

Barbados Factsheet

The fact-sheet combines suggestions from VIPvillas and our guests to help make your holiday in Barbados as easy and enjoyable as possible.

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We update the fact-sheet at least once a year but please expect some things to have changed since the last updating.

1. RESTAURANTS & BARS

There are 40 bars, cafes and restaurants with a wide variety on offer. Further afield there are some very good eating places on the South and East coasts.

The fact-sheet recommends places we and our guests have eaten in – and a few we plan to try in the near future! Our favourites are marked with 1-3 stars ***

Mullins Bay, Speightstown and beyond

*The Beach Bar on Mullins Beach is a great spot for lunch. A big improvement on its predecessor Mannies. Very well cooked sensibly priced lunches. Good kids menu as well. Book ahead on 422 2044 or go early to avoid the rush. Open 11-3pm for lunch then a bar until 7pm.

If you rent one of their beach chairs and umbrellas (BD\$30/day for 2 chairs and umbrella) they also offer waiter service on the beach.

*The Chattel House Bar and Restaurant is another new eatery 500 yards from Mullins Beach towards Speightstown. Good Chicken and Fish and a nice little bar popular with locals and visitors.

East Moon Chinese Restaurant 400 yards north from Mullins Beach. Outside is nothing to look at but the inside is fine. Guest have had a perfectly decent take away and many eat there. Cooking is Cantonese. 422 4739

Surf n Lime is a bar with simple but tasty food. Just a bit beyond East Moon Chinese restaurant as you head towards Speightstown. Popular with locals in the evening.

Sunset Bar and Grill a simple rum shop with a BBQ grill. 350 yards north of Mullins Beach.

**Casareep Café in Speightstown – opposite Courts . Run by an Iranian and Guyanese couple using some of her Amerindian Grandmother's recipes (try the pepperpot, curries and roties). Nice little deck overlooking the beach at the back. Very friendly and very good value. Now open Fri-Sun evenings. 422 3573

**The Fish Pot – at Little Good Harbour – the first village north of Speightstown as you follow the coast road. Excellent cooking. Service can be mixed. Great water's edge location. Stylish and casual relaxed atmosphere. Prices reasonable for excellent food. Tel: 439 2604

*The Fisherman's Pub, Speightstown – on the left as you drive north through the town. A Bajan pub with a balcony/deck over the sea. Nice location and local atmosphere. Tel : 422 2703

*Doris's Place – Speightstown (keep on the main highway – go just past the left turn into Speightstown and Doris's Place is 200 yards further on the right opposite the bus stop). Great Creole fish. Very friendly Bajan restaurant. Excellent value.

*Mangos in Speightstown. Very good first floor open air restaurant with good food in comfortable surroundings – and an art gallery thrown in if the waterside view doesn't interest you. One of the better restaurants in the area. Tel: 422 0704

La Mer – at Port St Charles. Waterside setting inside stylish Port St Charles surrounded by the well heeled. We have only been once – not over impressed and haven't hurried back but maybe we caught a poor night. Tel 419 2000

**Cobblers Cove. Upmarket beach front dining in a country house atmosphere. Not cheap but well executed and reasonable value for the quality of food and setting. Above average wine list. Where some celebs go to avoid the crowd at Sandy Lane. A Relais & Chateaux hotel. Tel: 422 2291

*Merton's Place – at Half Moon Fort, north of Speightstown. Waterside cooking atop a small cliff. Fresh fish cooked on mahogany wood fires. Thursday, Friday & Saturday nights only. Basic surroundings - no tablecloths in sight but good value. Instructions: North from Speightstown on the coast road, through Little Good Harbour, past roadside fish stalls – then you reach a fish market on your left and rum shop/bar on your right - Merton cooks by the fish market.

Braddys Bar in the fishing village of Six men's has a fish fry on Thursday/Friday/Saturday nights. A very local affair with few tourists and basic surroundings – but really friendly and very tasty food.

