

# KITTITIAN CUISINE

The island has three distinct restaurant districts, each with their own character

BY PETER SWAIN

## THE PENINSULA

With Christophe Harbour and the Park Hyatt at its heart, this has become the culinary capital of the island.

### The Pavilion

KITTITIAN MEETS SOUTH CAROLINA

Just above the divine Sandy Bank Bay, Christophe Harbour's flagship restaurant epitomises fine dining in chic surroundings. Open for dinner Tuesday to Saturday, there's pan-fried mahi, poached lobster tail, Angus striploin and seafood curry, while soups, salads, sandwiches and mezze feature at lunch. **L D**

[christopheharbour.com](http://christopheharbour.com), 466 4557

### The Stone Barn

AWAKENING THE TASTE BUDS

The likes of confit duck and foie gras agnolotti, wood-fired lamb rack and crustacean bouillabaisse, followed by rum-roasted pineapple or deconstructed pavlova with burnt marshmallow and liquorish-scented yogurt, give a flavour of the wide-ranging excellence on the menu at the Park Hyatt's premier restaurant. **D**

[hyatt.com](http://hyatt.com), 468 1234

### Carambola

INTERNATIONAL WITH LOCAL FLAIR

This South Friar's Bay institution is a



Fisherman's Village

The Pavilion



vibrant beach club by day and sophisticated restaurant by night. Culinary treats include succulent sushi, superb seafood and perfectly prepared duck, beef, pork and chicken dishes. An extensive wine list and comfortable loungers round out the laidback experience. **L D**

[carambolabeachclub.com](http://carambolabeachclub.com), 465 9090

### Spice Mill

FRESH FISH AND TRADITIONAL PIZZA

This vibrant bar and restaurant on Cockleshell Beach offers a taste of African, French, English, Portuguese, Indian, Chinese and Spanish cuisine, as well as thin-crust pizzas from an authentic wood-fired oven. Beach BBQ on Thursdays, Soca Sundays, plus music, food and culture at the annual Spice Fest. **L D**

[spicemillrestaurant.com](http://spicemillrestaurant.com), 762 2160

### Fisherman's Village

A CASUAL OCEAN-TO-TABLE AFFAIR

The Park Hyatt's Caribbean Sea-side lunch and dinner venue takes the catch of the day,

cooks it on the grill and serves. So you'll likely find yellow fin tuna and mahi, as well as king prawn curry, lobster tagliatelle and seafood risotto. Desserts include passionfruit cheesecake with a coconut sorbet, and a citrus posset. **L D**

### SALT Plage

BAREFOOT SOPHISTICATION

The super-chic award-winning Christophe Harbour bar is all about grazing and sharing. Many arrive in time to watch the sunset with a craft cocktail, then hit the jerk baby back ribs, coconut fried shrimp, barbecued lobster and conch fritters. Live music Thursdays and Sundays, DJ on Fridays. **D**

[christopheharbour.com](http://christopheharbour.com), 466 4557

### Shipwreck

POPULAR BEACH RETREAT

The favourite dish at this seafront bar on Friar's Bay is fresh fish tacos with rice and salad, but the burgers, conch fritters and freshly caught snapper are up there, as are the jerk chicken, jerk pork and chicken or lamb gyros. Open 10am to sunset, with live music from 4pm on Sunday always popular. **L D**

[shipwreckstkitts.com](http://shipwreckstkitts.com), 764 7200

### Reggae Beach Bar & Grill

A PERFECT KITTITIAN HANGOUT

With a 'Rush Slowly' motto and drum-and-bass-driven music vibe, this laidback bar, open 10am to 6pm, serves cold beer plus seafood and BBQ dishes, headlined by grilled lobster. Friday night buffet features BBQ shrimp, mahi-mahi, ribs and chicken, plus fried plantain and pumpkin fritters. **L D**

[reggaebeachbar.com](http://reggaebeachbar.com), 762 5050 →

KEY **B** breakfast **L** lunch **D** dinner **T** takeaway  
Opening hours vary from high to low season



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Shipwreck

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[www.royalstkitshotel.com](http://www.royalstkitshotel.com)

## BASSETTERRE & THE NORTH

Close to the cruise liner terminal, this is the heart of the island.

