



The second Flavours of Grenada® Food and Beverage Festival will occur May 20 – 27, 2019. The week-long festival immerses participants in an eclectic blend of culinary and wellness experiences that encourage participants to relax, revitalise and restore inner balance while savouring Grenada's delectable cuisine.

MAY 20 – 23

Battle of the Flavours

Culinary and Mixology Competition, Round 1

Venue: select hotels and restaurants

Talented chefs and mixologists compete against each other, mixing spices, herbs and spirits to craft specialty food and drinks.

Get up and Glow! Breakfast and Yoga Club

Venue: Grand Anse Beach

Kick start each morning with guided yoga and breakfast in various serene locations along Grand Anse beach before indulging in a signature, Flavours of Grenada® breakfast, served beachside.

MAY 21

**Farm-to-table Culinary Safari,
Griot & Meditation**

Venue: Concord waterfalls,
Diamond Chocolate Estate, Resource Estate

Join Flavours of Grenada® on a wanderlust safari exploring the impressive flora and fauna of Grenada's scenic west coast mountains. Be sure to dip your feet in refreshing Concord Waterfall,

or savour on one of Diamond Chocolate's, rich, dark chocolate bars while touring the chocolate estate. When it's time for lunch, let a Flavours of Grenada® chef teach you how to prepare the afternoon's lunch from fruits and crops foraged from the day's tour. While the pot is bubbling on the traditional outside fire, enjoy a peaceful meditation session, or a Griot listening to stories told about the area.

MAY 22

**De La Grenade Industries Garden Tour & Tea
at the Tower Estate Great House**

Venue: The Tower Estate & De La Grenade
Industries, St. Paul's

Tour the picturesque, well-manicured gardens of De La Grenade Industries and witness firsthand the farm to production process of popular products like its Morne Délice Nutmeg Jam, Jelly and Syrup.

Experience the exquisite grandeur of a 1913 Great House while experiencing the essence of the famous Blue Tea, said to enhance the female spirit. Have tea in its English-styled garden, or tour its organic farm and the Flavours of Grenada® herbs and spice garden.

MAY 23

Chocolate Spa Treatments

Venue: True Blue Beach Resort

Soothe your woes and revitalise your essence with chocolate spa treatments. Enjoy a chocolate facial or stimulate your blood flow with a mocha body scrub or body wrap. All treatments represent beauty at its cleanest, using products that come straight from Grenada's farms directly to the spa.

MAY 24

Art, Wine & Music

Venue: Pier 57

Enjoy a grand, all-inclusive cocktail with delicious hors d'oeuvres, and wine sampling, as well as local entertainment, presented in the presence of fine local art. This adult only event allows you to fully immerse yourself in the cultural experience that is Flavours of Grenada®.

MAY 25

Food Fest & Garden Party

Venue: Port Louis Lawn

The Flavours of Grenada® Food Festival Village will showcase the eclectic blend of Grenada's rich culture through local art, craft, agriculture, and food. Indulge in an array of delicacies, including meats, seafood, fruits and vegetables, fresh breads, pastries, and desserts – all of which are prepared by Grenada's talented chefs. The event features the final showdown of the Battle of the Flavours Extreme Culinary & Mixology Competition. Select chefs and mixologists will participate in cooking demos, beachside, in the hopes of being crowned the best on island. At sunset, the Garden Party will wrap-up with a spectacular entertainment featuring a cast of local musical stars.

MAY 26

Sailing Culinary Safari

Venue: Grenada's west coast

Wind down the weekend with a sail along Grenada's scenic coast, before stopping off on one of her breath-taking beaches for a tropical picnic – Grenadian styled. Enjoy snorkelling, kayaking, or savouring on rum-flavoured drinks at your leisure.



Stay & Play

Flavours of Grenada® has partnered with MOUNT CINNAMON RESORT & BEACH CLUB on beautiful Grand Anse Beach to offer a stay and play package to all those interested in savouring the taste of Grenada during this year's festival.

FESTIVAL OFFER

- Enjoy 30% off rack rates for all room categories, excluding Cinnamon Heights
- Free WiFi
- Complimentary breakfast
- Access to the Beach Club, non-motorized water sports, tennis and fitness facilities.

REQUIREMENTS

- Must stay a minimum of 3 nights
- Must use booking code: FLAVOURSMC2019
- Cannot be combined with other promotions



Join the Flavour Revolution!

CONTACT DETAILS

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7 DAYS OF DELICIOUS FUN
Join the Flavour Revolution!