

CULINARY GUIDE FOR ICCA 2026



65th ICCA
CONGRESS
8-11 NOVEMBER | PANAMA CITY



A CULINARY CAPITAL

Renowned throughout the region

Panama City holds a unique distinction as the only capital in Latin America recognized by UNESCO as a Creative City of Gastronomy. This prestigious designation places the country on the global culinary stage and recognizes its culinary offerings as a cultural expression of great value and international significance. Currently, Panama has six restaurants included on the Latin America's 50 Best Restaurants 2025 list, a reflection of the passion, creativity, and strength of its culinary identity.



THE WORLD'S HIGHEST-RATED COFFEE ORIGINATED IN PANAMA

Panama Geisha coffee is recognized as the most valuable in the world. At the most recent Best of Panama international auction, a Geisha lot from Hacienda La Esmeralda set a new world record by fetching a price of \$30,204 per kilogram. This variety, considered one of the most prestigious internationally, has found its primary origin in Panama thanks to exceptional geographical and climatic conditions.

Explore Tierras Altas and Boquete, meet the producers, and experience their rich culture.

FLAVORS OF PANAMA 50 BEST LATAM RESTAURANT



MAITO

It is a leading contemporary Panamanian cuisine restaurant that combines modern techniques with local ingredients. It currently ranks No. 18 on the Latin America's 50 Best Restaurants 2025 list, contributing to positioning Panama as a relevant gastronomic destination in the region. Address: Calle 50, Coco del Mar, Panama City

Recommendations

Starters: Duck with cassava, Shrimp Toast, Chicharrón Pibil

Main Courses: Maito Black Rice, Chombasea Fish, One Pot 2.0

Desserts: Strawberries with Cream, Wild Squash

☎ Contact: +507 6509-9907 @Instagram: @maitopanama ✉ Email: maito@grupomaito.com



La Tapa del Coco

An iconic restaurant of Panamanian Afro Caribbean cuisine that highlights traditional Caribbean flavors with coconut and seafood, offering an authentic cultural experience. It is currently ranked No. 61 on the Latin America's 50 Best Restaurants 2025 list.

Recommendations

Starters: Plantain Tost, Cod Fritters, Mercado-Style Ceviche

Main Courses: Colón-Style One Pot, Oxtail Stew, Catch of the Day

Desserts: Panacake, Rice with Mango

☎ Contact: +507 6856-5533 @Instagram: @latapadelcoco ✉ Email: clientesdelcoco@gmail.com



Cantina del Tigre

It offers contemporary and innovative Latin American-inspired cuisine in a modern setting, with international recognition as it currently ranks No. 47 on the Latin America's 50 Best Restaurants 2025 list.

Recommendations

Starters: Octopus Ceviche, Shrimp Aguachile, Caribbean Clams

Main Courses: 1 lb of Charcoal-Grilled Shrimp with Butter and Salt, Grilled Octopus, Rice Tamal with Shrimp, Colon-Style Rice with Seafood and Fish

Desserts: Coffee Flan with White Cheese, Strawberries with Cream

☎ Contact: +507 6436-6188 | +507 6319-6699 @Instagram: @cantinadeltigre
✉ Email: admin@cantinadeltigre.com



FLAVORS OF PANAMA 50 BEST LATAM RESTAURANT



Umi Restaurant

offers contemporary Japanese izakaya-style cuisine, combining traditional Japanese techniques with local Panamanian ingredients. Its concept revolves around preparations such as sushi, nigiri, and hand rolls, crafted with precision and a strong focus on fresh ingredients.

Recommendations

Starters: Hotate, Japanese Tai, Unagi

Main Courses: Chicken Wontons, Kimchi Edamame, Kurobuta

☎ Contact: +507 6675-6277 @Instagram: @umi.thebar ✉ Email: umiholding24@gmail.com

Fonda Lo Que Hay

reinvents the traditional “fonda” concept with a contemporary approach that elevates Panamanian cuisine through modern techniques, earning recognition in Latin America’s 50 Best Restaurants.

