



# JOURNESE®

CURATORS of FINE TRAVEL®



## CARIBBEAN CULINARY DELIGHTS

From Creole and Cajun to jerk-style cooking and unique island favorites, the Caribbean Islands are a foodie's paradise. With international inspiration stemming from authentic Mediterranean classics, French flavors, Spanish and Asian influences, combined with extraordinary local seafood delicacies and remarkable island spices, celebrate a mouth-watering gastronomic experience.



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## Exquisite bites in Saint Lucia

An acclaimed foodie destination, revel in the culinary excellence at luxurious *Cap Maison Resort & Spa*. With dramatic sea views from the Michelin star chef dining at signature Cliff at Cap to the casual Naked Fisherman Beach Bar & Grill, unique dining experiences and extraordinary wine cellar, savor the endless delicacies at this beloved island paradise.

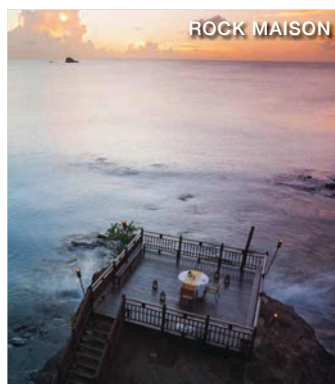
Below is just a sample of the immersive itineraries our Destination Specialists can create.

**Day 1 | USA/SAINT LUCIA** | Upon arrival, board your private transfer to *Cap Maison Resort & Spa*, a former sugar plantation north of popular Rodney Bay. Spend seven nights in an elegant one-bedroom villa with a private terrace. Built to resemble a Castalian village on a stunning cliff-top setting above Smugglers Cove Beach, revel in infinity pools, Spa Maison, watersports, and entertainment. Discover wine cellars, acclaimed dining venues, barbecues in your suite with your own chef, cooking classes and unique waterside dining with zip line service.

Celebrate your first night with fine dining and sensational views at the Michelin star chef dining option, Cliff at Cap. Delight in contemporary French Caribbean cuisine, creating such offerings as conch ceviche and ahi tuna with a mango balsamic jus, plus Kurobuta pork belly with razor clams and squid served with coconut foam, all paired with the perfect varietals.

**DAYS 2 - 3** | A chocolate lover's dream, embark on a *Chocolate Decadence Excursion* beginning with a luxurious catamaran cruise to Soufriere and the renowned Hotel Chocolat. Learn about the production of cocoa and partake in a hands-on experience of making your own chocolate bar before a cocoa-inspired gourmet lunch. Your sweet day continues with a dip in therapeutic mud baths, concluding with snorkeling along the Pitons before your cruise back to the hotel.

**DAY 4** | Under the guidance of the resort's inspiring executive chef Craig Jones, explore the cuisine and fresh seasonal produce with a private cooking class. Your experience includes a market visit to choose the ingredients for your menu, sharing recipes, and interactive instruction to create and consume a delicious meal.



**DAY 5** | Set sail on an elegant yacht this evening for a romantic voyage along azure waters on the *Piton Sunset Cruise*, with incredible views of the majestic Pitons. Watch the wondrous colors of sunset and dance to the island rhythms while you savor delicious appetizers and cocktails.

**DAY 6** | With an impressive collection of rare champagnes, grand cru Bordeaux, fine Burgundies and biodynamic wines, tempt your palate tonight with tastings, paired with a delectable assortment of bite-sized amuse-bouche, and interactive discussions conducted by the sommelier at the walk-in Cellar Maison.

This evening, savor toes-in-the-sand dining at The Naked Fisherman, listening to the gentle waves as the sun sets. Delight in the special of the day from Creole seafood boils and locally caught snapper or dorado to a not-to-be-missed BBQ Taster Night or Synday Vybe with live music and surprise tropical shooters.

**DAYS 7 - 8** | Spend your final day in paradise exploring Saint Lucia. For a unique, romantic dining experience, head down to Rock Maison, a private deck on the shoal. Jutting over the coral reefs and gentle sea, adorned with glimmering candle lit lanterns, look to the sky from the deck as a bottle of cold champagne and mouth-watering appetizers magically appear in a basket from the cliff above via zipline. Then, dine on a delectable seafood dinner and sweet chocolate and island rum ganache as you toast to a momentous vacation.

The next morning, relish a sumptuous breakfast before boarding your comfortable flight home and begin planning your next culinary getaway.

