

STRATEGIC RISK SOLUTIONS

ISLAND GETAWAY GUIDE

DISCOVER GRAND CAYMAN

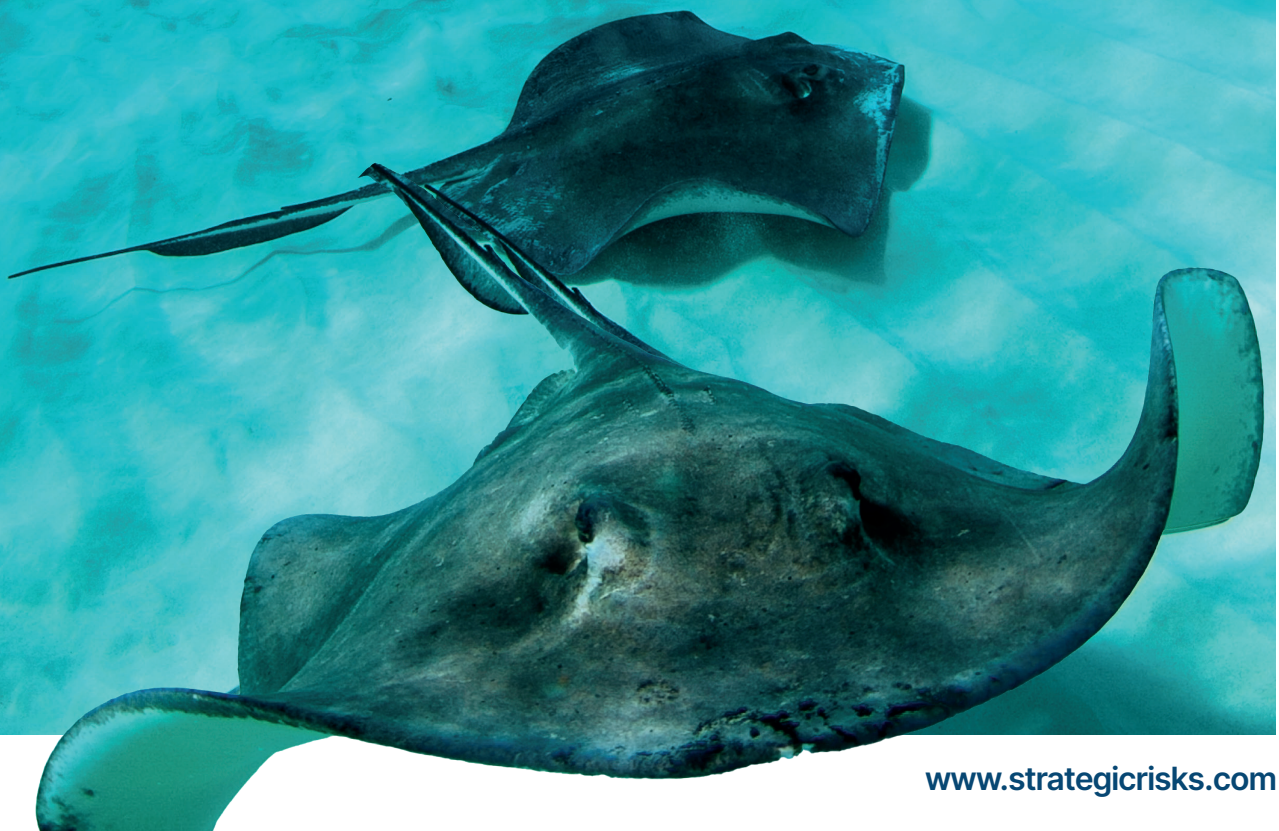




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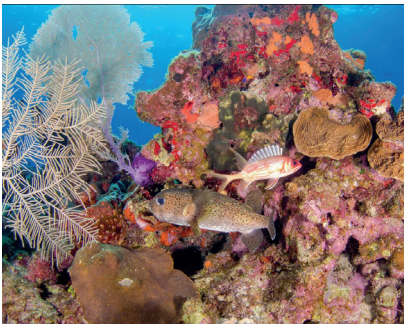


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ARE YOU HUNGRY?

Nothing says vacation like a meal on the beach at sunset.



DAYTIME DINING

LUNCH & LIGHT FARE

Most restaurants and lounges listed are available on OpenTable, which features over 180+ Cayman dining experiences.