Recommendations

Starters: Toasted Cassava with Tuna Carpaccio, Concolón

Main Courses: Guacho (Seafood or Beef), Fried Chicken with Mashed Potatoes and Gravy

Dessert: Gourmet Raspao

☎ Contact: +507 6571-2843 | +507 6673-9187 @Instagram: @fondaloquehay

✉ Email: olmedo@fondaloquehay.com



Caleta Restaurant

offers contemporary Panamanian cuisine using fresh, local ingredients. It combines tradition and modern techniques to create sophisticated and beautifully presented dishes. Its concept reinterprets Panama’s gastronomy through a modern and creative approach.

Recommendations

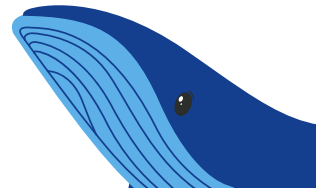
Starters: Grilled Eggplant with Tahini Sauce, Mixed Ceviche, Roasted Cauliflower with Achioté Mole.

Main Courses: Lamb Lasagna, Creamy Rice, Grilled Shrimp with Green Sauce, Skirt Steak with French Fries.

Desserts: Carrot Cake with Vanilla Ice Cream, Ice Cream Trilogy

☎ Contact: +507 6756-8070 | +507 302-4300 @Instagram: @caletapanama

✉ Email: info.legendpanama@sofitel.com



A RESTAURANT EXPERIENCE TO REMEMBER



Atope

Atope

offers a gastronomic concept that blends traditional Spanish cuisine with local Caribbean ingredients and flavors. Its menu specializes in tapas designed for sharing, complemented by excellent wine pairings.

Recommendations

Beef Tenderloin Paella, Basque Cheesecake, Black Rice with Torrezno and Shrimp, Huevos Rotos Atope, Seafood or Serrano Ham Croquettes, Tempura Prawns with Serrano Ham.

Address: Avenida Paseo del Mar, Costa del Este, Panama City, Panama.

☎ Contact: +507 6031-3071

@ Instagram: @atoperest

✉ Email: info@atopepanama.com

Filomena

Traditional recipes with fresh seafood, distinguished by ingredients imported from Italy and a modern seaside ambiance.

Recommendations

Starters: Aperitivo di Gambero (prawns in red vodka sauce), Mixed Fried Seafood (calamari), or Beef Carpaccio.

Main Courses: The famous Spicy Vodka Pasta, Truffled Shrimp Spaghetti, and creations featuring seafood and the catch of the day. Milanese Risotto, premium cuts of meat, and lobster specialties are also highly recommended.

Dessert: Pistachio Profiteroles

Address: PH Yoo & Arts, 6th Floor, Avenida Balboa, Bella Vista, Panama City, Panama.

☎ Contact: +507 6932-7164

@ Instagram: @filomenarest

✉ Email: atencion@filomenarest.com



Filomena



El Callejón del Casco

El Callejón del Casco

you'll find contemporary Panamanian cuisine that reinterprets traditional flavors and inland folklore. Its menu ranges from Creole-style brunch options to elevated main courses, all served in a vibrant setting full of Panamanian identity.

Recommendations

Starters: Octopus carimañolas, Tuna carpaccio, Corn empanadas stuffed with roasted pork, Pork cracklings

Main Courses: Mondongo a la culona, Tamal de olla, Escovitch-style fish, Coastal-style octopus, One Pot Callejón style.

Desserts: Chocolate flan with coffee sauce, Tres leches cake, "Mamá Llena" banana dessert

Address: 11th West Street (also known as Callejón del Sona or 12th East Street), Casco Viejo, San Felipe, Panama City.

☎ Contact: +507 6871-9824

@ Instagram: @elcallejondelcasco

Market Steakhouse

Oyster & Wine Bar in Panama City offers a diverse international menu. It specializes in premium cuts of meat, fresh seafood, imported oysters, sushi, and gourmet pizzas.

