

FINE Nevisian Fare

Location, location, location: dining on Nevis is all about deciding whether to eat by the beach or up the Peak

BY PETER SWAIN

Montpelier's Sunset BBQ

AT THE BEACH

Sunshine's

AUTHENTIC NEVISIAN AFFAIR

With a 'source it locally, keep it simple' philosophy, the charismatic proprietor's fresh seafood, especially the red snapper, is outstanding, ribs reliably juicy, and infamous Killer Bee rum punch lethal. Attracting celebs, visitors and locals, evening entertainment often features a beach bonfire.

L D sunshinesnevis.com, 469 5817

Montpelier's sunset BBQ

ROMANTIC DINNER À DEUX

Right on the sand, this Monday night tradition combines a stunning flambeau-lit beach with fine dining that always includes lobster, plus a strong wine list, live music and friendly service. Hotel residents are prioritised, so book early – a great option for that 'special occasion' dinner.

D montpeliernevis.com, 469 3462

Chrishi Beach

EURO-STYLE BAREFOOT CHIC

A sociable beachside eatery serving fresh salads, tapas, sushi, creative Asian dishes and American classics. The Provençal rosé is chilled and comfy loungers tempting, with regular movie nights, BBQs, wine tastings and live music added attractions.

B L D chrishibeachclub.com, 469 5959

Double Deuce

CARIBBEAN FISH 'N' CHIPS

From the north of England, Chef Mark uses succulent mahi mahi in his beer battered fish 'n' chips, and believes there's nothing like a Sunday roast – many agree. Part gastropub, part beach bar, the lobster, BBQ pork ribs and black Angus steaks are all mouth-wateringly good. Thursday is karaoke night.

L D doubleducenevis.com, 469 2222

Yachtsman Grill

VARIETY VALUE AND A+ VIBE

This classy venue on Pinney's beach has a diverse menu at different price points featuring the likes of Caribbean Pride pizza – lobster, grouper and scallops – as well as tenderloin, tasty tuna poke and chicken parmesan. An extensive wine list and a live band on Sundays add to the buzz.

B L D T yachtsmangrill.com, 469 1382

Mango

WATCHING THE SUNSET

If craft cocktails followed by al fresco dining next to the ocean floats your yacht, this chic Four Seasons restaurant ticks all the boxes. Cultured cuisine features Latin-influenced Caribbean classics, spiny lobster and locally caught ceviche. Open on Sundays for brunch, otherwise

D fourseasons.com/nevis, 469 1111

Nisbet

FORMALITY WITH THE TRIMMINGS

Dating back to 1778, the Great House is a glimpse of life in grander times, so feasting in the plantation-style dining room or out on the candlelit verandah is a pleasantly decorous event featuring gourmet cuisine served by long-standing, ever-attentive staff. Good wine list.

B L D nisbetplantation.com, 469 9325

EsQuilina & Hamilton Room

FOUR SEASONS SMART CASUAL

The resort's contemporary venue has a Mediterranean-inspired menu, featuring fresh fish grilled over a charcoal fire and a giant crudo bar, as well as 28-day aged Porterhouse steak, and a Chef's Table tasting menu with wine pairings giving guests a more personal dining experience.

B L D fourseasons.com/nevis, 469 1111

Turtle Time

A LITTLE BIT OF EVERYTHING

Can't decide between Italian, Chinese, Thai, Indian, Creole and a burger? Beside Pinney's beach, this relaxed bar and grill serves them all. It's a sociable venue with a good rum selection, and TVs behind the bar for the big game.

L D turtletimenevis.com, 469 9911

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

Café des Arts

ALEXANDER HAMILTON HANGOUT

This Charlestown institution is on the seafront next to the Hamilton Museum dedicated to one of America's Founding Fathers, born here in 1757. It's a delightfully shaded watering hole open from 8am to 2pm Monday-Friday, with burger night on Tuesdays.

B L D 667 8768

Sea Breeze

BERMUDA SHORTS AND SHUTTERS

With a choice of tables on the sand or under cover, Nisbet's colonial-style beach restaurant serves local and international comfort food in a relaxed, romantic atmosphere. The Thursday night BBQ with live music, supported by local souvenir sellers, is particularly popular.

