

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
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 or 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!