



Dining Options in Panama City

There are many great restaurants in Panama City, to the right are some of our suggestions. We also encourage you to ask the concierge at your hotel for their recommendations.

If you are more comfortable with chain restaurants ask for directions to:

TGI Fridays
 Ruby Tuesdays
 Bennigans
 PF Changs
 Hooters
 Papa Johns
 Crepes and Waffles
 Ruth's Chris
 Jimmy Johns

There are also a lot of great hotel restaurants and nightclubs in Casco Viejo. Check out:

American Trade Hotel
www.acehotel.com/Panama

Tantalo
www.tantalohotel.com

Las Clementinas
www.lasclementinas.com/restaurant



LOS AÑOS LOCOS
 Argentinian steak house
www.losanioslocos.com
 507-226-3996



SIETE MARES
 Seafood
 no website
[507 264 0144](http://507.264.0144)



LA CASA DE MARISCOS
 Seafood
www.lacasademarisco-acha.com
 507-223-7755 or 507-264-2644



BUCANERROS
 International
www.bucanerospanama.com
 507 314-0880



LUNG FUNG
 Chinese
 no website
 507 260-4160



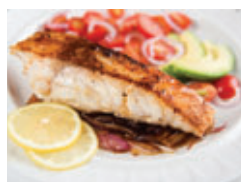
VINO TECA
 Outstanding Italian
<http://vinotecapanama.com>
 507-223-7734



Z K
 Outstanding Sushi Japanese
www.zkrestaurants.com/en
 507 301-7250



LA POSTA
 International
www.lapostapanama.com
 507 269-1076



BEIRUT
 Mediterranean food
 no website
 507 214-3815