

Sea Sense Restaurants in Cayman:

- Agave Grill
- Breezes by the Bay
- Cimboco
- Cobalt Coast Resort
- Harvey's Island Grill
- Hungry Iguana Restaurant & Bar
- Luca Restaurant
- Ragazzi Restaurant
- Reef Resort Castro's Hideaway
- Sunshine Grill

Learn More:

Please be sure to read all columns and be sure to 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?

Some seafood items might be harmful to your health. Visit: www.oceansensitive.org/keal.cfm or www.mnsc.org.

You have the Power!

Your consumer choices make a difference. Visit these local restaurants and make Sea Sense choices where you see this logo:



Always choose seafood from the green or yellow columns.

For more information, visit:

www.seafoodwatch.org

www.nationaltrust.org.ky/seasense.html

The seafood recommendations in this guide are credited to the Monterey Bay Aquarium Foundation 2008 and the Cayman Islands Department of Environment.

Make Choices for Healthy Oceans



In Association with:

- CI Department of Environment
- CI Tourism Association
- CI Culinary Association
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seafood GUIDE 2008

Source:
Monterey Bay Aquarium Seafood Watch

BEST CHOICES

Barramundi (US, F)
 Catfish (US, F)
 Clams, Mussels, Oysters (F)
 Cod: Pacific (Alaska, L)
 Crab: Dungeness, Stone
 Croaker: Atlantic*
 Halibut: Pacific
 Herring: Atlantic/Sardines
 Mackarel: King*, Spanish*
 Pollock (Alaska)
 Salmon (W from Alaska)
 Scallops: Bay (F)
 Striped Bass (F, W*)
 Striped Mulllet
 Sturgeon, Caviar (F)
 Tilapia: Local/US (F)
 Trout: Rainbow (F)
 Tuna: Albacore (BC, US T), Skipjack (T)
 Wreckfish: US (W)

* Limit consumption due to concerns about mercury and other contaminants. www.gaimercy.org

GOOD ALTERNATIVES

Basa/Swai/Catfish (F, imported)
 Clams, Oysters* (W)
 Cod: Pacific (TC)
 Conch (F)
 Crab: Blue*, King (Alaska)
 Crab: Imitation/Surimi
 Lobster: US/Maine
 Mahi-mahi: Local/US
 Scallops: Sea (NE US and Canada)
 Shrimp: US (F or W)
 Soles: Pacific
 Snapper: Yellowtail, Local/US
 Squid/Calamari
 Swordfish (US, L)*
 Tuna: Bigeye, Yellowfin (T)*
 Tuna: canned light*
 Tuna: canned white/Albacore*
 Turtle: Local (F)
 Mahoo: Local/US*

W = wild F = farmed T = troll/pole caught
 BC = British Columbia TC = troll caught
 L = longline Imported = outside the US

AVOID THESE

Chilean Seabass/Toothfish*
 Cod: Atlantic
 Conch: Local, W
 Crab: King (imported), Snow
 Founders/Soles (Atlantic)
 Groupers*
 Halibut: Atlantic
 Lobster: Spiny (Caribbean)
 Monkfish
 Orange Roughy*
 Pompano: Florida
 Salmon (F, including Atlantic)
 Scallops: Sea (mid-Atlantic)
 Sharks*
 Shrimp (imported, F or W)
 Snapper: (except Yellowtail)
 Sturgeon*, Caviar (imported, W)
 Swordfish (imported)*
 Tuna: Bluefin, Albacore, Bigeye, Yellowfin (L)*
 Turtle (W)
 Whelk: Local

Use This Guide to Make the Sea Sense Choice

Best Choice

These are the best seafood choices that you can make! These fish are abundant, well-managed and fished or farmed in environmentally friendly ways.

Good Alternatives

These are good alternatives to the Best Choices column. However, there are concerns with how they are fished or farmed or with the health of their habitat due to other human impacts.

Avoid These

Avoid these items, at least for now. These fish come from sources that are data deficient regarding sustainable commercial use, over-fished and/or fished or farmed in ways that harm other marine life or the environment.