### Serendipity

#### BASSETTERRE HARBOUR VIEW

This elegant restaurant in the Fortlands district has an extensive lunch menu featuring samosas, braised oxtail, bouillabaisse and curried lamb, while dinner mains include black Angus steaks, lobster and pan-roasted duck breast, plus vegetarian specials. And not forgetting the key lime pie... **L D** [serendipitystkitts.net](http://serendipitystkitts.net), 465 9999

### Fisherman's Wharf

#### FRESH SEAFOOD

Ocean Terrace Inn's evenings-only restaurant celebrates its 35th year of excellence. As well as locally caught lobster, steaks and a fine conch chowder every night, there's tapas on Wednesdays, a West Indian buffet on Fridays, and a seafood buffet and live entertainment on Saturdays. **D T**

[fishermanswharfstkitts.com](http://fishermanswharfstkitts.com), 465 2754

### El Fredo's

#### AUTHENTIC CARIBBEAN FLAVOURS

This seafront restaurant is popular with both locals and visitors. Traditional Kittitian food like goat water (spicy stew), curried conch, spicy pork and stewed saltfish is served with peas and rice or provisions and dumplings. Fresh sorrel, guava and soursop fruit juices are super revitalising on the side. Open Tuesday to Saturdays. **L** [elfredosrestaurantandbar](http://elfredosrestaurantandbar), 466 8871



The Kitchen

### Tamarind

#### INDIAN SPECIALS IN PORT ZANTE

Convenient for cruise line passengers, Tamarind has an extensive menu of classic and less well known Indian dishes to eat in or have delivered. The buffet features meat, seafood and vegetarian options, exotic Indian breads and every kind of rice, together with beer, soft drinks and sweet lassi. **B L D T**

[tamarindrestaurant](http://tamarindrestaurant), 765 9928

### Sprat Net

#### 'WE ONLY EAT WHAT WE CATCH'

Run by fishermen in Old Road, a 15-minute drive from Basseterre, chefs at this unpretentious party place take fresh fish and lobster straight off the boat, throw them on the BBQ, then add johnnycakes, corn on the cob and baked potatoes. Open Wednesday to Sunday, with live reggae on Wednesdays and soca on Fridays. **D** [spratnetbargrill](http://spratnetbargrill), 466 7535



Arthur's

### The Kitchen

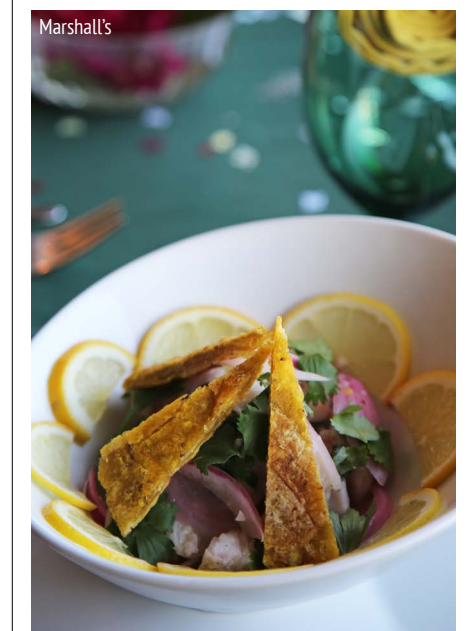
#### FARM-TO-TABLE CUISINE

This opulent venue at Belle Mont Farm, an upmarket eco-resort in the north of the island, produces much of its fresh food from its own 400-acre organic farm, supplemented by locally sourced seafood and meat. Al fresco communal dining is on Tuesday and Friday, brunch on the last Sunday of the month. **B D** [bellemontfarm.com](http://bellemontfarm.com), 465 7388

### Arthur's

#### SEA-TO-FORK

Another Belle Mont Farm restaurant, down the hill at Dieppe Bay, is named after Arthur Leaman, the former *House & Garden* magazine editor behind the legendary Golden Lemon Hotel. Open Tuesday to Sunday, the menu reflects the freshest catch of the day, paired with complementary produce from the farm. **L** [bellemontfarm.com](http://bellemontfarm.com), 465 7388 →



Marshall's





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KFC so good

## FRIGATE BAY

The Marriott and Royal St. Kitts hotels plus a great beach and the Royal St. Kitts Golf Club make this area holiday heaven.