Recommendations

Starters: Sea bass ceviche, Grilled artichokes, Angus Beef Sliders, Warm beef carpaccio, Burrata antipasto.

House Specialties: Moroccan Chicken, Corvina al mojo, Grass-fed Angus filet, Imported short rib Key Lime Pie, Chocolate Chip Cookie, Crème brûlée

Address: 48th East Street, between Uruguay Street and Aquilino de la Guardia Avenue, Panama City.

☎ Contact: +507 6678-4052

@ Instagram: @marketpanamaa



Market





A RESTAURANT EXPERIENCE TO REMEMBER



Mai Mai

Mai Mai

offers a Peruvian–Japanese fusion (Nikkei) dining concept with Panamanian touches. The concept was created through the partnership between renowned chefs Mario Castellón and Mitsuharu Tsumura.

Recommendations

Starters: Pork Belly Rice, “Nigiri a lo Pobre”, Mai Ceviche, Toasted pork belly bao, Cauliflower, Wagyu or duck dumpling, Mai Mai tiradito, Gyozas

Main Courses: Lomo saltado, Short Rib or Wagyu Robata, Green curry noodles

Dessert: Strawberries with cream

Address: Panamá Design Center (PDC), Costa del Este, Panama City, Panama.

☎ Contact: +507 6932-9274 @Instagram: @maimaipanama

Makoto

Modern Japanese cuisine that blends traditional techniques with contemporary influences. Led by renowned chef Makoto Okuwa, the restaurant specializes in dishes that highlight product quality, including premium cuts of meat and fresh seafood.

Recommendations

Starters: Tuna Pizza, Sushi y Sashimi Sampler, Truffle Salmon

Main Courses: Rock Shrimp Tempura, Short Rib Yaki Noodles, Kobe Frosty Fried Rice, Kobe on the Hot Stone

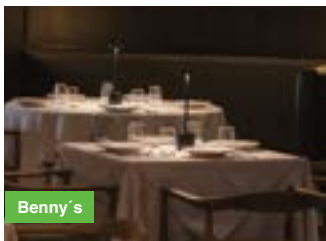
Dessert: Bake Chocolate Mousse, Green Tea Napoleon

☎ Contact: +507 830-2736

@Instagram: @makotopanama



Makoto



Benny's

Benny's

in Panama is a contemporary bistro and upscale steakhouse. Its concept focuses on premium cuts of meat, fresh seafood, elevated comfort food with international touches, and an excellent cocktail program.

Recommendations

Starters: Skirt steak carpaccio, Escargots, Pork empanaditas, Octopus and grilled camembert

Main Courses: Pepper Steak, New York Steak, Rib Eye, Cacio e Pepe

Desserts: Baked Alaska, Red berry cheesecake

Address: Santa María Business District 72, Panama City, Panama Province, Panama.

☎ Contact: +507 6647-9648

@ Instagram: @bennyspanama

✉ Email: administracion@bennyspanama.com

Ayala vida

Contemporary Panamanian cuisine. It blends the roots of traditional local gastronomy with international and Caribbean touches, using 100% locally sourced ingredients. Its menu ranges from elevated native dishes to modern options.

Recommendations

Starters: Ocu-style pork cracklings, Clams with tableño chorizo, Corn empanadas

Main Courses: Octopus “Fuerte San Lorenzo”, Volcán-style ropa vieja, Creamy rice with sancocho flavor

Desserts: House flan, “Mamá Llena” with ice cream

Address: Avenida A, Calle 12 Oeste, Casco Antiguo, Panama City, Panama.

☎ Contact: +507 6932-9274 @ Instagram: @bennyspanama ✉ Email: ventas@ayalavidarestaurant.com



Ayala Vida



A RESTAURANT EXPERIENCE TO REMEMBER



Santa Rita

A fusion of Spanish tapas-style cuisine and Argentine grill. Located in Casco Antiguo, its menu brings together the best of both traditions in a setting ideal for sharing.

