

Sea Sense Restaurants in Cayman:

Abacus
Agave Grill
Ave, AVECITA, and Cocoloba Bar & Grill at Seafire Resort & Spa
Bacaro
Cayman Brac Beach Resort
Cimboco
Cobalt Coast Resort
Copper Falls Steakhouse
Cracked Conch
Decker's
Eagle Rays Dive Bar & Grill
Ferdinands Caribbean Café (Westin)
Full of Beans Café
Greenhouse Café
Guy Harvey's Island Grill and Bar Crudo
Harbour Grille
Kaibo Beach Bar/Upstairs at Kaibo
Karoo
Little Cayman Beach Resort
Luca
Macabuca
Mojo Gastro Pub/Cayman Creperie/
Lucky Slice Pizza
Pappagallo's Ristorante
Pirate's Point Resort
Rackham's Waterfront Restaurant & Bar
Ragazzi
Rum Point Club Restaurant/Wreck Bar & Grill
from Rum Point
Salty's Sports Bar & Grill
Schooner's Grill (Turtle Center)
Seaharvest Restaurant/My Bar at Sunset House
Southern Cross Club, Little Cayman
Talkia
Wok 'n Roll

You have the Power!

Your consumer choice makes 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
<https://nationaltrust.org.ky>

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

9th Edition

Best Choices:

Barramundi (US & Vietnam farmed)
Bass: Striped (US hook & line, farmed)
Catfish (US)
Clams, Cockles, Mussels
Cod: Pacific (AK)
Crab: Blue (MD trotline)
Crab: King, Snow & tanner (AK)
Crawfish (US farmed)
Lionfish
Mahi Mahi (US handlines)
Mullett: Striped (US)
Oysters (farmed & Canada)
Pompano (US)
Salmon (New Zealand)
Shrimp (US farmed)
Snapper: Mutton (US diving, handlines)
Squid (US)
Sturgeon (US farmed)
Tilapia (Canada, Ecuador, Peru & US)
Trout: Rainbow (US farmed)
Tuna: Albacore (trolls, pole and lines)
Tuna: Skipjack (Pacific trolls, pole and lines)
Wahoo (US Atlantic)
Wreckfish

Local Species Note: The following local species cannot support commercial sale, either biologically or legally, so should not be available in restaurants or fish markets:
Sharks & Rays; Goliath Groupers; Wild Turtles; Nassau Grouper; Conch; Lobster; Whelk

Good Alternatives:

Branzino (Mediterranean farmed)
Cod: Atlantic (handlines, pole and lines)
Conch (Belize, Nicaragua & US)
Crawfish (US Wild)
Crab: Blue (AL, DE, MD & NJ pots)
Lobster: Spiny (Bahamas & US)
Mahi Mahi (Ecuador & US longlines)
Oysters (US wild)
Salmon: Atlantic (BC & ME farmed)
Salmon: Pacific
Scallops (wild)
Shrimp (Canada & US wild, Ecuador & Honduras farmed)
Snapper: (local, US)*
Squid (Chile, Mexico & Peru)
Swordfish (US)*
Tilapia (Colombia, Honduras, Indonesia, Mexico & Taiwan)
Trout (Canada & Chile farmed)
Tuna: Albacore (US longlines)
Tuna: Skipjack (free school, imported trolls, pole and lines, US longlines)
Tuna: Yellowfin (free schools, trolls, pole and lines, US longlines)*

Avoid These:

Cod: Atlantic (gillnet, longline, trawl)
Conch (imported)
Crab (Argentina, Asia & Russia)
Crab: Blue (FL, GA, LA, MS, NC, SC, TX & VA)
Crab: Stone (FL)
Crawfish (China)
Grouper (local)*
Land Crab
Lobster: Spiny (local, Belize, Brazil, Honduras & Nicaragua)
Mahi Mahi (imported)
Marlin*
Orange Roughy
Parrotfish
Salmon (Canada Atlantic, Chile, Norway & Scotland)
Sardines: Atlantic (Mediterranean)
Sharks*
Shrimp (other imported sources)
Squid (Argentina, China India & Thailand)
Swordfish (imported longlines)*
Tilapia (China)
Tuna: Albacore (imported except trolls, pole and lines)
Tuna: Bluefin
Tuna: Skipjack (imported purse seines)
Tuna: Yellowfin (longlines except US)*
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 overfished or caught or farmed in ways that harm other marine life or the environment

Key

Imported = outside of US

* Limit consumption due to concern about ciguatera, mercury, heavy metals and other toxins

Invasive Species! Enjoy as much as you like!