L D nisbetplantation.com, 469 9325

Culturama

TASTY ROTIS & FRIED CHICKEN

Rotis – flatbread wraps containing a mix of potatoes, vegetables, chicken or fish – are classic Caribbean street food, and this small bar and shop in Jessops serves the best on island. Together with tasty fried chicken and a beer or three, buy in the morning for a perfect picnic lunch on the beach.

B L T 469 5206

Kastaway

EASY-GOING BEACH BAR

This Four Seasons venue is a super casual place to enjoy a Spanish-themed lunch cooked on a grill using either wood or charcoal from local 'casha' (acacia) trees. Dinners, still rustic affairs, are themed with the emphasis on Latin-Asian specialties using local seafood.

L D fourseasons.com/nevis, 469 1111

Drift

BOHEMIAN SEA-TO-TABLE

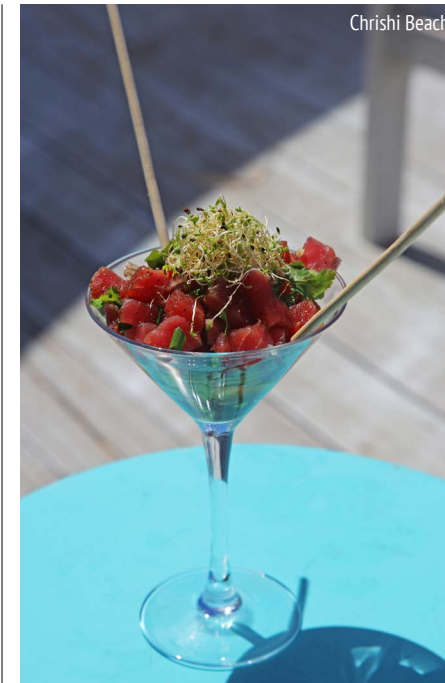
In a casual, beachside setting, the food at this new Newcastle Bay restaurant and art gallery features sharing platters and entrees at lunch and dinner that celebrate authentic Nevisian fresh farm produce and locally caught seafood. Perfectly placed for a sundowner, the venue doubles as an art gallery as well.