Saint June

The Ritz Carlton, Grand Cayman (Seven Mile Beach)

A newly reimagined seaside restaurant inspired by the island's culture and 1960s Jet Set glamour, offering sophisticated South American inspired cuisine in a luxurious but relaxed beachfront setting.

www.ritzcarlton.com/en/hotels/caribbean/grand-cayman/dining/saint-june



Agua Restaurant

Modern seafood focused dining with a refined atmosphere; offers weekday fixed price lunch specials.

www.agua.ky



Bàcaro

Venetian style tapas and wine bar known for elegant small plates—excellent for client lunches.

www.bacarocayman.com



LUCA

Upscale Italian overlooking Seven Mile Beach; perfect for business dining with a sophisticated menu and attentive service.

www.luca.ky



Island Naturals

(The Grove & Seven Mile Beach)

Healthy, vegan friendly café with wraps, salads, smoothies, and bowls.

www.islandnaturals.ky/the-grove/



Ms. Piper's

Trendy, beautifully styled setting with fresh salads and elevated lunch dishes.

www.mspipers.ky

NEW TO THE ISLAND

FRESH FLAVORS



Kojima Izakaya

George Town Waterfront

Authentic izakaya with sushi, sashimi & ocean views.

www.kojima.ky/



Taikun

The Ritz Carlton, Grand Cayman (Seven Mile Beach) A gourmet sushi restaurant known for premium grade ingredients, tableside real wasabi, and a newly refreshed concept with Japanese–Caribbean fusion. Recently renovated with a reimagined interior and updated menu (2025–2026).

www.ritzcarlton.com/en/hotels/caribbean/grand-cayman/dining/taikun



WHERE CAYMAN UNWINDS

COCKTAILS & LOUNGES



Silver Palm Lounge

The Ritz Carlton, Grand Cayman (Seven Mile Beach)

A refined, elegant lounge known for its exclusive rum selections, crafted cocktails, cigars, Caribbean cacao, and live evening entertainment. Perfect for after dinner drinks, intimate conversation, or a polished client outing.

www.ritzcarlton.com/en/hotels/gcmrz-the-ritz-carlton-grand-cayman/dining/



Pom Pom

Rooftop Lounge at Hotel Indigo (Seven Mile Beach)

Grand Cayman's first and only rooftop lounge. A stunning 180 degree rooftop venue with Latin inspired cocktails, elevated small plates, live DJs, lush seating, and an ultra chic tropical aesthetic. Ideal for sunset drinks, celebrations, and after dinner lounging.

www.pompomrooftop.com



Library by the Sea

Kimpton Seafire Resort + Spa (Seven Mile Beach)

Ranked one of North America's 50 Best Bars and "Best Bar in the Caribbean 2025". A world class, literature inspired cocktail lounge that creates story driven, high concept cocktails using scientific techniques and vintage spirits, complete with live jazz, ocean views, and an award winning mixology program.

www.seafireresortandspa.com/grand-cayman-restaurants



Door No. 4

Cocktail Bar (Seven Mile Beach)

One of Cayman's newest high end cocktail bars featuring expert mixology, innovative drinks, and a chic, moody interior. A standout for crafted cocktails and upscale bar bites.

www.doorno4.com/



Next Door

Cocktail Bar & Kitchen (Camana Bay)

A stylish, Italian accented cocktail bar with a zero waste ethos, house made amaros, and bold, elegant drinks. Warm, atmospheric, and perfect for post dinner cocktails.

<https://www.nextdoor.ky/>



Cask

Cayman's First Whisky Bar (Camana Bay)

Sophisticated, moody, and high end, Cask features over 400 whiskies, curated tasting flights, and craft cocktails — ideal for executives and connoisseurs.

www.caskwhisky.ky/



Union Grill & Bar

Camana Bay (Stylish Cocktail & Wine Bar)

A polished, modern lounge style restaurant with an exceptional craft cocktail program, premium wines, and a chic city lounge feel perfect for early evening drinks or post dinner conversation.

www.unioncayman.com



Coconut Club

Palm Heights (Seven Mile Beach)

From the creators of Tillie's, this beach chic lounge offers Caribbean cocktails, curated aperitifs, and sunset vibes wrapped in luxury and coastal glam.