Just South of Mullins Bay

**Chris' Place is a favourite with locals and visitors especially Friday night for the spare ribs and a good DJ with excellent music. A friendly welcome and a well kept bar. Go down to the coast road, turn left heading south towards Holetown, take the next road left which is Mullins Hill. About 1 mile up Mullins Hill you see a few houses and a shop and bar on the right – that's Chris's place. Tel: 422 5249

Between Mullins and Holetown

Lone Star – between Mullins Bay and Holetown. Glamorous restaurant popular with celebs. Very stylish with prices to match. Superb location but food often disappoints – especially given high prices. Go for surroundings & glitz but choose dishes easy to execute. Tel: 419 0599

Holetown

*Groots just 500 yards north of Holetown on the left hand side as you travel south. Opposite St James Church & Folkestone Marine Park. One of the best bars on the West Coast. Reliable English pub food with a Bajan twist such as Fish (Haddock) with chips and mushy peas, Chilli Con Carne, Rotis etc. Sensible prices. A good every day place – evenings only. Tel: 432 7435

Coxies Bar is just south of Groots – a modest but very comfortable chattel house bar/rum shop with good seating. It does food by pre-arrangement.

*Zachios – on Holetown beach - a reliable waterfront bet, lively atmosphere, excellent service and sensible prices. Good happy hour until 6.30pm. For young children dinner is served up to 7.00pm (last order 6.50pm). Tel: 432 0134

The Beach House newly opened in autumn 2007 just south of Zachios is a great sea front location. Smartly decked out in blue and white. Jazz on Friday evenings. Tel: 432 1163

*Surfside Restaurant & Sports Bar – Holetown Beach. Happy Hour @ 16.30-17.30 is very popular with locals and visitors alike. Food served all day – good for simple lunchtime food eg: rotis, sautéed prawns and beefburgers. Great place for sundowners and children can run around on the beach while you sip your rum punch! Also popular with football fans with English Premiership matches on TV which adds to the buzzing atmosphere. Steel Band on a Sunday evening. Tel: 432 2105.

**Olives Bistro – in Holetown. Very good food, classy surroundings and service. Some of the best food we have had in the Holetown area. Another reliable standby. Tel: 432 2112

***Tides at Holetown – just south of Cocomos. Best on the West Coast. Very stylish waterfront surroundings. Excellent food. Relatively pricey but worth a visit especially for a special night out. Compares well with The Cliff, Fish Pot and Lone Star for stylish evening dining. Need to book - 432 8356.
www.tidesbarbados.com

**Sitar in 2nd Street, Holetown. Excellent Indian restaurant with freshly cooked food and glitzy décor once you are inside. We ignored it for many years as the

outside is nothing great and the menu doesn't do justice to the cooking – now we're making up for lost time. Tel: 432 2248.

*Spago an Italian restaurant on 2nd Street. Very popular with a sister restaurant at Settlers Beach Hotel. Excellent stone fire pizzas – try their best seller, Il Diavolo (The Devil) if you like chilli! Open for lunch and dinner. Tel:432 7394

Lexy's Piano Bar is the other new bar in 2nd Street. Gets going a bit later in the evening offering a buzzy atmosphere with a pianist belting out popular numbers until the small hours. Evenings only. 432 5399.

**The Mews, on 2nd Street is a bustling night time bar downstairs and a good class restaurant upstairs. Well prepared food in very pleasant surroundings. Like Olives a well established favourite. Tel: 432 1122.

Asian Palm on 1st Street has a mixture of Thai and Chinese cooking. As fans of both cuisines we have not been too convinced on our two visits. But it is friendly and generally quite busy.

Angry Annie's – we went once. Won't be going again.

