

Plane good food

Delta Airlines hostess Val Kegel gathers her “passenger picks” on napkins, papers, receipts and email.

Flying each week between Grand Cayman and Atlanta, Georgia, Val is an honorary ambassador for the Cayman Islands Tourism Association. And she gathers information from her passengers to keep tabs on what is “hot and happening” on the island.

“I love my passengers,” she says. “They tell me what’s hot and what’s not. I love all the details folks tell me so I can pass them on to others.”

This year, Val celebrates her 40th anniversary flying with Delta and says she saved the best for last, having been on the Cayman route for the past few years.

“I plan to fly exclusively to Cayman until I retire,” she says. “Each week I enjoy hearing all the details of the best of the best to do and see, and places to dine on the island.”



Val puts her passenger recommendations on a Fun Fact Sheet she updates twice a month to hand out on the Cayman flight, and even has her own website passengerpicks.com

PASSENGER PICKS

- > **Best Sushi:** Yoshi Sushi, Thai Orchid, Karma
- > **Best Fish and Chips:** Macabuca, George Town Yacht Club, Rackham's
- > **Best Sports Bar:** Lone Star, Karoo, Coconut Joe's
- > **Best Wine Bar:** West Indies Wine Company at Camana Bay
- > **Best Bar and Grill:** Sunshine Grill, Tiki Beach, Calico Jack's, Kaibo Beach Bar & Grill, Wreck Bar
- > **Best Happy Hour:** Karoo, Lone Star Breezes by the Bay, Hard Rock Café
- > **Best 2013 Dessert:**
 - Tukka (*chocolate walnut pudding*)
 - Osetra Bay (*pistachio soufflé with pistachio nut ice cream*)
 - My Bar and Sea Harvest (*insanely great chocolate cake*)
 - Calpyso Grill (*sticky toffee pudding*),
 - Michael's Genuine (*banana toffee panini*)
- > **Best Pizza:** Ragazzi, XQ's and La Dolce Vita
- > **Best Healthy Organic Food:** Kirk Market, Bay Market, Jessie's Juices
- > **Best Hot Food Bar:** Kirk Gourmet Deli
- > **Best Coffee House:** Cafe Del Sol, Full of Beans, Icoa
- > **Best Foodie Event:** Ortanique Full Moon Pig Roast
- > **Best Farm to Table:** Michael's Genuine, The Brasserie
- > **Best Family Friendly:** Sunshine Grill, Tiki Beach, Rackham's, Cobalt Coast
- > **Best Value:** Chicken Chicken, XQ's (specials), Bamboo Chopsticks, Guy Harvey (\$9.99 specials), Lighthouse (\$9.95 pasta extravaganza)
- > **Best Brunch:** Agua, Luca, Westin, Tukka
- > **Best Lunch:** Guy Harvey, Abacus, Ortanique, Dukes Seafood & Rib Shack, Morgan's Harbour
- > **Best Breakfast:** Cimboco, TimBucTuu, Coconut Joe's, Icoa (best local breakfast)
- > **Best Seafood:** Agua, Guy Harvey, Calypso Grill
- > **Best Steak:** Cooper Falls, Seven
- > **Best Local:** Alfresco, Champion House, Heritage Kitchen
- > **Best Italian:** La Dolce Vita, Ragazzi, Casanova
- > **Best Mexican:** Agave Grill
- > **Best French:** Guy Harvey
- > **Best Indian:** Sothern Spice, My Bar at Sunset House
- > **Best Thai:** Thai Orchid
- > **Best Oriental:** Bamboo Chopsticks, Canton
- > **Best Fine Dining Ocean Front:** Osetra Bay, Cracked Conch, The Wharf, Tukka, Lighthouse
- > **Best Burger:** Sunshine Grill, Rocky's, Hard Rock and Mr Burger (by airport)
- > **Best Lobster:** Deckers, Tukka, Lobster Pot
- > **Best Conch Fritters:** Cracked Conch, Grand Old House
- > **Best Wine List:** Luca
- > **Best Lasagna:** Edoardo's
- > **Best Lion Fish:** Michael's Genuine, Guy Harvey, Tukka
- > **Best Ribs/Fresh Oyster Bar:** Duke's Seafood & Rib Shack
- > **Most Romantic/Best Service:** Osetra Bay