BAY ISLANDS RESPONSIBLE SEAFOOD GUIDE

Bay Islands, Honduras



Because we serve and cherish the island life, its natural life and resources, we present to you the guide for taking informed decisions about the consumption of seafood. This is our way.

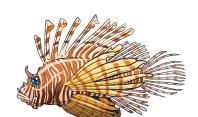
BEST OPTIONS

Spanish Mackerel

Tuna



Jack & **Trevallies**



Cero

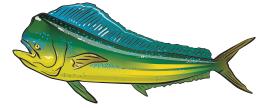
Lionfish



Wahoo



Mahi-Mahi



Yellow Tail Snapper



Kingfish



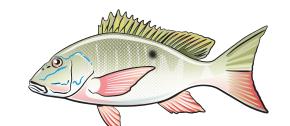
CAUTION

Caribbean Spiny Lobster

Barracuda



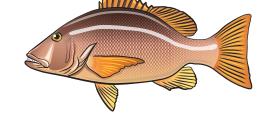
Queen Conch



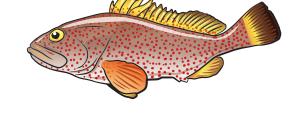
Dog **Snapper**

Mutton

Snapper



Red Hind



Rock Hind

DO NOT CONSUME





Nassau Grouper



Tiger Grouper

Goliath Grouper





Yellow fin Grouper



Yellow Mouth Grouper





Stoplight Parrot Fish



Triggerfish



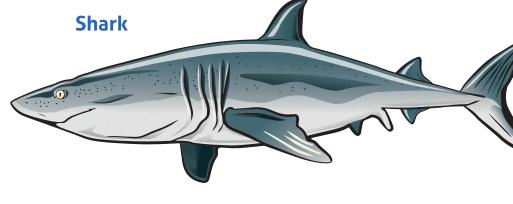
Lane Mahogany



Schoolmaster







Best options include species that:

- 1. Healthy populations in the wild
- 2. Grow fast & reach sexual maturity at an early age
- 3. Produce lots of eggs

Choices with caution include species that have certain restrictions to consider such as:

Minimun length: Lobster tail length > 5.5in/14cm Barracuda 36in/91cm

Closed seasons: Lobster / Lobsters: March 1st - June 30th Conch must be bought from legally registered providers

Do not consume include species that:

- 1. Are overfished and Listed as Vulnerable / **Endangered**
- 2. Are illegal to fish in Honduras
- 3. Are vital to the overall health of the reef