**The Cliff – superb food – many say it is the best on the island with world class cooking – and prices to match. Superb setting. It's very much in demand so book early. However local cognoscenti reckon that Tides on West coast and Restaurant at Southsea on the south coast are a better bet for food and value. Tel: 432 1922 www.thecliffbarbados.com

** Cariba – newly opened small restaurant in a renovated chattel house just pass the Cliff going south. Run by husband (Glen) and wife . Glen is the chef and trained at Sandy Lane and the Cliff. Food is excellent – a mixture of Caribbean and Asian cooking. His wife is front of house and charming. Service can be a touch slow. Tel: 432 8737

*Patisserie Flint – in Holetown. Patisserie which also offers a bistro style menu. Excellent pastries, cakes (especially their banana bread!) sandwiches, rolls and salads – to go or eat there. Also a good place to buy some properly baked bread! Not cheap though. Tel: 432 2626

Further South on the West Coast

Marshalls - up Holders Hill (the left turn at the Esso Station a couple of miles or so South of Holetown) - is a friendly local pub with good food served in the restaurant at the back.

Weisers Beach Bar at Brighton beach – the first beach as you head north from Bridgetown. Great setting on a huge beach. Good bar food, friendly atmosphere

with good music. If travelling from Holetown take 3rd exit on the first roundabout you get to. Turn right just after dual carriageway starts. Then first left and follow track through trees. Happy hour is 17.30-18.30. Buffet for on Sunday lunchtimes.

*Blue Monkey south of Holetown at Paynes Bay. Good beach bar/ restaurant during the day which shifts up a gear at night.

**Tuckaway Ice Cream Parlour is a must – especially for children. Locally made ice cream. Flavours include: Coconut, Tamarind, Ginger, Cinnamon, Nutmeg and Sour Sop plus more familiar flavours. Opens from 4pm to 9pm. At Paynes Bay on the left as you head south down the West coast – near The Roti Den which is also good.

South Coast

Oistins – on the south coast on Fridays and Saturdays the main fish fry which everyone recommends. Locals say Friday – with music - is best.

Also highly recommended by people who know the island well are:

Little Arches Hotel on Enterprise Beach Road, Christchurch near Oistins is very stylish and many locals say is even better than The Cliff. Tel 420 4689.

And The Restaurant at Southsea in St Lawrence Gap – Tel 420 7423 is said to be the best of the many in the Gap.

Josef's also in St Lawrence gap is meant to be pretty good.

Pisces is a huge and popular waterside fish restaurant in the Gap.

Inland

Sunbury Plantation House in St Philip offers a very good buffet Sunday lunch which is eaten in lovely gardens.

Earthworks Pottery – has a deck with a wonderful view across the island where they serve excellent sandwiches, cakes and homemade lemonade with a Caribbean twist. Good for a lunchtime visit after you've been to the pottery. Follow the Earthworks signs which are all over the island.

**Naniki – quite difficult to find as it's located in the hills above Bathsheba towards the east coast. You'll need to look them up on a map or call them for directions (Tel: 433 1300). A nice location with great views. Specialises in traditional Caribbean cuisine. Closed Mondays.

East Coast

**The Cove at Cattlewash on the East Coast. The best rum punch on the island made to the proper recipe (1:2:3:4 – Lime:Syrup:Rum:Water). Excellent Bajan cooking in true local style on a deck overlooking the dramatic East Coast and Atlantic Ocean. Crab backs, Pepperpot, and much more. Unusual but really authentic and well worth a visit. Very good Sunday lunch buffet. Call to book and check open 433 9495.

2. LOCAL INFO

Sandy Crest Medical Centre

Excellent (private) health centre located in Holetown (c.10 mins drive from Mullins) which provides 24 hour emergency/ non emergency care.

Tel: 419 4911 www.sandycrest.net

The Queen Elizabeth

Public hospital provides a full range of specialist services and an A&E dept including an asthma bay. Tel: 436 6450 or A&E: 429 2029 www.qeh.gov.bb

Emergency Numbers:

Police	211
Fire	311
Ambulance (public)	511

Private Ambulances

Island Care	435 9425
Medic Response	228 8633/253 5250

Banks and Money

The Barbados Dollar (BDS) is fixed at the rate of 2 to one US Dollar – so the sterling rate in Sept 2008 is close to Bds\$ 3.5 to the pound.

Speightstown has 3 banks including Royal Bank of Canada and First Caribbean both of which have cash machines accepting Visa, Mastercard, Cirrus & Plus. Also a cash machine at the big Shell Garage at Speightstown. Holetown also has plenty of banks and cashpoints.

