
DIVING WITH GIANTS, Your Table in Dominica

February 6–13

For one week in February, everything you eat will be cooked for you personally, over fire, on beaches, from ingredients grown, caught, and foraged on this island, often that same morning. This sheet is how we learn to cook for you before we've met. There are no wrong answers, and nothing here is required, but every line you fill in makes your week taste more like you.

Your answers are seen only by the culinary team and treated in strict confidence.

1 · About You

Your name

Any occasion falling during the trip, birthday, anniversary, something quieter

2 · Allergies & Medical Requirements

The one section we ask you not to skip.

Food allergies or intolerances

If you have an allergy, how severe?

Preference / mild discomfort Intolerance Anaphylactic — strict separation required

Do you carry an epinephrine auto-injector?

Medical diets (celiac, diabetic, low-sodium, low-FODMAP, etc.)

Anything else we should know (medications with food interactions, etc.)

3 · Dietary Frameworks

Vegetarian Vegan Pescatarian Halal Kosher
Gluten-free Dairy-free Low-carb / keto High-protein No red meat

Details, or anything not listed

4 · Your Palate

Ingredients or dishes you simply don't enjoy

Textures you avoid (e.g. okra, oysters, organ meats)

Spice and heat:

None Gentle Medium Bring the Scotch bonnets

Raw and cured seafood — sashimi, crudo, ceviche, tartare:

One of my favorite things Happily, occasionally Prefer everything cooked

How adventurous shall we be? Dominica offers extraordinary things, ionfish, sea urchin, wild river crayfish, mountain provisions, fruit you've never heard of.

Cook whatever the island gives us Mostly adventurous, some anchors Familiar flavors, beautifully done

Cuisines or dishes you especially love

A memorable meal you still think about (helps us more than you'd guess)

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5 · Whale Days

Days with the whales run long. Lunch happens ashore, the boat pulls in to a quiet beach where your table is waiting. The boat itself carries only light provisions, shaped by how you feel at sea.

Prone to seasickness?

Never Occasionally Yes — keep it light and settling

Before your first swim of the day, you prefer:

Just coffee / tea Something light (fruit, yogurt, toast) A proper breakfast

On the boat between swims — snacks you love (and any you can't stand)

Hydration (coconut water, electrolytes, sparkling, still)

6 · Beverages

Coffee — how do you take it? (espresso, filter, milk, decaf after noon...)

Teas and infusions (we grow remarkable bush teas here)

Alcohol:

Yes, with pleasure Occasionally / dinner only Not at all — please don't offer

Wine — regions, grapes, or styles you gravitate toward

Champagne / sparkling preferences

Spirits & cocktails (Dominica's rums deserve your attention)

Favorite non-alcoholic drinks

7 · When You Arrive

You'll land on February 6th after a long day of travel, and something will be waiting in your room.

After a travel day, you reach for:

Fresh fruit Something savory Something sweet All of it

A drink you'd love to find waiting (chilled coconut, a cold beer, cacao tea...)

Anything you always miss when you travel

8 · Anything Else

Wellness goals, supplements, fasting windows, a childhood dish you miss, a story we should know — this page is yours.

Thank you — we'll take it from here.