Recommendations

Starters: Assorted croquettes, Patatas bravas, Grilled octopus, Tuna tataki

Main Courses: Skirt steak and sirloin steak, Oxtail rice, Mixed grill

Desserts: Basque cheesecake, Tres leches cake

Address: Avenida Eloy Alfaro and Calle 11, Casco Viejo, Panama City, Panama.

☎ Contact: +507 6629-6315

📷 Instagram: @restaurante_santarita

✉ Email: info@santaritapanama.com



Casa Nostra

offers authentic Italian cuisine. Its menu specializes in handmade pasta, sourdough pizzas, and classic Mediterranean dishes. It is well known for its cozy atmosphere, ideal for romantic or family dinners.

Recommendations

Starters: Burrata Caprese, Portobello Carpaccio.

Main courses: Norcina pasta, Cacio e Pepe, pistachio pesto, sourdough pizzas.

Desserts: Tiramisu, pistachio and strawberry cheesecake.

☎ Address: Calle República de Uruguay, Bella Vista, Panama City.

☎ Contact: +507 6810-3676

📷 Instagram: @casanostrapanama



COFFEE SHOPS



Sassy

Sassy

You will find a menu of healthy, fresh, and creative food. They specialize in brunch-style options, all-day breakfast, bowls, and gourmet café-style dishes.

Recommendations

Main courses: Pasta Norcina, Cacio e Pepe, Pistachio Pesto, sourdough pizzas, The Super Human, Spicy Salmon Bowl, Big Burrito, Pad Thai, Paleo Tahini Meat Bowl.
Dessert: Banana bread.

Address: La Florida Shopping Center, Marbella Residential Area, Panama City, Panama

☎ Contact: +507 6434-3630

@ Instagram: @sassyalldaycafe

Kokoma

offers signature cuisine that fuses Asian and Latin elements. Its menu ranges from brunch options, soups, and salads to award-winning burgers, sandwiches, and pastries, complemented by a wide selection of specialty coffees and matcha beverages.

Recommendations

Koko Bibimbap, Brisket Hojaldra Au Cheval—style, and the Shōgun Burger (a famous smash-style burger with Asian ingredients). Green Shakshuka or roasted tomato soup served with a grilled cheese sandwich on sourdough bread.

Address: The Plaza, Coco del Mar, Vía Cincuentenario, Panama City, Panama

☎ Contact: +507 6728-8948

@ Instagram: @kokomacoffee



Kokoma Café



Sisu Coffee Studio

Sisu Coffee Studio

Is a space specialized in specialty coffee and brunch. Its menu focuses on light café-style dishes, bakery items, and snacks, standing out for its high-quality preparations.

Recommendations

Breakfast sandwich, flank steak sandwich, ragù sandwich, and grilled cheese. Shakshuka, shawarmas (chicken or vegetarian), and waffles. A wide variety of croissants, coffee rolls, sweet cinnamon toast, and artisanal cookies.

Address: Calle 9na Oeste and Avenida B, Casco Viejo (Old Town), Panama City, Panama

☎ Contact: +507 6157-9348

@ Instagram: @sisu_coffeestudio

Mendó Coffee Co.

Is a space specialized in specialty coffee and brunch. Its menu focuses on light café-style dishes, bakery items, and snacks, standing out for its high-quality preparations.

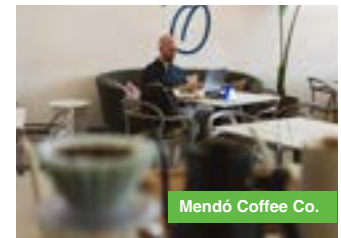
Recommendations

Signature toasts, such as the popular roasted pork and pineapple toast, and vegetarian options like the Sexy Veggie Toast (avocado and pixbae hummus). Panamanian classics such as meat skewers and pork crackling empanadas.

Address: Calle Jorge Gil, Building 215, Unit B, Clayton, Panama City, Panama

☎ Contact: +507 6195-0961

@ Instagram: @mendo.coffee



Mendó Coffee Co.



