



Recommendations



Restaurants:

If you are wanting to go Thursday-Sunday (Jueves-Domingo) make a reservation

Black owned

El Caribe

Address: Via Argentina, El Cangrejo

Phone#: +507-214-6207

IG: [@elcaribepanama](#)

La Tapa Del Coco

Address: Calle 68 Este

Phone#: +507-6451-7998

IG: [@latapadelcoco](#)

Island Flava PTY

Address: Calle 57 Este, Obarrio

Lunch only

Phone#: +507-6014-6638

IG: [@islandflavpty](#)

Local Restaurants

Michael's

Address: Calle 56 Este, Obarrio

Breakfast and Lunch only

Phone#: +507-6266-2167

IG: [@michaelspty](#)

Sortis

Address: Calle 56 Este Y 57, Obarrio

Various restaurants around the hotel

Fencia- \$18 hookah

Chick N Pop

KaiFish Poke

Juana Tranquilla

Taqueria Divertida

Mokarabia Panama

Rabiblanco

Jackie's Bar- Casino area

IGs: [@sortishotel](#) [@sortiscasino](#)

JW Marriot:

Address: Corregimiento de, CL. Punto

Colón, Punta Pacifica

Various restaurants around the hotel

Lost Beach

Panaviera- 66th floor

Phone#: +507-215-8800

IG: [@jwmarriottpanama](#) [@lostbeachpty](#)

12 Sports & Restaurant

Address: no street name, Río Abajo

Phone#: +507-301-0465

Live Salsa on SUNDAYS 4pm-9pm

IG: [@12sportsbarpanama](#)



Local Restaurants

Eolian Rooftop & BBQ

Address: PH Blvd Plaza, Centennial

Phone#: +507-6378-7543

IG: [@eolianpanama](#)

El Karaoke 50

Address: Calle 50 frente al hotel Riu, Obarrio

Phone#: +507-262-4030

IG: [@elkaraoke50](#)

Bottle Alley

Address: Av. La Antigua, Costa del Este

Phone#: +507-302-7249

In the Costa del Este Mall

IG: [@bottlealleypanama](#)

La Rana Dorada

Address: Multiple locations

IG: [@laranadorada](#)

The Raj

Address: Via Argentina, El Cangrejo

Indian/Vegan/vegetarian options

Phone#: +507-393-9066

IG: [@therajpty](#)

Casco Viejo Restaurants

Selina- Top floor

Address: Ave B, Casco Viejo

Phone#: +507-6524-1630

Rooftop views

IG: [@selinapanama](#)

Calicanto

Address: Casa Newman, C. José D. de la Obaldía Calle 8, Casco Ana

Pizza

Phone#: +507-390-3385

IG: [@calicantopty](#)

Lazotea

Address: Rooftop Av Eloy Alfaro y, C. 11 Este, Casco Viejo

Phone#: +507-387-0529

Rooftop views, Fancy

IG: [@lazoteapanama](#)

Tantalo

Address: Calle 8 Este con, Av. B, Casco Viejo

Phone#: +507-262-4030

Rooftop views

IG: [@tantalohotel](#)

Vista Corona

Address: Ave. A Edificio Casa de Oro Piso 3, Rooftop, Casco Viejo

Phone#: +507-6228-4782

Rooftop views

IG: [@vistacoronapanama](#)

El Faro

Address: P.H. Bayview, Casco Ana

Phone#: +507-6205-6183

Rooftop views

IG: [@elfarospotbar](#)

Patio Casco/ Flow

Address: AV.B y Calle 11, Casco Ana Reggaeton, hip-hop vibes

Phone#: +507-6224-1696

IG: [@patiocasco](#)

La Fábrica

Address: Calz. de Amador

Phone#: +507-302-6266

IG: [@lafabricpty](#)

Lung Fung

Address: Av. 7aC Nte. Punta Pacifica

Phone#: +507-260-4011 or

+507-6553-9305

Pananiman experience Sunday morning

IG: [@palaciolungfung](#)

El Trapiche

Address: Multiple locations

Phone#:

IG: [@eltrapichepty](#)



Cafes

Cafe Unidos

Address: 2 locations El Cangrejo and Casco Viejo
Phone#:
IG: [@cafeunido](#)

Annie Motts

Address: C. Eric del Valle, El Cangrejo
Phone#: +507-6618-5298
IG: [@anniemotts](#)

Paraiso Café Panama

Address: Av 4 C Sur
Phone#: +507-270-2796
IG: [@paraisocafepanama](#)

Mentiritas Blancas

Address: across the street from P.H. KUBIC
Phone#: +507-6653-6281
IG: [@mentiritasblancas](#)

Coyo Taco

Address: the plaza, Calle 71 Este y, Av. 5 C Sur, San Francisco
Phone#: +507-383-1232
IG: [@coyotaco_panama](#)

Coronado

Club Gaviota Beach Club

Address: Las Lajas, Coronado Beach
\$35 Day passes breakfast and lunch included
Phone#: +507-240-4526
IG: [@hotelyclubgaviota](#)

CHEAP EATS

Sabor Tipico

Address: Av. Samuel Lewis, Obarrio.
(inbetween via Espana and P.h. denovo)
Meals between \$1.50 and \$5
Phone#:
IG:

Victoria Asada

Address: via España, El Cangrejo
(near El Rel)
Meals between \$3-10
Phone#: +507-394-5687
IG: [@asadosvictoria](#)

Vegan/ Vegetarian

The Loving Hut

Address: Edificio Cali, Av. Manuel Espinosa Batista B
Phone#: +507-399-1998
VEGAN/Vegetarian
IG: [@lovinghutpanama](#)

Planticería

Address: Plaza Bella Vista, C. 45 Este y 5
Phone#: +507-6103-2644
VEGAN/Vegetarian
IG: [@planticeria](#)

Rock and Roll Vegan

Address: located inside Cafe Unidos via Argentina
Phone#: +507-6297-0369
VEGAN/Vegetarian
IG: [@rockandrollvegan](#)

DUURU

Address: Calle 68 Este 63
Phone#: +507-6935-8272
VEGAN/Pick-up & delivery only
IG: [@duurumarket](#)