www.palmheights.com/restaurants/#CoconutClub



Karoo

Camana Bay

A modern, globally inspired lounge restaurant ideal for early evening cocktails and elevated casual drinks in a buzzy plaza setting.

www.camanabay.com/grand-cayman-shops-restaurants/karoo/

MORE ISLAND CUISINE

DIVERSE DISHES



Morgan's

An elegant waterfront restaurant. Whether you dine indoors or out, enjoy the panoramic views of Governors Creek. Sample their extensive ocean-to-table menu and indulge in a classic or contemporary cocktail. Great food, fresh fish, and great place for a more relaxed setting, large outside patio.

www.morganscayman.com



Cracked Conch

Very good food and wine with a large selection. Sit inside or outside on their large deck overlooking the beautiful ocean views.

www.crackedconch.com.ky



Grand Old House

Large outdoor deck seating by the water with great views pairs nicely with great food. They are Austrian managed and carry large menus and wine lists.

www.grandoldhouse.com



The Wharf

Set on the water at the start of Seven Mile Beach with newly renovated outdoor deck seating. Great food, wine, & service from Austrian management with a continental flavor.

www.wharf.ky



Calypso Grill

French doors open out onto the terrace overlooking Morgan's Harbour as a soft breeze flows in from the North Sound. The Calypso Grill is a great place to gather with delicious fish and seafood cooked simply with a relaxed and welcoming atmosphere.

www.calypsogrillcayman.com



Cocoloba at the Kimpton

A casual, beachside experience, Cocoloba Bar & Grill is upfront on the waterfront, and one of the best places to eat on Seven Mile Beach. Sporting an open-air, three-sided bar and ocean views in all directions, it's part of Kimpton Seafire Resort + Spa.

www.cocolobacaymanislands.com



Tillies

Nestled along Seven Mile Beach, Tillies embodies the timeless charm of coastal dining. Offering dishes crafted from fresh local ingredients, the menu is inspired by the vibrant flavors of the Greater Antilles. With welcoming ambiance and captivating views, Tillies provides the perfect backdrop for an unforgettable experience.

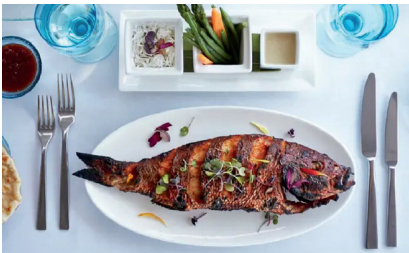
www.tillies.ky



Tukka West at Morgan's Harbor

Extensive menu, great location on the water with plenty of indoor and outdoor seating and a casual atmosphere.

www.west.tukka.ky



Blue Cilantro

Experience the culinary excellence of Blue Cilantro, situated in Grand Cayman's Seven Mile Beach. With a dynamic fusion menu, a commitment to quality shines through, utilizing the finest cuts of meat, freshest fish, and aromatic herbs and spices to create succulent dishes bursting with flavor.

bluecilantrocayman.com



Yoshis

Discover the essence of authentic sushi at Yoshi Sushi, ideally situated in the vibrant heart of Seven Mile Beach! Skilled Sushi chefs craft a tantalizing array of fresh and traditional Japanese dishes, alongside innovative contemporary creations, ensuring a memorable dining experience.