COFFEE SHOPS



Vera Café

You'll find a French-style gourmet café concept. Its culinary offering focuses on fine pastries, sandwiches, and light options.

Recommendations

Milanese Sandwich, Fruit Tart, Key Lime Pie, coffee

Address: Calle Primera Oeste, San Felipe, Casco Viejo, Panama City 0843

☎ Contact: +507 302-4300

📷 Instagram: @sofitellegendcasoviejo

✉ Email: info.legendpanama@sofitel.com

Krume Coffee

Traditional Austrian bakery and bistro-style cuisine specializing in organic sourdough breads and artisanal pastries. The café offers a carefully curated brunch menu featuring fresh, healthy, and high-quality ingredients.

Recommendations

Red Berry Krapfen, Ginger Bun, Creamy Eggs, Geisha Coffee 23100, Hummus Toast with Fennel

☎ Contact: +507 200-9227

📷 Instagram: @krumebacker

✉ Email: operaciones@krumebacker.com



Cooking Mamma Bakery

This place offers a menu focused on artisanal brunch and signature pastries, guided by a "clean food" philosophy that uses real ingredients and from-scratch preparation.

Recommendations

Krapfen de Frutos Rojos, Ginger Bun, Huevos Cremosos, Café Geisha 23100, Tosta de Hummus con Hinojos

Address: Los Crisantemos, House 44B, between 68th Street and 69th East Street, San Francisco, Panama City, Panama

☎ Contact: +507 200-9227

📷 Instagram: @Krumebacker

✉ Email: operaciones@krumebacker.com

Bungla Coffee House

In Panama offers a varied menu focused mainly on brunch, creative breakfasts, and light international dishes. Its concept combines healthy options with elaborate desserts, all accompanied by specialty coffee.

Recommendations

Bungla Avocado Toast. Poke Bowls, Pasta Alfredo, Bungla Burger and salmon

Address: Credicorp Bank, Calle 50, Panama City, Panama.

☎ Contacto: +507 6525-2838

📷 Instagram: @bunglacooffeehouse

✉ Email: bunglacooffeehouse@gmail.com



COFFEE SHOPS



Cubitt Studio Café

You'll find a specialty coffee concept focused on wellness, with a versatile menu that stands out for its healthy options, free of gluten and refined sugar.

Recommendations

Sandwiches, fresh bowls, smoothies, Specialty coffee, tea, matcha, and natural juices, Pastries adapted to gluten-free and sugar-free options.

Address: Calle 59 Este, Obarrio, Panama City, Panama

☎ Contact: +507 6819-2308

📷 Instagram: @cubittstudiocafe_

✉ Email: ordenes@cubittofficial.com

Momo Coffee Shop

The menu specializes in contemporary-style brunch and breakfasts, along with specialty café options.

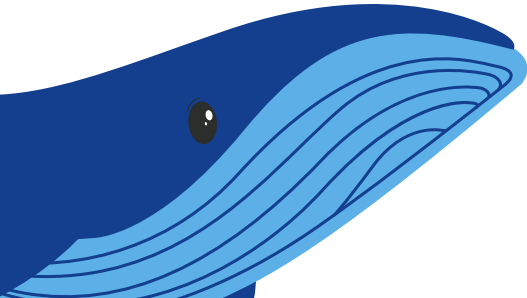
Recommendations

Eggs Benedict with salmon, White Shakshuka, and Avocado Toast. Momo Burger, grilled cheese sandwiches, and salads such as melon with Serrano ham. Croissants, croffles (croissant waffles), Japanese cheesecake, and carrot cake, Chicken Katsu Curry and artisanal empanadas.

Dirección: Avenida Samuel Lewis, Obarrio, Ciudad de Panamá, Panamá

☎ Contacto: +507 6865-4632

📷 Instagram: @momocoffeepty





ROOFTOP



Lazotea

Lazotea

Offers a contemporary signature Latin American cuisine concept, under the direction of the renowned chef Jorge Rausch. Its menu is characterized by blending traditional regional flavors with international haute cuisine techniques.