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## INSIDER TIDBIT

As unique as each island, Caribbean food has a distinct flavor and rich history, heavily influenced by the countries the island was colonized by. Its most vital ingredients are plantains, coconut, rice, beans, cassava, coriander, chickpeas, tomatoes, sweet potatoes and bell peppers. Countries of influence include Africa, America, Asia, Britain, Dutch, France, India and Spain.



## JOURNESE' CULINARY RECOMMENDATIONS

### ANGUILLA

**Pimms at Belmond Cap Juluca** | A romantic oceanfront setting offering elevated Anguillian cuisine and international specialties. Sip your watermelon martini with tastes of conch carpaccio, lobster with pineapple jasmine rice and farmer's lamb.

**Elvis's Beach Bar** | Delight in casual beachside Mexican style fare with a Caribbean flair, from favorite "goatachos" to burgers and fish tacos with jerk inspiration. Plus, enjoy music and dancing.

**Falcon Nest Bar & Grill** | Offering laid-back ambience right on the sand, indulge in melt-in-your-mouth, fresh-caught seafood on the grill, Angus burgers, barbeque wings or ribs and their renowned Falcon Rum Punch.

**Sandy Island** | Arrive by boat to the best beach restaurant in the middle of the ocean. Bury your toes in the sand as you relish freshly caught seafood, local herbs and citrus fruits and signature dishes such as drunken coconut shrimp and crazy for crayfish.

### ANTIGUA

**Cloggy's** | With an ideal marina location and relaxed setting, start with a goat cheese salad or duck spring rolls, then enjoy grilled specialties including the catch of the day, lobster, sambuca prawns, fish and veggie burgers and Cloggy's burger with a fried egg.

**Shirley Heights Lookout Restaurant & Bar** | With stunning harbor views, dine to the sounds of reggae steel pan music, with a rum punch and signature grilled Antiguan lobster, or vegetarian, surf 'n' turf and barbeque offerings.

### ARUBA

**2 Fools and A Bull** | Intimate and simple, with seating for only 16 guests around a U-shaped bar, be sure to reserve ahead for an extraordinary, beautifully plated five-and-a-half course dinner and entertaining wine pairing experience.

**Casa Nonna at The Ritz-Carlton, Aruba** | Meaning "grandmother's house" in Italian and serving authentic flavors with quality ingredients, enjoy everything from salumi, cheese and antipasti platters to hand-made pastas and a robust wine list.

**Flying Fishbone** | On the beach or in the water as the fish swim at your feet, dine on exquisite European cuisine with a Caribbean flair featuring innovative appetizers, seafood mains and decadent desserts. Be tempted with tuna tataki, scallops florentine, beef tenderloin with a red wine sauce or pasta portobello.

**The Old Cunucu House Aruba** | Set in a landmark farmhouse, savor Grandma's secret recipes featuring fresh-caught fish, unique escargot or conch appetizers, plus signature cabrito, and popular goat stew.

**Yemanja Woodfire Grill** | A local favorite, excite your palette with a creative blend of Caribbean flavors with natural wood grilling. Sample raw pad thai salad, salmon carpaccio and herb crusted Chilean sea bass with a peach cobbler cheesecake finale.

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## CULINARY TIDBITS

**ANGUILLA** | Known for amazing seafood and Moroccan, Mexican, Italian and French influences. Its national dish is pigeon peas with rice, herbs and spices accompanied by goat, chicken or fish.

**ANTIGUA** | The island was first settled as a haven for rum distilleries and sugar plantations with influences from the Spanish, British and West Africa. Try the national dish, Fungie, a breakfast dish similar to polenta and served along side saltfish or meaty stew.

**ARUBA** | Blending Caribbean, Latin America and Dutch flavors, enjoy fresh seafood, fried delicious goodies, light fish soups and hearty stews. Sample Keshi Yena, a large ball of cheese stuffed with spicy meat or Pan Bollo, a bread pudding with Ponche Crema or rum.



## CULINARY TIDBITS

**BAHAMAS** | An eclectic combination of southern American and Caribbean styles with a love for spices, favorites include cracked conch with Creole sauce, rock lobsters and Johnnycakes.

**BARBADOS** | Known as the Rum Island, sip a rum punch as you try the national dish Cou Cou and fried flying fish or pudding and souse (pickled pork and spiced sweet potatoes)

**BERMUDA** | An aromatic blend of seafood, potatoes, tomatoes, onions, carrots and spice, sample fish chowder or enjoy a moist and buttery black rum cake for dessert.

