

# Seafood Sensations Guernsey

Welcome to Guernsey, where islanders have an enduring passion for food. Norman roots and a cosmopolitan seafaring heritage combine with the perfect gardening climate, bountiful ocean and arguably the best milk in the world to make this a paradise for eating and drinking.



## A Taste of Guernsey

Guernsey sits aside a cultural fault line. A British Crown Dependency since 1204, the islands are a subtle brew of Anglo Norman culture, spiced with cosmopolitan seafaring influences and served up with a spirit all of their own. Guernsey's traditional cuisine is no less distinctive. Hearty country recipes like Bean Jar (known as Bean Crock in Jersey) compete with a myriad of timeless seafood dishes. Fresh vegetables have always featured strongly, thanks to the islands' mild climate, as well as a time-honoured selection of breads and cakes.

Guernsey was once known for its cider, which it produced in sufficient quantities for export. The industry has recently been revived, with delightfully crisp results. The island also has a long brewing tradition and local beers are widely available in bars and restaurants.



## Seafood Delights

It's hard to match the seafood in Guernsey's waters. Turbot, bass, brill and lobster: it's all here in abundance and so fresh. If you choose to – and many do – you can dine on nothing but fish during your visit. That's because the islands are home to a staggering variety of seafood. Whether it's a cliff top picnic, a coastal barbecue or something from the charcoal grill of a world class restaurant, Guernsey's got seafood to suit every occasion.

January to April is the time when - if you are very lucky - you can taste ormers: the near mythical, mouth-watering gastropod that inhabits the low tide mark of Guernsey's coasts. On a few legally designated tides, locals don wellington boots and Guernsey jumpers as they wade in search of the ultimate

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seafood – once the staple of island dinner tables. Nowadays, diners require even more determination than shore gatherers to track down an ormer, but they can still occasionally be found in restaurants. Uncover one and you will understand what all the fuss is about.



## GUERNSEY SEAFOOD FESTIVAL 2007 - Throughout July

Throughout the month of July restaurants throughout the island will offer special seafood menus as part of Guernsey's Seafood Festival.

Why not come and try fresh seafood freshly harvested from Guernsey waters - it's part of the way of life in Guernsey and so come and join the locals enjoy seafood delicacies such as lobster, mussels and bass.

## LA FETE D'LA MAIR 2007

Join in the harbour-side dining with only the very best of the local catch prepared and presented to impress the most discerning palate. There will be demonstrations as well as musical entertainment. The Seafood Festival will also be running in local restaurants throughout the month of July, with special menus to tempt seafood lovers during this time.

For further details please contact The Information Centre on +44 (0) 1481 723552.



## 3-star beachfront hotel with 99 en-suite bedrooms

Open for Bar Meals daily  
12 – 2pm and 6.30 – 9pm  
and evening meals in the  
Sarnia Restaurant 6.30 – 9pm

Why not try our famous Sunday Buffet Lunch and Seafood Buffet Dinners on Thursdays and Sundays?

## Hotel 3 étoiles en bordure de mer

Ouvert pour des repas légers  
de 12 à 14 heures et de 18.30 à 21 heures  
Notre Restaurant La Sarnia est ouvert tous les  
soirs entre 18.30 et 21 heures.

Venez déguster notre buffet Fruits de Mer le dimanche midi ou le jeudi et le dimanche soir.



**The Peninsula Hotel**

Peninsula Hotel, Les Dicqs, Vale, Guernsey GY6 8JP  
Tel: 01481 248400 Fax: 01481 248706  
Email: [peninsula@guernsey.net](mailto:peninsula@guernsey.net)  
Website: [www.peninsulahotelguernsey.co.uk](http://www.peninsulahotelguernsey.co.uk)