

Halal Options in Cayman

The dietary 'restrictions' we have as Muslims can present some hurdles, but where there's a will there is a way, and Allah (swt) provides. Alhumdulillah.

Below is a list of products and sources which are available in Cayman and which we have researched – all good is from Allah (swt) and any mistakes are ours.

Meat (Lamb)

A lot of the lamb which is imported to Cayman comes from Australia and New Zealand. Many abattoirs there are licensed to slaughter and provide Halal meat, and one of their main areas of export is the Middle East.

New Zealand

(Note, the number will have an **ME** suffix, other than the ones listed as PH below)

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136
137
188
500

PH
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450
533

The ones which have been underlined have had additional attention and verification provided by Mufti Abdullah Nana, Maulana Meraj Desai, and Wasif Khan, and is listed in their [report](#)

Generally, we have seen a lot of imports from ME16 and ME118 over the last three years, but imports from the other abattoirs do come up.

Australia

Aus
612
3085
389
688
397
640
399
394
217

572

533

All the above Australian abattoirs are listed in the [report](#) produced by Mufti Abdullah Nana and Mufti Ikramul Haq.

It is important to note that it is recommended that you only buy the meat which is still in the original sealed packaging.

Goat

If you are of mind to, a number of the farms on the island sell goats and allow you to do the slaughter. It can get expensive, but it is an option available to you, Alhumdulillah.

There is also imported goat, but we have not yet verified their Halal status.

Chicken

Cost-u-Less imports Halal chicken from the US, however we understand that they are machine slaughtered and while some Ulema allow for this there are those that don't. It is at your discretion if you choose to make use of this source of chicken.

One of the Brothers has an arrangement with one of the farm owners whereby he can conduct the slaughter of chickens which we have ordered. A number of us collate our orders and this can bring the price down. These chickens are free range and organic, but they can be expensive. However, you have the peace of mind that a Muslim has conducted the slaughter and these are the freshest chickens you will have, Alhumdulillah.

Cheese

A number of cheese producers use animal rennet and this is not always labelled. A 'rule of thumb' approach is to have cheese which is listed as vegetarian (or even vegan, if your tastes allow). Some cheeses are certified Halal:

Anchor (from New Zealand)

Cabot

Others, such as Kerrygold, are suitable for vegetarians.

Bread

The use of mono and diglycerides, without listing their source, places some doubt on bread products, however fresh baked bread that is suitable for vegetarians is available at a number of places:

Treats – is a small restaurant that also produces bread (white and wholewheat)

Icoa – another restaurant, has a range of breads suitable for vegetarians, including a rosemary and raisin one which goes very well with soups

Upper Crust – another restaurant with a range of breads, including focaccia

Yogurts

Again, best approach is to go for ones which are 'suitable for vegetarians'. A number of the British imports have this readily identifiable on their package. Failing that, check the ingredients to ensure there is no gelatine (including 'Kosher gelatin')

Frozen meals and vegetables

It is very important to check the ingredients of frozen meals, including the ones that are seemingly comprised of vegetables – for example, please avoid *Green Giant's* 'Medley' product: it contains gelatin.

Another area to consider is whether any alcohol has been used in making the sauce for the frozen meal.

Some stores do carry Halal frozen meals now and then – Kirk's used to import some from the UK, for example, and currently has products from *Saffron Road*.

Filo pastry and cake bases

Please note that the Pilsbury pastry from the US *contains lard*. A safer approach is to look for pastry sheets that have been imported from the UK as these will have a large green 'V' sign on them to show they are suitable for vegetarians.

For cheesecake bases, or for quiches, there are vegetarian and vegan options available.