**BRITISH VIRGIN ISLANDS** | While seafood dishes, Anegada lobster, fish chowder and mussel pie are popular, the national dish, fish and fungi, is a main staple.

**CURAÇAO** | Most local dishes are a fusion of diverse foreign influences. Try Keshi Yena, gouda or edam cheese stuffed with spiced chicken or Blue Curaçao, made from laranja, a bitter orange.

**DOMINICA** | Tempt your palette with Callaloo, a soup made with leafy vegetables, coconut milk, salted meat, yams, onions, peppers, green bananas and cornmeal dumplings.



## BAHAMAS

**Acquapazza Wine Bar & Ristorante** | Set on Harbour Island and offering traditional, prepared-from-scratch Italian cuisine with a touch of island flavor, savor everything from eggplant parmigiana with conch to tuna carpaccio, penne vodka and chicken toscano.

**Athena Café** | On a balcony overlooking Bay Street in Nassau this family-owned restaurant serves authentic Greek fare, including spanakopita, tzatziki, gyros, souvlaki and fresh baklava.

**Celebrity Chef Dining at Atlantis Paradise Island, Bahamas** | Indulge in a world of culinary mastery, featuring acclaimed chefs including José Andrés, Nobu Matsuhisa, Julie Lightbourn and Todd English, with something to delight every palette. Plus, visit Cafe Martinique, the resort's seasonal, plant-forward restaurant.

**DUNE Terrace at The Ocean Club, A Four Seasons Resort** | For a private, open-air terrace experience on Paradise Island, savor chic French-Asian cuisine featuring a seafood twist with Bahamian spice from Michelin star chef Jean-Georges Vongerichten.

**Frankie Gone Bananas** | These fun and lively places in Arawak Cay, Nassau or on Paradise Island, serve up authentic Bahamian casual fare. Enjoy the live music as you feast on a fresh conch salad, conch flat bread or fish fry and a refreshing mango mojito.

**Marcus at Baha Mar Fish + Chop House** | Set beachfront in Nassau, celebrity Chef Marcus Samuelsson's passion for food, flavors and fun shine through. Begin with cornbread for the table with hot buttered rum, then delight in a seafood tower, conch fritters, miso glazed grouper or a 40 ounce Tomahawk for two.

## BARBADOS

**Oistins Fish Fry** | Frequented by visitors and locals alike, especially during its Friday night fish fry, a vibrant evening with live music awaits. Seafood lover's can sample tuna, swordfish, marlin, mahi mahi, flying fish and lobster with a craft beer.

**Pier One Restaurant** | Located at the Port St. Charles Yacht Club facing pearly sands, savor small plates of Bajan fish cakes or a poke bowl, then indulge in a blackened catch or slow roasted lamb.

## BERMUDA

**Blu Bar & Grill** | A beloved restaurant with an everything-but-the-kitchen-sink menu, relish everything from sushi, nigiri, sashimi and Asian fusion to a raw bar, traditional Italian pastas, local seafood, hearty cuts of beef and yes, even pizza!

**Henry VIII Restaurant, Sushi Bar & Pub** | Exuding old English Charm, dance the night away after a taste of fresh-caught fish and seafood, beef tenderloin in a peppercorn sauce or sushi favorites.

## BRITISH VIRGIN ISLANDS

**Soggy Dollar Bar** | A must-stop on Jost Van Dyke, sip an infamous Painkiller rum drink with tasty lunch and appetizer plates including wraps and lobster rolls at this beachside bar and eatery.

**The William Thornton Floating Bar & Restaurant** | A legendary floating bar anchored near Norman Island, arrive via water taxi and navigate your way to the refreshed, multi-deck party barge serving island libations, beach food and lively atmosphere.

## CURAÇAO

**Plasa Bieu** | Translating to "Old Market" with an uncommon menu, large portions and small prices. Sample stewed beef, salted mackerel and banana leaf wrapped tamales, while adventurous eaters can try the iguana soup, cactus soup or kabes ku higra (head and liver stew).

**Schooner Bar & Restaurant at Avila Beach Hotel** | A boat-shaped venue buried in Avila Beach, indulge in quiet relaxation with all-day favorites including local dishes, happy hour and live music.

## DOMINICA

**Zing Zing Restaurant at Secret Bay** | With jaw-dropping views of Tibay Bay, a romantic scene is set under a canopy-style roof. Enjoy island-to-table plates and curated cocktails or be pampered with a private dinner with the chef's innovative "no menu" concept.

