BELIZE

PRANA MAYA

ISLAND RESORT

The Living Landscape

CULINARY STORIES OF PRANA MAYA

The food at Prana Maya is an edible map of Belize, connecting the ancient milpas of the Maya interior, the maritime traditions of the Garinagu, and the farming communities who reshaped our soil.

The Art of the Skiff

FEATURED IN *The Raw Bar ceviches and crudos*

Ceviche began aboard open skiffs on the Barrier Reef, where handline fishermen carried only a knife, limes, sea salt and wild habaneros. Fresh-caught snapper and shrimp went straight into lime juice, which firms the flesh without heat. Our Raw Bar honours that same simple, sparkling ritual.

Wild Snapper and Hudut

FEATURED IN *Hudut Fumet Fresh Caught Snapper*

The Garinagu, descended from West African and indigenous Caribbean peoples of St. Vincent, reached Belize in 1802. Hudut, plantains pounded smooth in a wooden mortar and served with coconut fish broth, is the heart of their table. Our line-caught snapper rests on plantain mousseline with a modern hudut fumet.

Running Wild

FEATURED IN *Short Rib, Beef Tenderloin and Beef Carpaccio*

Free-ranging cattle graze year-round on native grasses across the Cayo river valleys, giving lean, iron-rich beef with clean, grassy fat. We braise short ribs for 48 hours under a coloradito glace, pan-roast tenderloin in its own tallow, and let the carpaccio speak for itself.

The Citrus Valley

FEATURED IN *Smoked citrus aioli, charred orange and Lobster Avocado Orange Crudo*

Along the Hummingbird Highway, the Stann Creek Valley glows with orange and grapefruit groves. The Seville sour orange, *naranja agria*, has long been used to cure game, firm ceviche and cut rich braises. In our kitchen, citrus is the bright backbone of many dishes.

Spiny Lobster and Masa

FEATURED IN *Lobster Tempura, Lobster Your Way and Raw Bar lobster*

Caribbean spiny lobster is all sweet tail meat, harvested for generations by freedivers using wooden traps and casitas. Belize protects it with a closed season from the end of February to July; when it reopens, Lobster Fest fills Placencia, Caye Caulker and San Pedro. Our masa and beer tempura brings that festival to the plate.

The Mennonite Plow

FEATURED IN *Grilled Chicken and Crisp Confit Croquette*

Arriving in the late 1950s, Mennonite farmers cleared scrubland at Spanish Lookout, Blue Creek and Shipyard, building the dairy, poultry and grain farming Belize relies on today. Their pasture-raised birds, fresh dairy and maize let our kitchen cook with a truly local focus.

Caves Branch Cheese

FEATURED IN *Whipped Feta and Goat's Cheese*

Artisan cheese was once unthinkable in Belize's humidity. At Caves Branch, in the foothills of the Maya Mountains, cool limestone caves became the country's first cheese-ageing rooms. Their cheese stars in our Whipped Goat's Cheese and Feta starter, with salt-roasted beets, pickled grapes, candied cashews and hot honey.

Sugar, Still and Sea

FEATURED IN *Dark Rum Parfait*

Sugarcane shaped northern Belize, and where there was molasses, stills followed. Once the fuel of mahogany cutters and coastal traders, rum became a national treasure, led by Travellers Liquors, founded in 1953 and famed for One Barrel. It brings toasted allspice and burnt molasses to our Dark Rum Parfait.

FRESH FROM THE LAND. DRAWN FROM THE SEA. SHARED WITH LOVE.

Proudly sourced with Mennonite Family Farms, Silk Grass Farms, Maya Mountain Cacao, Running W, Crazy Coconut Dairy, Caves Branch and Valley Stream Gardens

PRANA MAYA · PLACENCIA CAYE · BELIZE