yoshi.ky

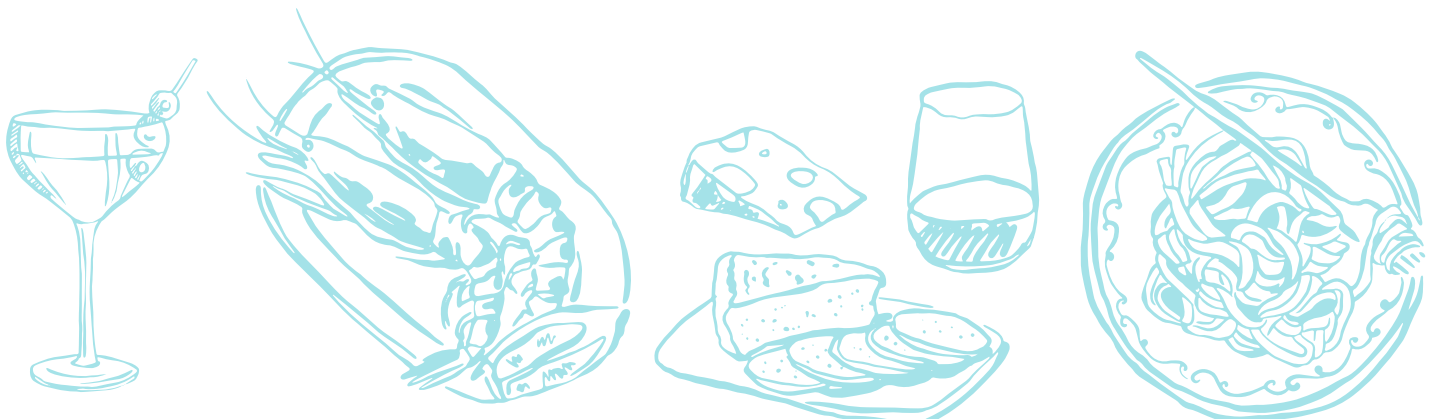


Union Grill & Bar

Camana Bay (Stylish Cocktail & Wine Bar)

A polished, modern lounge style restaurant with an exceptional craft cocktail program, premium wines, and a chic city lounge feel perfect for early evening drinks or post dinner conversation.

www.unioncayman.com



LUXURY DINING

TASTE THE FINEST



Mario's Wine Dining Experience

Nestled in the heart of 7 Mile Beach, our intimate farm-to-table restaurant is dedicated to championing local farmers and fishermen, all while upholding a sustainable, eco-conscious ethos. The team of accomplished international chefs crafts a unique five-course menu daily, seamlessly fusing the island's bountiful harvest with global influences. Each dish is an ode to the island's freshest ingredients, meticulously curated to illuminate the innate flavors. Elevating this culinary voyage is Mario's thoughtfully curated wine selection, artfully chosen to harmonize with and elevate your dining odyssey. An exceptional encounter unlike any other awaits, promising indelible memories exclusive to the island haven.

www.marios.ky



Rasa

Engage in an immersive one-of-a-kind culinary journey through international cultures, regional recipes, and adventurous creations, centered around a singular specialty concept and rotating every few months. With an exclusive front-row seat in the heart of our buzzing, world-class exhibition kitchen, you'll delight in vivid culinary creations coming to life before your eyes. Experience a single world culture's cuisine in classic, sophisticated depth, with a few original twists, through a uniquely curated tasting menu from our highly decorated chefs, every one selected for their extraordinary talents and gastronomic vision.

www.rasa.com



Blue by Eric Ripert

Blue is owned by renowned French chef and author Eric Ripert and is located in the Ritz Carlton. Eric Ripert's flagship restaurant Le Bernardin in New York holds three Michelin stars and was ranked #1 in La Liste in 2023 for best restaurants in the world. Blue is set in a luxurious indoor dining room in the Ritz Carlton and offers delicious set menus curated by the famous chef, although he does not reside in Cayman. Private rooms for medium sized groups are available.

www.rcgcrestaurants.com



Kaibo Upstairs

Take a ferry ride to and from this destination hideaway awarded as Grand Cayman's no. 1 restaurant from 2012-2019 for consistently excellent quality food, service, value and atmosphere that uses local elements from land and sea to showcase upscale dining, artisan cocktails and you can enjoy a cheeky cigar on the sea-view raised deck. An upscale restaurant in a plantation house offering a six-course tasting menu, which changes seasonally, to craft dishes from the best daily produce for our guests' enjoyment orchestrated by Executive Chef Kyle Jenkins. The Rare Rum Cabinet boasts Cayman's widest selection of sipping rums and the boutique wine list is selected to compliment every dish on the menu, with new and old world both well represented.

kaibo.ky



Mykonos Steak Club

At Mykonos Steak Club, indulge in the finest meats and seafood in a luxurious Mediterranean setting at the heart of Seven Mile Beach. Boasting the award winning culinary team previously at Steak Social and the largest 100-point wine and champagne selection in the Region.

mykonos.ky



WANT TO RE-CENTER?



