

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
 Ferdinand's Caribbean Cafe (Westin)
 Full of Beans
 Harvey's Island Grill
 Hemingway's (Grand Cayman Beach Suites)
 Hungry Iguana Restaurant & Bar
 Karoo
 Kaibo Beach Bar
 Little Cayman Beach Resort
 Luca Restaurant
 Michael's Genuine
 Ortanique
 Pappagallo's Ristorante
 Pirate's Point Resort
 Prime
 Ragazzi Restaurant
 Rum Point Club Restaurant
 Rusty Pelican (Reef Resort)
 Schooner's Grill (Turtle Farm)
 Southern Cross Club
 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, visit www.seafoodwatch.org or www.nationaltrust.org.ky/seasense.html

Make Choices for Healthy Oceans



- 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

Sponsorship Provided By:



The seafood recommendations in this guide are credit to the Monterey Bay Aquarium Foundation 2012 and the Cayman Islands Department of Environment.

Some seafood items might be harmful to your health. Visit www.oceansalive.org/eat.cfm or www.msc.org



seafood GUIDE 2012

Source:
 Monterey Bay Aquarium Seafood Watch

Best Choices:

Arctic Char (farmed)
 Barramundi (US farmed)
 Catfish (US farmed)
 Clams (farmed)
 Crab: Dungeness, Stone
 Crawfish/Crayfish (US farmed)
 Croaker: Atlantic*
 Halibut: Pacific (US)
 Lionfish (local)
 Mackerel: King*, Spanish* (US)
 Mahi Mahi (US Atlantic troll/pole)
 Mullet: Striped Mullet (farmed) :)
 Oysters (farmed)
 Salmon (Alaska wild)
 Scallops (farmed)
 Striped Bass (farmed & wild*)
 Tilapia (local/US farmed)
 Trout: Rainbow (US farmed)
 Tuna: Albacore (Canada & US Pacific,troll/pole), Bigeye (US Atlantic troll/pole), Skipjack (troll/pole), Yellowfin (US troll/pole)
 Wreckfish

Good Alternatives:

Caviar, Sturgeon (US farmed)
 Clams, Oysters (wild)
 Conch (farmed)
 Crab: Blue*, King (US), Snow
 Flounder: Summer (US Atlantic)*
 Herring: Atlantic
 Lobster: American/Maine
 Mahi Mahi (local/US)
 Pollock: Atlantic (Canada & US)
 Pompano: Florida (US)
 Red Porgy
 Salmon (CA, OR, WA*, wild)
 Scallops (wild)
 Shrimp (US, Canada)
 Snapper: Yellowtail (local/US)
 Swordfish (US)*
 Tilapia (Central & South America farmed)
 Tilefish (US Mid-Atlantic)*
 Tuna: Bigeye, Yellowfin (US Atlantic)*
 Wahoo (local/US)*

Avoid These:

Caviar, Sturgeon* (imported wild)
 Chilean Seabass/Toothfish*
 Conch (Local wild)
 Crayfish, Crawfish (other than US farmed)
 Flounders, Halibut, Soles (US Atlantic)
 Groupers (US Atlantic)*
 Lobster: Spiny (Brazil)
 Mahi Mahi (imported longline)
 Marlin: Blue, Striped (Pacific)*
 Orange Roughy*
 Salmon (farmed)*
 Sharks* & Skates
 Shrimp (imported)
 Snapper: Red, Vermilion
 Swordfish (local, imported)*
 Tilapia (Asia farmed)
 Tilefish (US Southeast)*
 Tuna: All Canned, Albacore*, Skipjack (purse seine, longline), Tongol (except troll/pole), Bluefin*
 Turtle (wild)
 Whelk (local)

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.*