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**Dig-In to Pure Grenada's Dynamic Culinary Scene**

*The three-island nation welcomes foodie-curious travelers looking to experience traditional flavors with a unique international flair*

**St. George's, Grenada, W.I. – May 30, 2018** – Best known as the Spice Island of the Caribbean, the three-island destination of Grenada, Carriacou and Petite Martinique earned the distinction of being the world's second largest producer of nutmeg and first for mace. Building on this solid foundation, the expansion of the destination's culinary scene has positioned [Pure Grenada](#) as the perfect destination for curious gourmands looking to take their taste buds on a foodie world tour. From street food to fine dining, the destination offers visitors the chance to savor a unique and adventurous culinary style that offers tasty options, regardless of dietary needs—from sweet treats to savory eats, vegetarians to meat lovers and those in between.

*Casual Dining*

For an authentic taste of the islands' traditional dishes, dining at one of the destination's casual eateries is not to be missed. Grenada's national dish, **oil-down**—a one-pot stew made with salted meat, breadfruit, dumplings, turmeric, and callaloo all steamed in coconut milk, can be found at a majority of the restaurants. Other favorites such as **cou cou**, a pudding-like dish made of corn meal mixed with a variety of vegetables served as a side with stewed meats and lambi, or conch cooked in various herbs and spices are some of the many home-grown delights to be enjoyed. Seafood lovers will also have the opportunity to enjoy fresh catch-of-the-day meals infused with local ingredients set against magical sunsets at any one of the islands' water-front restaurants. One such locale, [Dodgy Dock Restaurant and Lounge Bar](#) hosts one of the destination's ultimate casual dining experiences, *Street Food Wednesdays*, a themed night dedicated to showcasing a wide selection of traditional and international cuisine prepared by local vendors in an energetic atmosphere fueled by live music. The island's signature spices are ever present in the diverse offerings. Additional hot-spots to visit while on island include [BB's Crabback](#), [Belmont Estate](#), [Coconut Beach](#) and [Umbrellas Beach Bar](#).

*Fine Dining*

With Caribbean food rapidly growing in global popularity, one of the islands' most exciting movements is the emergence of haute cuisine – where traditional Grenadian dishes are prepared in a trendy gourmet style. In Grenada's burgeoning restaurant scene, patrons will



find a variety of fine dining restaurants from international to local cuisine. The Spice Island Beach Resort's [Oliver's Restaurant](#) in particular, has given traditional dishes a gourmet makeover by serving local favorites in an epicurean tasting style. Other fine dining favorites include: [Rhode's at Calabash](#), [The Aquarium Restaurant](#), [La Belle Creole Restaurant](#), [Bogles Roundhouse](#), [Petit Anse Restaurant](#) and [Savvy's at Mount Cinnamon](#).

### *Sweet Treats*

For a quick after-dinner indulgence or while lounging on any of the sunny islands' 50 world class beaches, make the moment even more special with nutmeg ice cream, a popular and must-have dessert option. Additionally, with cocoa production playing an integral part of Grenadian culture and culinary lifestyle, the island's organic dark chocolate is a can't-miss treat. Visitors with a sweet tooth will have the chance to savor and enjoy bean-to-bar tours and sample decadent chocolatey treats from any one of the island's four chocolate factories, with some offering infused options with the island's nutmeg, ginger and cocoa. At the annual Grenada Chocolate Festival that took place May 11-19, 2018, a fifth chocolate factory was introduced to the island called Tri-Island Chocolate, truly making Grenada the Caribbean capital of chocolate.

For more information on dining in Grenada, visit [www.PureGrenada.com](http://www.PureGrenada.com).

### **About Grenada**

The tri-island destination of Grenada, Carriacou, and Petite Martinique is located in the eastern Caribbean just south of Barbados. Grenada is best known as the "Spice Island of the Caribbean" for its cinnamon and nutmeg production, but the lush destination draws visitors for so much more. The Pure Grenada experience beckons visitors to its 40 white sandy beaches such as the world famous Grand Anse Beach, 15 breathtaking waterfalls, 4 chocolate factories, 3 rum distilleries and more than 30 unforgettable dive sites, including the largest shipwreck in the Caribbean 'Bianca C' and the World's First Underwater Sculpture Park. Grenada's approach to hospitality is infused with a warm charm which is apparent from its luxury resorts to barefoot chic boutique hotels and villas. There are direct flights to Grenada's Maurice Bishop International Airport from the US, Caribbean, Canada, UK and Germany making the island accessible to visitors from around the world that wish to experience Pure Grenada, the Spice of the Caribbean.

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