Breathe in the fresh island air and breathe out the day to day stress as you find your inner peace

FIND



Bliss Yoga Cayman

Bliss is a home for everyone to feel safe, encouraged, empowered and always welcome. Advanced trained professional instructors with at least ten years experienced with teaching methods in various methods and disciplines of Yoga offer regularly scheduled classes, workshops, private sessions, teacher trainings and specialty classes including prenatal yoga, chair yoga, teen yoga and multi-day immersions.

www.blissyogacayman.com

YOUR



One Heart Yoga Apothecary

From hot and sweaty power practices that will lengthen and strengthen you to deep, slow, and restorative practices that will rejuvenate your body and balance your mind body connection—you will find a ONE HEART practice that is uniquely yours.

www.oneheartcayman.com

PEACE



Ryde - Spin Studio

Cayman's residents and visitors have embraced Ryde, making it a welcoming community. No membership needed, just book your 45 minute class online. Spin shoes provided.

www.rydecayman.com



The Ritz Carlton Spa

Grand Cayman (Seven Mile Beach)

A newly reimagined sanctuary on Seven Mile Beach featuring ESPA body therapies and 111SKIN performance facials (including an exclusive Exosome Regeneration Facial), plus expanded hydrotherapy with four cold plunges, refreshed saunas/steam, relaxation lounges, and vibroacoustic treatment beds paired with curated soundscapes.

www.ritzcarlton.com/en/hotels/gcmrz-the-ritz-carlton-grand-cayman/spa



The Spa at Seafire

Kimpton Seafire Resort + Spa

This contemporary, light filled spa is known for its glass walled relaxation lounges, calm interiors, and signature Turkish hammam experience. A top pick for modern wellness seekers.

www.seafireresortandspa.com/cayman-island-spa-resorts



Garden Club Spa

Boutique Outdoor Spa Sev

A lesser known high end sanctuary offering outdoor, garden inspired treatment spaces with sweeping coastal elements.

www.garden.club



Hibiscus Spa

The Westin Grand Cayman

A peaceful full service spa known for exceptional massages, restorative body treatments, and personalized wellness therapies. Praised for deep tissue techniques and relaxing experiences perfect after long travel days.

www.marriott.com/en-us/hotels/gcmmi-the-westin-grand-cayman-seven-mile-beach-resort-and-spa/experiences/



Botanika Union

The Marriott Grand Cayman

Highly rated for modern, soothing treatments. An upscale, modern wellness studio offering innovative spa therapies like lava shell massage, aromatherapy, and boutique skin treatments in a peaceful, contemporary environment.

www.botanikaunion.com



Zen Garden Spa

Seven Mile Beach

Known for top tier Thai massage and therapeutic treatments. A quiet, intimate spa perfect for guests seeking holistic therapies, relaxing massage work, and a serene escape from the busier hotel settings.

www.zengarden.ky

LOOKING FOR ADVENTURE?



Red Sail Sports

An unforgettable experience including boat excursions, scuba diving lessons, beach activities, and more! There's something here for everyone.

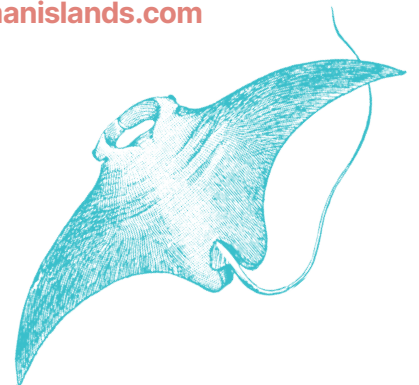
www.redsailcayman.com



Stingray City

If you're looking for a unique and thrilling experience while in Grand Cayman, then you can't miss out on Stingray City. Located within the barrier reefs that surround the island, it is a large sandbar populated by different species of fish and, most famously, stingrays.

www.stingraycitycaymanislands.com

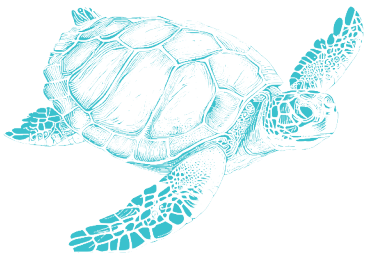




Cayman Turtle Centre

Cayman's largest land-based tourist attraction, Cayman Turtle Centre: Island Wildlife Encounter hosts more than 200,000 visitors each year. Educational, cultural, and entertainment programs are consistently being created and updated to enhance the experience that can only be found at this world-renowned attraction.

