Kaibo Beach Bar  
 Little Cayman Beach Resort  
 Lobster Pot Restaurant  
 Luca Restaurant  
 Michael's Genuine  
 Ortanique  
 Pappagallo's Ristorante  
 Pirate's Point Resort  
 Prime  
 Rackam's Waterfront Bar & Grill  
 Ragazzi Restaurant  
 Rum Point Club Restaurant  
 Rusty Pelican (Reef Resort)  
 Schooner's Grill (Turtle Farm)  
 Southern Cross Club  
 Tukka Restaurant & Bar  
 Westin Casuarina (beach and bar menus)  
 Wreck Bar & Grill from Rum Point

## You have the Power!

Your consumer choices make a difference. Visit these restaurants and make sea sense choices where you see the logo



Always choose seafood from the **green** or **yellow** columns.

### Learn More:

Please be sure to read all columns and check labels or ask questions when shopping or eating out.

- Where is the seafood from?
- Is it farmed or wild-caught?
- How was it caught?

For more information,  
[www.seafoodwatch.org](http://www.seafoodwatch.org)  
[www.nationaltrust.org.ky/seasense.html](http://www.nationaltrust.org.ky/seasense.html)

## Make Choices for Healthy Oceans



### Sponsorship Provided By:

- National Trust for the Cayman Islands
- Department of Environment
- Department of Tourism
- Cayman Islands Tourism Association
- Cayman Islands Culinary Society
- Partnering Restaurants and Chefs
- Cathy Church's Photo Centre



The seafood recommendations in this guide are credit to the Monterey Bay Aquarium Foundation 2013 and the Cayman Islands Department of Environment.

Some seafood items might be harmful to your health. Visit [www.oceansalive.org/eat.cfm](http://www.oceansalive.org/eat.cfm) or [www.msc.org](http://www.msc.org)



# seafood GUIDE

Source:  
 Monterey Bay Aquarium Seafood Watch  
**8th Edition**

## Best Choices:

Abalone (US)  
 Arctic Char (farmed)  
 Barramundi (US farmed)  
 Bass: Striped (US hook & line, farmed)  
 Catfish (US farmed)  
 Clams, Mussels, Oysters (farmed)  
 Catfish (US farmed)  
 Clams (farmed)  
 Cod: Pacific (US hook & line, longline, trap)  
 Crab: Dungeness, Stone (US)  
 Crawfish/Crayfish (US farmed)  
 Halibut: Pacific (US)  
**Lionfish (local)**  
 Mackerel: King\*, Spanish\* (US, Canada)  
 Mahi Mahi (US Atlantic troll/pole)  
 Mullet: Striped (US)  
 Oysters  
 Salmon (Alaska)  
 Sardines: Pacific (Canada, US)  
 Scallops (farmed)  
 Tilapia (Ecuador & US farmed)  
 Trout: Rainbow (US farmed)  
**Tuna, Light (canned):**  
 Skipjack (troll/pole), **Yellowfin** (US troll/pole)  
 Tuna, White (canned):  
 Albacore (Canada & US Pacific troll/pole)  
 Wreckfish

## Good Alternatives:

Conch (farmed)  
 Crab: Blue & King (US)  
 Flatfish (Canada, US)  
 Herring: Atlantic (US)  
 Lobster: American/Maine  
**Mahi Mahi** (local/US)  
 Monkfish (US)  
 Pollock (US, Canada, Norway)  
 Pompano (US wild)  
 Red Porgy (US)  
 Salmon (CA, OR, WA\*, wild)  
 Scallops (wild)  
 Shrimp (US wild, Canada)  
**Snapper: Yellowtail** (local/US)  
 Squid (US)  
 Sturgeon, Caviar (US farmed)  
 Swai  
 Swordfish (US)\*  
 Tilapia (China, Taiwan)  
 Tuna: Bigeye (troll/pole, US Atlantic)\*  
 Yellowfin (local)  
**Wahoo** (local/US)\*

## Avoid These:

Abalone (China, Japan)  
 Chilean Seabass/Toothfish\*  
**Conch** (local, wild)  
 Crayfish, Crawfish (other than US farmed)  
 Groupers (local, US Atlantic)\*  
**Lobster: Spiny** (local, Brazil, Honduras, Nicaragua)  
 Mahi Mahi (imported longline)  
 Marlin: Blue, Striped (Pacific)\*  
 Orange Roughy\*  
**Parrotfish**  
 Salmon (farmed)\*  
**Sharks\***  
 Shrimp: (farmed, Louisiana and Mexico wild)  
 Snapper: Red (US)  
 Squid (non-US)  
 Sturgeon, Caviar (wild)  
 Swordfish (imported)\*  
 Tuna: Albacore\*, Big Eye\*, Bluefin\*, Skipjack\*, Tongol\*, Yellowfin\*  
**Turtle**  
**Whelk** (local)  
**Local Species Note** – Although local species taken on a recreational level in season and within limits is acceptable, their numbers cannot support the levels of harvesting necessary to supply stores and restaurants.

## Best Choices:

Best Choices are abundant, well-managed and caught or farmed in environmentally friendly ways.

## Good Alternatives:

Good Alternatives are an option, but there are concerns with how they're caught or farmed—or with the health of their habitat due to other human impacts.

## Avoid These:

Avoid for now as these items are over fished or caught or farmed in ways that harm other marine life or the environment.

*\* Limit consumption due to concerns about mercury to the other contaminants.*

**Invasive Species - Please eat up!**