L D driftnevis.com, 764 0752

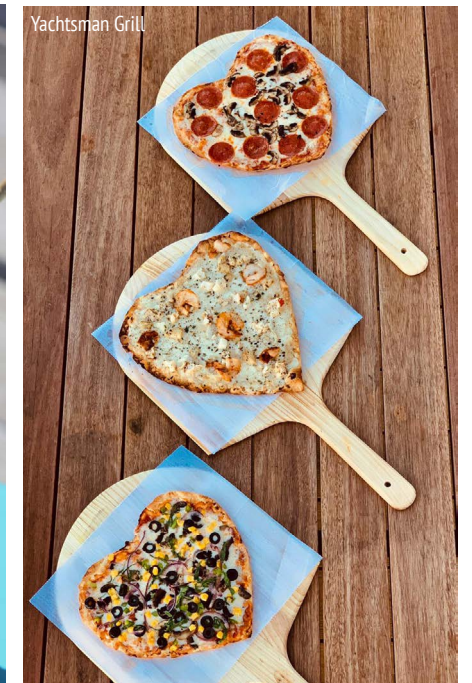
Lime Beach Bar

LIVE FRIDAY NIGHT MUSIC

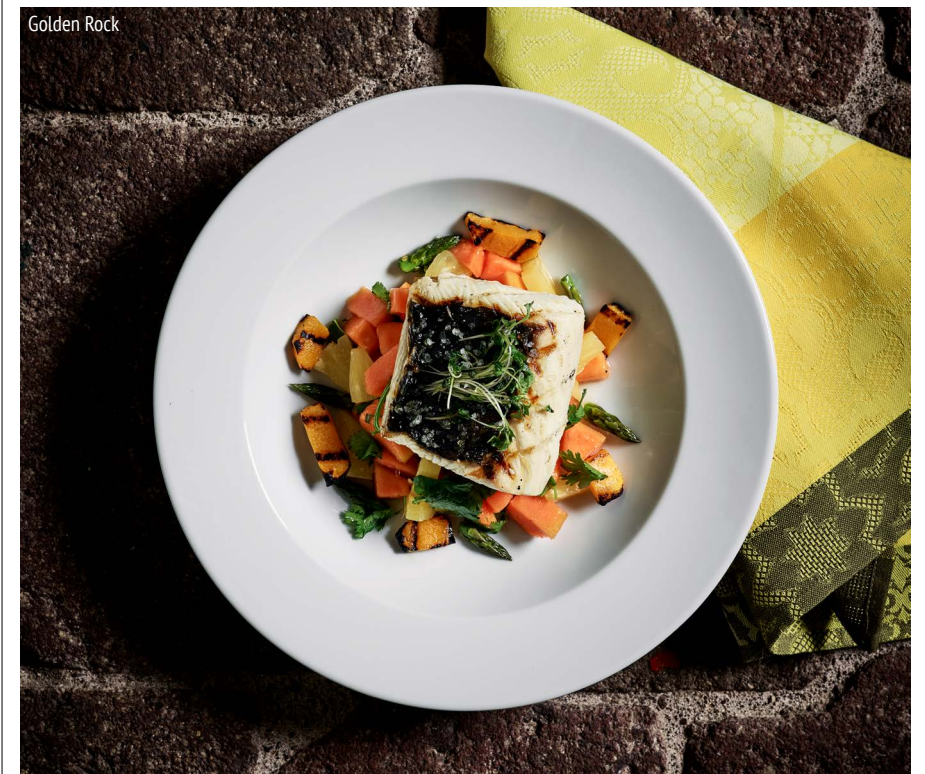
Liming: to eat, drink and make merry. This rustic beachside bar and restaurant at Pinney's beach has a casual vibe with food that's fresh and spicy. The owner, Randy, caters to cruise ship passengers



Chrishi Beach



Yachtsman Grill



Golden Rock

by day and the in-crowd at night.

L D **f** limebeachbar, 469 1147

Indian Summer

CHICKEN TIKKA MASALA

This local curry restaurant is a hot favourite with students from the nearby medical school. Those unfamiliar with Indian cuisine are guided through an imaginative variety of dishes including all the classics, plus some with an

appropriately Caribbean twist. **L D T**

indiansummernevis.com, 469 5410

Los Locos

MEXICAN BEACH BAR

Adding welcome variety, this new Latino offering is in the Nelson's Spring development. Tacos, quesadillas, enchiladas and fajitas are filled with pulled pork, lobster, shrimp and other goodies. The coconut Margarita hits the spot. **L D** loslocosnevis.com, 469 9011 →



Nisbet

UP THE PEAK

Golden Rock
BOTANICAL WONDERLAND

Whether it's the lobster sandwich, conch chowder, red snapper with beurre blanc and risotto or Annelise's divine coconut cake, there's nowhere finer for a long lazy lunch or magical dinner. Spectacular



OFF THE BEATEN TRACK
For a taste of the real Caribbean, try...

Passion Bar and Grill
This colourful, out-of-the-way gem in Cox village serves the likes of coconut curried shrimp, breadfruit, eggplant and chickpea fritters, plantain, barbecued ribs, fish of the day and fried chicken, washed down by fresh fruit juices, homemade ginger beer, wine and local rum. **LD** 669 3737

Esmie's Sunrise Snackette
This sociable bar overlooking the Atlantic near Butler's village is good for cold beer, strong rum and conversation. On Saturdays there's live music from the Sugar Hill String Band, as well as goat water (stew), conch, bullfoot soup, johnny cakes, cook-up (rice, beans & meat), fried chicken and vegetable roti. This is the real Nevis. **LD** 664 6446

gardens, striking design and superior rum punch make this Nevisian nirvana. **LD** goldenrocknevis.com, 469 3346

Restaurant 750 at Montpelier
GOURMET CUISINE

After canapés in the Great Room, gourmards enjoy fine dining by candlelight in gracious surroundings as the sommelier takes great care with the wine pairings. A vegetarian menu is also on offer. The 300-year old Mill Privée is ideal for a large dinner party or romantic *dîner à deux*. **LD** montpeliernevis.com, 469 3462

Banana's
RELAXED & ARTY

This shabby chic home from home presents an eclectic mix of Caribbean and international fare, with goat curry and rice 'n' peas, locally smoked wahoo, tuna sushi, Thai seafood curry and lobster linguini all on the menu. There's a sunset terrace for cocktails and fine rums as well as an arty boutique. **LD** banananevis.com, 469 1891

Hermitage's Wednesday pig roast
CLASSIC WEST INDIAN

Featuring such tempting morsels as ginger and lime conch cakes, jerk chicken and breadfruit, the highlight of this sociable buffet is a suckling pig. Open all week for regular dishes, the well-upholstered bar is also a sociable hangout. Frequent musical, historical and literary evenings make Hermitage a cultural hub. **LD** hermitagenevis.com, 469 3477