### Marshall's

#### FINE DINING JAMAICAN STYLE

Proprietor-cum-chef Verral Marshall has run one of the island's finest restaurants for 23 years. Served in elegant poolside surroundings, the menu includes smoked marlin, chateaubriand, herb crusted rack of lamb, as well as local favourites ackee and saltfish, and slow-grilled jerk pork. Leave room for the baked yogurt. [D](https://www.marshallsdining.com)  
[marshallsdining.com](https://www.marshallsdining.com), 466 8245

### St. Kitts Marriott Resort

#### SOMETHING FOR EVERYONE

The island's largest hotel has an appetising array of eateries: meat lovers flock to the Royal Grille Steakhouse for succulent cuts of beef, while seafood fans like Blu, and devotees of Italian cuisine head to Cucina. The Calypso Restaurant features burgers, tacos, wings, salads and sandwiches, and then there's the Pizza Shack. [BLO](https://www.marriott.com)  
[marriott.com](https://www.marriott.com), 466 1200

### Poinciana

#### FRENCH WITH A GUYANESE TWIST

Overlooking the golf course, the ambitious menu at this popular venue features European favourites like French onion soup, baked escargot, goat cheese salad and linguini with scallops, while there's also room for locally caught spiny lobster and, when available, mahi and wahoo. [LO](https://www.poincianarestaurantstkitts.com)  
[f poincianarestaurantstkitts](https://www.poincianarestaurantstkitts.com), 465 5216

