



STARS  AND  STRIPES[®]

A Taste of Guam

The 3 'R's to good eating –
Restaurants,
Reviews & Recipes

4-page pullout



PROUDLY SERVING
Guam's military community for **30 years!**

When off base stop by and try the serious food we've become famous for, Kingston BBQ Jerk Chicken & Boston Beach Ribs Combo, Jamaican Oxtail, Jerk Burgers, Fresh Local Catch, Roasted Bananas, Festive Tropical Cocktails, Jammin Beer Fest and so much more! Whether you dine in or take out and enjoy our award winning flavors of Jamaica and Guam fused together in a culinary explosion second to none. We have 4 convenient locations to serve you - Hagatna, Tumon, Dededo or Mangilao - whichever's closer. Online ordering available as well!

Ya Mon See You SOON!



PROUDLY SERVING
Guam's military community for **30 years!**

Veteran Owned Business
JAMAICAN GRILL
Ya Mon, Serious Food.

HAGÁTÑA 472-2000 | **TUMON** 647-3000 | **DEDEDO** 633-4000 | **MANGILAO** 734-7000 | **ORDER ONLINE!** jamaicangrill.com

RESTAURANT INFO

A Taste of Guam

KFC ORIGINAL
HONEY BBQ
SWEET. SMOKY. CRUNCHY.

NEW!

"it's finger lickin' good"

ANIGUA • BARRIGADA • DEDEDO • MANGILAO
TAMUNING • YIGO • MICRONESIA MALL • GPO

KFC Guam [kfc_guam](https://www.kfc.com)

Order Delivery or Pick-up

FB MESSENGER: [KFCGUAM](https://www.facebook.com/kfcguam) WEBSITE: [kfcguam.com](https://www.kfcguam.com)

WHATSAPP:



KFC serving up its all-new Original Honey BBQ Chicken

Hey, BBQ fanatics, it's finally here on Guam! Introducing the all-new KFC Original Honey BBQ Extra Crispy Chicken – Tangy, Smoky, Saucy, golden, crispy and dunked in that rich, sticky, finger-lickin' Honey BBQ goodness! Sticky fingers peeling pieces of chewy goodness. Only at KFC! If you're a "sauce with a side of chicken" kind of person, this is your moment! So, head to KFC, bring your crew, bring your cravings – and don't forget the napkins... only at KFC Guam. It's time to experience this Honey BBQ delight! KFC, it's Finger Lickin' Good.

RESTAURANT INFO

NEW RESTAURANTS, CAFÉS ON GUAM TO TRY

THE GUAM GUIDE

Craving something different? Well, you're in luck! Spring has arrived and is coming to you with brand new cafés and restaurants in Guam! From Asian cuisine to freshly brewed coffee, these spots are sure to get yourself feeling full and satisfied!



1. OKIBI

OKIBI is the perfect spot to get your fix of Asian cuisine. This restaurant gives you the opportunity of partaking in a wide array of dishes based from numerous countries in Asia ranging from Japan to Vietnam. OKIBI nails all the spots by bringing a portion of the world to you, right here on Guam.



INSTAGRAM

LOCATION: LeoPalace Resort Guam
HOURS: 5 p.m. – 9 p.m.
INSTAGRAM: @leopalace_resort_guam



2. DukDuk Shave Ice

If you're planning to make a trip down south, this spot is worth the journey. DukDuk Shave Ice is the go-to spot to taste a wide array of flavored shaved ice. This dessert shop is the perfect place to wind down and enjoy the captivating south side vibes.



INSTAGRAM

LOCATION: Chalan Canton Tasi, Malessos, 96915, Guam
HOURS: Tuesday - Sunday, noon – 4 p.m., closed on Monday
INSTAGRAM: @dukdukshaveice



3. Beans and Barrels

If you're looking for a spot where you can lounge and sip away, this new cafe will be one that hits the spot. Not only do they serve coffee, but they also offer a fair selection of dishes you can chow on! From pizzas to poke, Beans and Barrels always make sure to check all those marks for you.



INSTAGRAM

LOCATION: 238 Chalan Santo Papa, Maite
HOURS: Monday – Thursday, 6 a.m. – 10 p.m.
Friday & Saturday, 6 a.m. – noon
Sunday, 6:30 a.m. – 8 p.m.
INSTAGRAM: @beansandbarrelsguam



4. Vibes

The bar's name already embodies the entire idea of what they are. If you're looking for a place to relax and simply have a blast with your friends, Vibes is the way to go!