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## DOMINICAN REPUBLIC

Food Trucks at *Casa de Campo Resort and Villas* | Brasa's serves up something for every taste bud from delicious fried goods, grilled platters and hamburgers to fresh salads, ceviches and a specialty Argentinian choripán. Or try the Massa food truck, featuring creative and classical pizzas and flatbreads from a wood-fired oven.

Jellyfish Beach Restaurant | Romance reigns under a two-storied palm-thatched roof on a soft-sand beach, enjoy an international menu of meats, fresh-caught fish and signature lobster plates.

La Yola Restaurant | Set in a replica fishing boat on the marina, delight in the freshest Mediterranean and regional cuisine from ceviches and Dominican stews to authentic pastas, seafood and premium meats with artisanal ice creams for dessert.

Mediterraneo at *Eden Roc Cap Cana* | Showcasing Mediterranean specialties with local flair, savor an impeccable menu of homemade cappelletti or cured salmon starter, followed by branzino and polenta or suckling pig and soufflé finale.

Mesón d'Bari | A historic restaurant in Santo Domingo with décor by local artists, relish favorites such as cangrejo guisado, a crab stew in brown sauce and filete a la criolla, a Creole-style beef filet with onions, tomatoes and sweet peppers.

## GRAND CAYMAN

Avecita at *Kimpton Seafire Resort + Spa* | A signature dinner-only venue, delight in Spanish tapas at communal tables or a private theatrical culinary and pairing experience showcasing a five-course inspired menu at the Chef's Counter.

Blue by Eric Ripert at *The Ritz-Carlton, Grand Cayman* | Highlighting local seafood and seasonal flavors, this elegant, chef-inspired restaurant offers distinctive tasting menus, à la carte dining, and extensive wine list. The resort also offers cooking lessons with its talented chefs at the culinary studio.

## CULINARY TIDBITS

**DOMINICAN REPUBLIC** | A country staple served at many resorts, *La Bandera*, meaning the Dominican flag, consists of stewed meat accompanied with a crispy layer of rice, red kidney beans and fried plantains.

**GRAND CAYMAN** | Traditional dishes are prepared with fish, seafood, tomato, onion, peppers and spice. Its national dish, turtle stew, originated in the 17th century when farming turtles was common and is similar to beef stew.

**GRENADA** | Known as the *Spice Isle* due to its history, production and export of nutmeg and mace, enjoy a variety of spices from turmeric, cinnamon and cloves to allspice, bay leaf and ginger. Try oil down, a one-pot stew featured at festivals, parties and community gatherings.

## GRAND CAYMAN CONTINUED

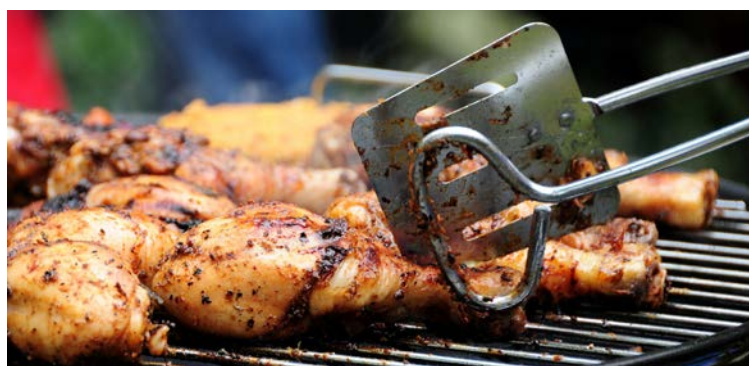
Peppers Bar & Grill | Experience authentic Jamaican jerk fare and an energetic atmosphere with chicken, ribs, grilled steaks and homemade pizzas, plus live music on the weekends.

## GRENADA

*Grenada Sampler* | After discovering the island's colorful past at Fort Frederick, enjoy tastes of local rums, jams and liquors, then visit St. George's Market for handmade crafts, produce and spices.

The Beach Club at *Calabash Luxury Boutique Hotel* | An ideal setting on L'anse Aux Epines Beach, delight in chef-created plates ideal for sharing from tapas, salads, meat and vegetarian options to crafted cocktails, focusing on the island's natural spices.

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## JAMAICA

**Floyd's Pelican Bar** | Built on stilts in the Caribbean Sea and accessible only by boat, be sure to carve your name into the wood at this one-time fisherman's stop, offering ice cold Red Stripe beer, rum punch and fresh fish or lobster.