Indigo

POOLSIDE MEXICAN TAPAS
At lunch, choose from a selection of salads, sandwiches, lite bites and fresh fruits in chilled, poolside surroundings. By night, Chef Vincente Zaragoza's Mexican-inspired tapas features inventive delicacies such as tostadas con chorizo

and Angus tenderloin kebabs. **LD** montpeliernevis.com, 469 3462

Pump Road BBQ
RIBS 'N' CHICKEN

Many neighbourhoods have their own Friday night barbecue but thanks to the succulence of its ribs, juiciness of the chicken and volume of its music, most visitors' favourite is the Friday night pop-up organised by the Water Department on Pump Road. Rock up, eat there or take away. **DT**

Ole House Café
AUTHENTIC NEVISIAN

Away from traditional tourist haunts, there's a vibrant local food scene centred on a dozen or so 'snackettes'. At lunchtime on Pump Road, Las Vegas-trained Cleo cooks the likes of goat water, breadfruit and johnny cakes, served cafeteria-style. Caribbean food plus plus. **LD** 469 8499

Oasis in the Gardens
THAI CUISINE

Just below Montpelier, the trBotanical Gardens are one of the island's less well-known attractions. Oasis offers Thai cuisine in a floral setting with a scrumptious range of fresh fruit juices. Live entertainment makes Friday evening party time. **L, Fri** **LD** botanicalgardennevis.com, 469 3509 **V**



EsQuilina & Hamilton Room



Soursop ice cream

CONCH CHOWDER

St. Kitts and Nevis is culinary heaven, and conch chowder represents our version of ambrosia, the 'food of the gods'. Found all along north America's Atlantic seaboard, chowder is somewhere between a soup and a stew, featuring, on our islands, conch, coconut milk, bacon, corn, bell peppers, sweet potato, ginger and maybe rum.

Living on the sea floor in ornate shells, conch are brought up by freediving fishermen before being marinated and slowly cooked in a large pot – *chaudron* is French for cauldron. Found in numerous restaurants, my personal favourite is at Golden Rock on Nevis.

JERK CHICKEN WITH RICE AND PEAS

This spicy street food, usually associated with Jamaica, is eaten throughout the Caribbean – our version is milder than some. It's all about the marinade: allspice, soy sauce, sugar, garlic, ginger and scotch bonnet peppers. Chicken thighs are coated with the mix and marinated overnight

FIVE

Get a real taste
of the islands
BY PETER SWAIN

MUST-TRY
Dishes

Locally grown plantains, also grilled, make the perfect accompaniment. So, if you see snapper on the menu, snap it up – you won't be disappointed.

SPINY LOBSTER

The Caribbean spiny lobster (*Panulirus argus*) is a feature of menus on both islands, especially October-April. And don't worry about prising open those pesky claws – this is a lobster tail-only affair.

Though fishermen freedive for them, they're more usually caught in fish traps and delivered to restaurants the same day. Typically we butterfly them, brush with garlic and herb butter, then throw them on a charcoal grill. The chefs at Montpelier's Monday night beach BBQ do it just right.



Spiny lobster

“This exquisitely
flavoured dessert is
heaven in a scoop”

before being cooked on the BBQ, accompanied by rice and peas, a filling staple using coconut milk and kidney beans.

Many restaurants offer it; Marshall's on St. Kitts do a particularly good one. Or eat while lazing on the beach with a cold beer.

RED SNAPPER

The ocean is our farm so our dish of the day is fresh, locally caught fish. And there's nothing tastier than red snapper, according to master chef Sunshine on Nevis's Pinney's beach. “We buy ours direct from the fishermen every day. The big ones serve two or even three, but usually it's one per guest.” Sunny's secret is the rub he uses before grilling the fish whole. His recipe is highly confidential, but others use allspice, garlic, ginger, paprika and basil.

SOURSOP ICE CREAM

The soursop is a green spiky fruit, the size of a large avocado, and we love them made into juice but, best of all, ice cream. Their distinctive flavour is a mix of pineapple, coconut and banana with a hint of lime. They ripen between Christmas and Easter, and this exquisitely flavoured dessert is heaven in a scoop. We also grow 14 varieties of mango and have a Mango Festival in July, so our fresh fruit is sensational, but soursop is a real Caribbean speciality. **V**