BELIZE
PRANA MAYA
ISLAND RESORT

Our Culinary Commitment

NOURISHMENT, WITH A SENSE OF PLACE

Extraordinary food begins with extraordinary ingredients, and the finest ingredients need very little intervention.

Our cuisine is created to awaken the senses, inspire curiosity, and rekindle the simple pleasure of truly exceptional food. Our kitchen follows the rhythm and seasons of Belize: its fertile earth, generous sea, tropical abundance, and the time-honored culinary traditions of its Garifuna, Maya, and Mestizo cultures.

FROM THE SEA

The sea is never far from the table.

Our seafood is sourced from local Belizean fishermen and served in season.

What reaches your plate reflects the waters around us.

FROM THE LAND

We work closely with farmers and small producers across Belize who share our respect for the land and its natural bounty.

Mennonite Family Farms and Silk Grass Farms
Fruit and vegetables

Maya Mountain Cacao
Cacao

Running W
Grass-fed beef and pork

Crazy Coconut Dairy
Fresh organic dairy

Caves Branch
Handmade artisan cheeses, aged in a dedicated cellar

Valley Stream Gardens
Seasonal fruits, vegetables, and flowers

IN THE KITCHEN

We return to the wisdom of simpler times. We cook with whole, traditional fats such as tallow, coconut, butter, and olive oil, and we deliberately avoid commercial non-stick sprays and cookware.

Nothing unnecessary. Nothing disguised. Just honest ingredients, thoughtfully prepared.

FROM THE BAKERY

Organic ingredients become fresh breads, pastries, desserts, and gluten-free offerings, prepared each day by our in-house baker.

TO THE GLASS

Each day, fresh wellness juices are prepared from vibrant fruits, vegetables, and herbs: an expression of Belize's abundance and a simple way to nourish from within.

For those who choose to enjoy wine, our sommelier selects organic and biodynamic wines chosen for their character, provenance, and respect for the land from which they come.

For a spirited expression of place, our Chief Mixologist creates distinctive infused cocktails featuring exceptional spirits from Belize and Central America, including Copalli Rum and Tiburon's Fin Tequila.

Because nourishment is not simply about what we eat. It is about where it comes from, who made it possible, and how it makes us feel.

At Prana Maya, the table is a place to gather, to savor, and to remember that some of life's greatest pleasures are also the simplest.

FRESH FROM THE LAND. DRAWN FROM THE SEA. PRESSED INTO THE GLASS.
SELECTED WITH INTENTION. SHARED WITH LOVE.

THIS IS THE TASTE OF BELIZE