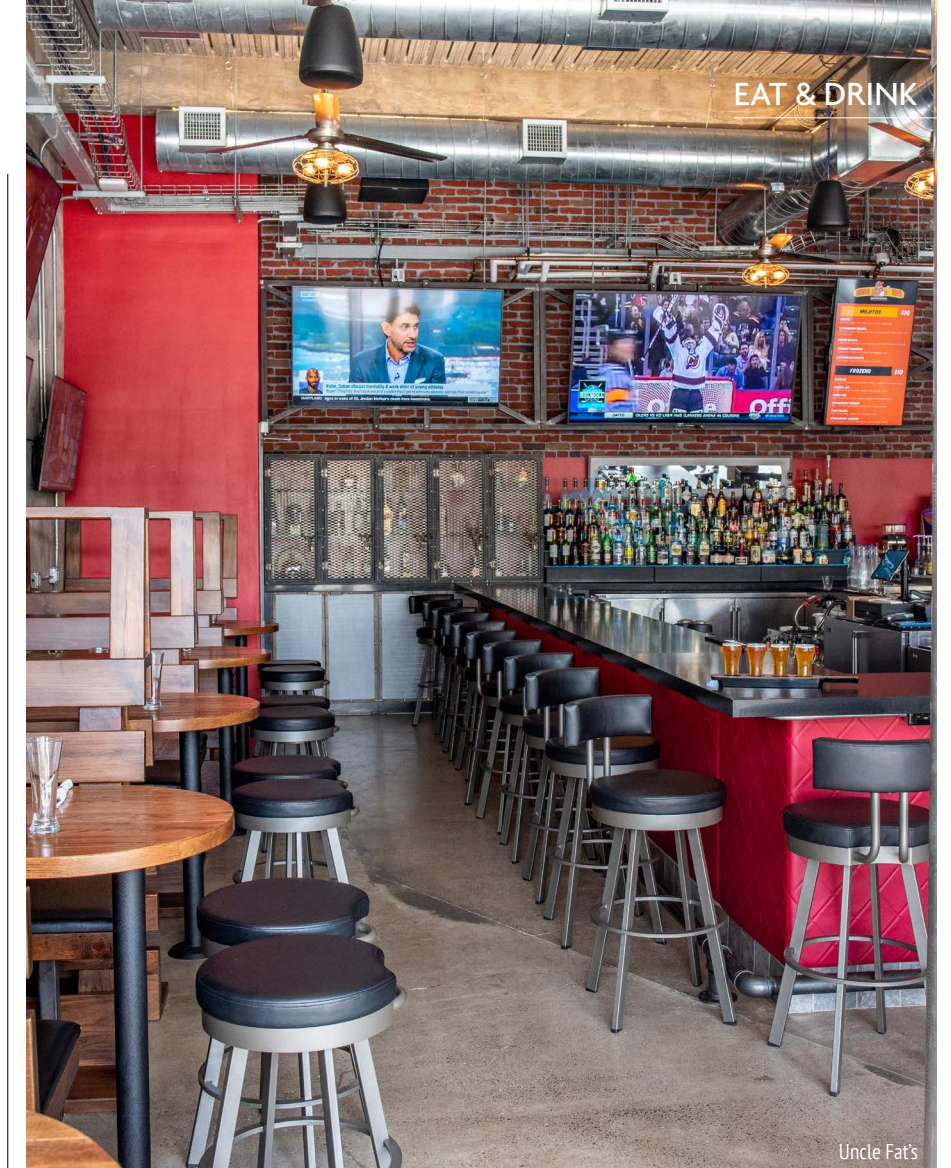
### Splash

#### ITALIAN POOLSIDE BAR AND GRILL

The Royal St. Kitts Hotel's all-day restaurant makes some of the best



Sweet and Savory



Uncle Fat's

thin-crust pizzas and authentic pasta specials on island. Fresh salads with a side order of sweet potato fries or a healthy smoothie are a perfect snack after a hard morning at the beach. Popular with students, there's live music on Friday nights, DJ Sunday lunch. [BLO](https://www.royalstkitstshotel.com)  
[royalstkitstshotel.com](https://www.royalstkitstshotel.com), 465 8651

### Tiranga

#### AUTHENTIC INDIAN CUISINE

In the Royal Plaza, exotic spices and distinctive flavours are combined by Indian chefs to provide a genuine taste of the sub-continent: tikkas, pakora, korma and rogan josh are all here. The Saturday evening buffet is a hit both with fans of Indian cuisine and those looking to try a new culinary experience. [LOD](https://www.tirangarestaurantsk.com)  
[tirangarestaurantsk.com](https://www.tirangarestaurantsk.com), 466 0202

### Uncle Fat's BBQ Bar & Grill

#### SPORTS BAR WITH 25 TVs

Also in the Royal Plaza near the Marriott, this premium sports bar has its own micro-brewery producing craft beer. The extensive menu includes the likes of ribs,

pulled pork and lobster taquitos, plus craft cocktails – the vibe is always upbeat, making this the perfect place to watch the ball game. [LO](https://www.unclefats.com)  
[unclefats.com](https://www.unclefats.com), 466 7999

### Sweet and Savory

#### DECADENT BAKERY AND BISTRO

If cupcakes, caramel popcorn, macaroons, s'mores, croissants, cheesecake or even eggs benedict on an English muffin, topped with creamy Hollandaise, float your boat, this all-day bistro in the Royal Plaza is for you. Imaginative smoothies, custom cakes and healthy options complete the picture. [BLOD](https://www.sweetsavorysk.com)  
[f sweetsavorysk](https://www.sweetsavorysk.com), 465 7419

### Sunset Café

#### GENUINE WEST INDIAN FOOD

Timothy Beach Resort's seafront restaurant is a great place to sample local Kittitian dishes. Menu options include pot fish and fungi (made with cornmeal and okra), curried mutton and stewed or curried chicken. Accompanied by live steel pan music, the Sunday evening buffet is good value. [BLO](https://www.timothybeach.com)  
[timothybeach.com](https://www.timothybeach.com), 465 8597 [V](https://www.facebook.com/timothybeach)