**Just Natural - Negril** | A family-owned restaurant, delight in vegetarian and seafood dishes, Rastafarian-style Italian fare and Jamaican breakfasts including French toast, conch salads and grilled lobster dinners with light jazz played in the background.

**Far Out Fish Hut** | For island-style fresh parrot fish, snapper, lobster, shrimp and conch, this local hut is the place to go. Be sure to try the option to spice it up with Scotch bonnet peppers.

**Rick's Cafe** | Located at the top of a 35-foot high cliff, where the adventurous can jump in the warm waters, marvel at breathtaking sunsets as you sip libations and relish appetizers and jerk bites.

**Scotchies** | Rustic and casual, savor the best authentic jerk chicken and pork, cooked Jamaican-style over a pimento wood barbeque and accompanied with rice and peas, yams and roasted breadfruit.

## CULINARY TIDBITS

**JAMAICA** | Touted as the national icon, traditional jerk-style cooking is commonly made with chicken or pork marinated with a piquant sauce and slow-cooked on a smoking wood fire.

**MARTINIQUE** | A rich fusion of French, African and Creole flavors, with conch, crab and lobster favorites in creamy sauces and accompanied by sweet potatoes and plantain-like tubers.

**PUERTO RICO** | The vibrancy of its culture comes alive in a celebration of flavors. Indulge in mofongo (fried plantains with chicharrones), arroz con gandules (rice with sofrito sauce), tembleque (a sweet coconut pudding) and a refreshing pina colada where it was originally created.

**SAINT LUCIA** | Taste the national dish, green figs and saltfish, or try local favorites including grilled fish, bouyon and stewed meats with a coupe (coconut cake) finale. Locally grown mangos and chocolate are popular in many desserts.

## MARTINIQUE

**Restaurant 1643** | Housed in a historic mansion, celebrate French Creole cuisine with fanciful dishes such as duck breast stuffed with foie gras, roasted snapper with warm tomato salad or 1643 egg with smoked marlin and caviare with a vanilla crème brûlée dessert.

## PUERTO RICO

**1919 Restaurant at Condado Vanderbilt Hotel** | This elegant fine dining experience begins with the best organic ingredients directly from local farmers. Savor flawless execution of modern Puerto Rican dishes with a menu that changes every few months and an expansive wine cellar of more than 300 bottles.

**Lechonera Los Pinos** | One of the few restaurants still roasting whole pigs on a spit, this restaurant provides a warm and succulent bite with authentic sides including platanos maduros, arroz con gandules, pasteles and finish with a sweet tres leche flan dessert.

**Marmalade Restaurant & Wine Bar** | With a passion for alkalinity, vegetables and lighter cooking methods, savor menus and wine pairings including organic beef tartar, homemade Malanga gnocchi, swordfish with a lemon-basic beurre blanc and vegan ice creams.

**Old San Juan & Bacardi Excursion** | After exploring the historic walled city and San Cristobal Fortress, tour the Bacardi Distillery learning about the rum making process with tastings of Bacardi cocktails while taking in the stunning ocean views.

**Santaella** | Boasting an earthy and chic vibe in a lush tropical garden, the highly trained chef showcases Instagram-worthy, modern dishes. Relish a selection of tapas to share, from empanadillas and croquetas-of-the-day to shrimp tempura bao buns, curry popcorn chicken, ahi tuna tacos and alcapurrias (green banana and vegetable fritters).

## SAINT LUCIA

**Dasheene at Ladera Resort** | Showcasing fresh island ingredients, enjoy executive Chef Nigel's stylish interpretations of traditional Saint Lucian dishes including sweet potato and coconut soup, lamb salad, roasted conch and Cajun Creole vegetable bakes with musicians serenading you in the perfect setting nestled between the Pitons.

**Jalousie Grill at Sugar Beach, A Viceroy Resort** | This relaxed beachside grill sits on the soft sands of Sugar Beach. In addition to its all-day menu, you can choose your catch of the day from a local fisherman and watch it being prepared on the Argentinian grill.

**Spice of India** | A sophisticated venue in Rodney Bay, celebrate a modern flair and traditional Tandoor favorites such as tikkas, kebabs and curries, featuring meat, fish and vegetable choices.

**The Pink Plantation** | This French colonial mansion wows guests with striking tropical ambiance and flavorful sustainable dishes such as smoked crab, tamarind shrimp kebabs and Creole pork.