INSTAGRAM

LOCATION: 104-105 Young's Plaza, Tumon 96913
HOURS: Wednesday – Sunday, 5 p.m. – 2 p.m.
INSTAGRAM: @vibestavern.gu



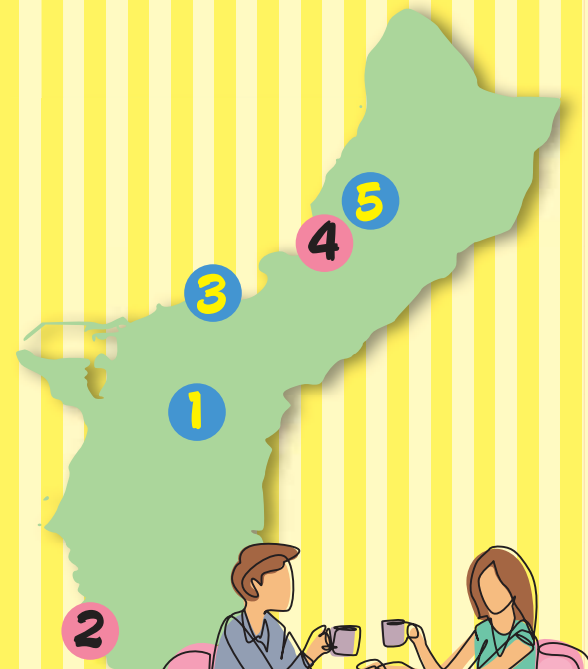
5. Feng's Restaurant

Formerly known as Fin Japanese Restaurant, Feng's Restaurant is a brand new restaurant specializing in Asian cuisine.



INSTAGRAM

LOCATION: NCS PLAZA, 526 3, Ukudu, 96913, Guam
HOURS: 11 a.m. - 9 p.m.
INSTAGRAM: @restaurantfengs



Quick & healthy Guam recipes

THE GUAM GUIDE

On Guam, we love to eat — and as proud as we are of our barbecue and as much as we love to both laugh at and laud the myriad expressions of our Spam addiction, the resulting dietary habits combined with a variety of other factors have caused lifestyle issues such as diabetes and heart

disease to increase. But eating healthy can be expensive! To cut the cost, try sticking to local eats. We have five healthy recipes you can make with local produce. We're not saying to throw away your barbecue grill. But try mixing things up every once in a while by trying out the recipes below. You might find them delicious enough to forget they're healthy.



Turmeric mint tea

Arugula kimchi fish bake



- 1/2 cup local tomatoes, sliced
- 1 salmon fillet or whole parrot fish
- 1/2 cup veganaise or mayo
- 1/4 cup kimchi base
- 1/2 onion, diced
- 3 cloves garlic, minced
- 1/2 cup diced local tomatoes
- 1/2 cup diced local long beans
- 1 cup arugula

Mix veganaise with kimchi base, onion, garlic, tomatoes, beans and half the arugula. Spread over fish and sprinkle half the remaining arugula on top. Wrap in foil and bake for 20 minutes on 300 degrees. Take out, uncover, lay the remainder tomatoes and arugula on top and put back in, uncovered, for an additional 15 minutes.

- 8-10 cups of water
- 3-4 thinly sliced chopped turmeric
- 1 local dragon fruit
- Juice of one local lemon (or 4-5 calamansi)
- Few sprigs of chopped mint (with stem)
- 2-3 tbsp local honey
- Pinch of black pepper

Boil water, then add all ingredients. Boil for 6 to 8 minutes, stirring occasionally so the honey doesn't burn. Strain and enjoy hot or cold.
NOTE: You can also use local lemongrass and/or local moringa (malunggay) in place of the turmeric.



A Taste of Guam



SBARRO
NEW YORK PIZZA

Sbarro sweetens the heat with Mike's Hot Honey!

The Original New York Pizza – now serving the Mike's Hot Honey New York-Style Pepperoni Pizza. At Sbarro, its classic pepperoni, 100% mozzarella cheese, and that signature New York crust... finished with perfect blend of sweet and spicy Mike's Hot Honey. Sweet. Spicy. Savory. That's how Sbarro does it. So go ahead – grab a slice at Sbarro and taste the hype. Sbarro Guam x Mike's Hot Honey. Only at Sbarro. Visit us at the Micronesia Mall and GPO food courts or get Sbarro's delivered straight to your door via the Good to Go and UnoGo apps.

RESTAURANT INFO

Visit Micronesia Mall & GPO

f SbarroGuam