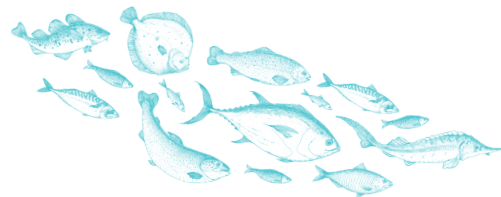
www.turtle.ky



Captain Marvin's Reef

Learn from the experienced captains who can help you reel in that giant marlin, tuna, or wahoo. Each charter holds up to eight people and runs for about four hours long. A great tip... the deep-sea fishing isn't far from shore – so you'll spend your time actually fishing and not just driving out to a location.

www.captainmarvins.com



An aerial photograph of a tropical beach. The left side shows clear, turquoise water with gentle waves washing onto a wide, white sandy beach. On the right side, a dense line of green palm trees borders the beach, with their long shadows cast across the sand. The overall scene is bright and serene.

**NEED TO
UNWIND?**

Whether it be
day or night,
cast away
to your own
private oasis.



North Sound Golf Course

Spend approximately 5+ hours on the magnificent fairways and greens at Cayman's premier 18-hole golf course. Don't forget to check out the clubhouse restaurant too!

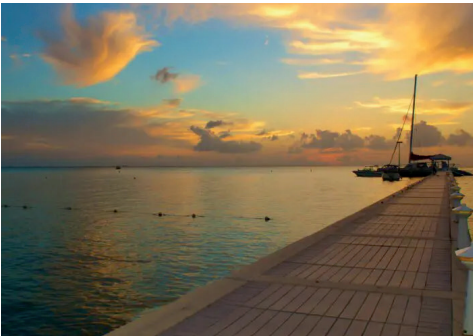
www.northsoundclub.com



Pickleball Cayman Centre

The luxury 12-court facility is located near the airport in the centre of George Town. Shaded from the hot sun during the day and lit up with floodlights at night, you can take your pickleball game to the next level with fun tournaments, coaching/instruction, and buddy matches.

www.pickleball.ky

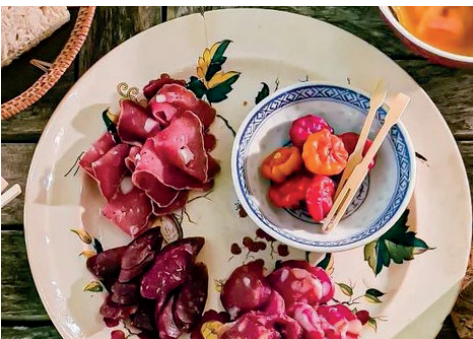


Redsail Sunset Cruise

For approximately two hours, you can head out into the clear waters of the North Sound on a 65 ft catamaran. Sip a delicious cocktail and soak in the beauty of a Caribbean sunset.

**TIP: If you're looking for more than just a drink, try the Redsail Sunset Dinner Cruise to Solis.*

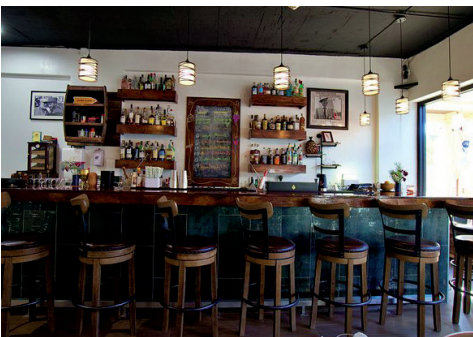
www.redsailcayman.com



Chellamella Cooking Lessons & Demos

Jack and Gaia will help demystify cooking secrets and techniques with you, using carefully selected local produce to create the best quality cooking experience. With colleagues, friends, family or on your own, get some invaluable experience hands on with a 2 to 3 course lesson or enjoy learning with a demo so you can relax and get involved when you desire.

www.chellamella.com



Le Petit Bar

Nestled in the heart of the Jacques Scott Plaza in Westbay, Le Petite Bar's team of "Cocktail Ninjas" expertly concoct an expansive range of unique cocktails sourced from various corners of the world, all ready for your pleasure. Immerse yourself in the exquisite craftsmanship of flavor with every sip.

www.lepetitbarcayman.com

PARADISE AWAITS!