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## CULINARY TIDBITS

**ST. BARTS** | A touch of upscale French techniques meet the fresh seafood of the Caribbean with hints of Creole flavors and exotic fruits. Be sure to try accras, salt cod fritters in a spicy sauce.

**ST. KITTS & NEVIS** | Sample a traditional goat waterstew, a delicious dish comprised of goat, breadfruit, papaya and droppers (dumplings) or a sugar cake with coconut and ginger, died pink, brown or white, hard on the outside but soft and chewy on the inside.

**ST. MARTIN** | Still owned by both the French and the Dutch, there's a very rich Caribbean culture. Be sure to visit a lolos (local restaurant) for shrimp, fish and ribs grilled right in front of you.

**ST. VINCENT & THE GRENADINES** | With rich volcanic soil providing lots of fruits and vegetables, local favorites include pumpkin soup, calloloo soup, breadfruit and fresh seafood.

**TURKS & CAICOS** | Conch is more like a national obsession than a national dish. The firm, white meat is the perfect texture for raw salads, chowders, stir-fries, fritters, curries and creole stews.

**U.S. VIRGIN ISLANDS** | Crucian cuisine has recently emerged and includes a blend of Afro-Caribbean and local ingredients, in particular oxtail, beef, goat, rice, peas, yams, plantains and lentils.

## ST. BARTS

**Tamarin St Barth** | A romantic ambience set among lush tropical gardens and lily ponds, delight in mouth watering French dishes with a Caribbean twist, from signature octopus and tuna to vegetarian, meat and pasta specialties.

## ST. KITTS & NEVIS

**Esquilina at Four Seasons Resort Nevis** | Highlighting the coasts of the Mediterranean including France, Spain, Italy and Greece, savor a feta, beet and kale salad or charred squid, then try Greek chicken saulaki and poached wahoo.

**Arthur's** | An oceanfront dining experience at Belle Mont Farm, watch the catch-of-the-day arrive, then be prepared as a delicious surf 'n' turf meal, West Indies chowder or hearty lobster pot with organic produce from the farm.

## ST. MARTIN / SINT MAARTEN

**Bistrot Caraibes** | French gourmet awaits with an extensive wine list, escargot and lobster thermidor, plus beef tenderloin with herb sauce. After the main course, indulge in a signature hot chocolate cake finale and cognac.

## ST. VINCENT & THE GRENADINES

**Basil's Bar** | Bask in a local vibe at this landmark bar featuring music all night, and offering a list of sharable salsas, tortillas, meats, fish, vegetables, desserts and more. And, don't miss Taco and Tequila Thursdays.

## TURKS & CAICOS

**Da Conch Shack & Rum Bar** | Nourish your body and cool your mind at this iconic beachside restaurant that does it all from seafood, ribs, chicken, steak and vegetarian dishes, all with island flare. Have fun during their weekly Funk Jankanoo night, weekend DJ and chill island tunes everyday.

**Infinity Restaurant & Raw Bar at Grace Bay Club** | Unwind on the shores of Grace Bay, celebrating chic atmosphere, fresh ingredients and modern presentation. Feast on sushi, sashimi, ceviche and tartare at the Raw Bar or enjoy a large vegetarian and vegan menu, meat and seafood specialties and an extensive wine list.

**Iguana Island & Conch Cooking Experience** | Cruise to Iguana Island to see the colony of endangered Rock Iguanas, then sail the turquoise waters of Providenciales for snorkeling and hunt for conch like a true islander, then your fresh catch will be served barbeque style on a white-sand beach.

**Turks Kebab** | Discover your favorite Turkish and Greek classics with authentic island sides, including gyros, kebabs, falafels, pitas and Turkish-style crust pizza utilizing fresh ingredients and premium meats.

## U.S. VIRGIN ISLANDS

**PIZZA PI USVI** | Serving hungry boaters from a unique food "boat" anchored in Christmas Cove, St. Thomas, sample the best traditional New York pizza in the Caribbean while you snorkel with reef fish and turtles.

**Savant** | Two unique dining environments await in St. Croix, a cozy New York-style room or an outdoor courtyard with an Old World feel. The eclectic menu includes char-grilled baby calamari, portobello and goat cheese stuffed filet and bacon-wrapped double cut port chop.

**Skinny Legs** | With the tag line "A Pretty OK Place," this St. John cool and casual hang out serves up mouth watering burgers, dogs, sandwiches and salads. Finish it all up with a rum punch and perfectly tart key lime pie.

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