Recommendations

Starters: Salmon Tartare, Lobster Tacos, Wagyu Tartare

Main Courses: Beef Hump Cap, Dry-Aged Tomahawk Steak, Josper-Grilled Pork Tenderloin, Lobster with Coconut and Saffron, La Azotea Ragù

Desserts: Coconut Texture, Caramel and Banana Mille-Feuille, Banana Chocolate Tart

Address: Rooftop, Av. Eloy Alfaro & Calle 11 Este, Panama City

☎ Contact: +507 6851-6431 | +507 387-0529

📷 Instagram: @lazoteapanama

✉ Email: reservas@lazoteapanama.com

Capella Rooftop

Offers a tapas-style menu and shareable dishes with a fusion cuisine concept that blends local and international flavors. Its culinary offering focuses on “local specialties” presented in a sophisticated way, ideal for pairing with its craft cocktails.

Recommendations

Panamanian ceviche, tuna ceviche, octopus ceviche with leche de tigre and yuzu, smoked brisket nachos, Spanish tortilla with chistorra and black garlic aioli, and pork belly “lollipops” with bourbon BBQ glaze.

Address: Av. A & 8th Street, Casco Antiguo, Panama City, Panama

☎ Contact: +507 302-8888 +507 6979-4059

📷 Instagram: @hotellacompañia

✉ Email: pbx@hlcpanama.com



Capella Rooftop



The Day Joey Died

The Day Joey Died

Located in the Old Quarter of Panama City, it specializes in Asian–Mexican fusion cuisine and signature cocktails, operating as a rooftop audio bar. The menu stands out for its shareable options, bold dishes, and signature burger selections.

Recommendations

To Drink: Aperol Spritz, Elderflower Spritz, Classic Mimosa

Address: Avenida Central and Calle B, Hotel La Concordia, rooftop floor, Casco Antiguo, Panama City, Panama.

☎ Contact: +507 6640-0008

📷 Instagram: @thedayjoedied

✉ Email: noregretinfopa@gmail.com



ROOFTOP



At Casa Casco

You can find a very diverse culinary offering divided by levels, which includes Nikkei cuisine, Caribbean flavors, and Afro-Antillean cuisine, as well as a steakhouse with touches of international fusion. What's interesting is that if you are on its rooftop, you can order "tapas" or appetizers from any of the building's three main restaurants.

Recommendations

The pork belly chicharrón, the empanaditas (octopus or pork), and the short rib croquettes. The prawn or lobster risotto is highly requested for its creaminess and flavor.

Address: Av. A con Calle 10 B, Edificio Casacasco, Plaza Herrera, Casco Viejo, Ciudad de Panamá, Panamá.

☎ Contact: +507 6288-9024

📷 Instagram: @casacasco

✉ Email: welcome@casacasco.com

Cielo

Offers international and fusion cuisine with local influence, highlighting fresh seafood from the bay, meats, and tapas-style options ideal for sharing. Its menu includes starters, pastas, gourmet burgers (such as the Cielo Burger), and desserts, all in an elegant seaside setting with ocean views.

Recommendations

To Drink: Dreamy Daiquiri. Fire Whisky Sour. Cóctel de Tequila Picante and Gin Tonic con Infusión.

Address: Rooftop The Sands Ave. Balboa.

☎ Contact: +507 6199-4709 + 507 6199- 4709

📷 Instagram: @cielorooftopbar

✉ Email: reservacielopanama.com





PHONE: (507) 202- 8467
AVE. BALBOA Y CL. AQUILINO DE LA GUARDIA
PISO 30, OFFICE 3009 PANAMÁ
WWW.VISITPANAMA.COM | WWW.ATP.GOB.PA | WWW.PROMTURPANAMA.COM



**65th ICCA
CONGRESS**
8-11 NOVEMBER | PANAMA CITY