Credit cards are accepted virtually everywhere – the main exceptions would be the local rum shops and some smaller local Bajan eating places.

We find the best rate is obtained by changing sterling on the island so apart from taking out a bit of local currency for the first day or two we rely on a mixture of cash and cash withdrawals via credit card. If you want to take travellers cheques take sterling not dollar, to avoid paying two conversion costs.

Shopping

Half a mile from Holetown is a very good StarMart at Texaco garage on the coast road (turn right out of Mullins Road head north to Speightstown). All the basics: bread, dairy produce, frozen & tinned foods, soft drinks, beer & wine, toiletries including nappies, books & magazines. Open 24/7.

Speightsown, just over a mile to the North on the coast road has a Jordans supermarket (open: Monday to Thursday: 8.00am – 8.00pm; Friday & Saturdays: 8.00am – 9.00pm; Sundays: 9- 12pm). Also a wide range of other shops. Fresh fruit and veg from the dozen colourful stalls in the main street.

Holetown - West Coast Shopping Mall includes big supermarket called Supercentre with a wide range but prices are higher – especially for fresh fruit and vegetables. Opening hours: Monday – Thursdays: 8.00am – 8.00pm; Friday and Saturdays: 8.00am – 9.00pm; Sundays: 9.00am – 2.00pm. Closed Bank Holidays.

Groceries via the web

You can also order your groceries from Supercentre supermarket ahead of your arrival and they will deliver them to you free. Just visit their website: www.supercentre.com and follow the easy directions.

Post Office

There is one in Speightsown and another at Holetown which is also located within the green Government buildings complex.

Power

Voltage in Barbados is 110 volts. Our adapters convert UK to Bajan plugs – so 110/120v devices can be used.

Water

The tap water is fine and delicious to drink.

Phone

Local calls within Barbados are free.

Beaches

Barbados beaches are all public access – so don't shy away from beaches in front of exclusive hotels – you have just as much right to be there.

Massage/Reflexology

We recommend Sonia Stoute who visits villas and provides Swedish deep tissue massage for c\$50 for half an hour. Also offers manicure, pedicure and facials. Tel 230 0287.

You can also go to the excellent Indulgence Spa which is opposite Mullins Beach (at the southern end). You will need to book – especially in high season when you should call 2- 3 weeks ahead. Tel 419 4507.

Wine World

If like us you enjoy good wine you can purchase an excellent range of vintage and non vintage wines from Wineworld, located in Holetown. They have a good selection from the New World and Europe. Tel: 432 7472 or www.wineworldinc.com

3. FLIGHTS TO BARBADOS

Direct flights from the UK take 8 hours from Gatwick / Heathrow and a bit longer from other airports e.g. Manchester and Glasgow.

Scheduled flights from the UK

From London - More than 20 flights per week.

Virgin and BA fly direct from Gatwick every day of the weeks and BMI flies from Heathrow three times a week.

From Manchester -

Scheduled flights: BMI & Virgin.

Charters: First Choice Airways, Thomas Cook Airlines, Thomson Fly,

Getting a good price. Look for frequent seat sales from Virgin/BA/BMI.

4. CARS BUSES AND TAXIS IN BARBADOS

CAR HIRE

You need a Barbados Driving Permit which is easy to get from the Barbados Licensing Authority (located next to the Police Station in Holetown on the first

floor in the big pale green block of Government buildings). You need your own driving licence to get a one year permit. Office hours are Monday to Friday 9.00am – 12.00pm.

Many people hire a car for part of the time and then use buses/taxis for the rest. Rental companies deliver the car to you and issue a permit.

You must always carry your permit with you when driving.

Rental companies:

Ingrid King	428 5180
Coconut Rentals	437 0297
Leisure Rentals	423 5377
Drive-A-Matic	422 3000
Stoutes	416 4456
Premier	426 5200

When comparing quotes do check the following

- The excess– BDS\$ 750 (i.e. £200-250) is normal – BUT some are as high as \$2000.
- Do they include proper collision damage waiver – or charge a lot extra.
- How much extra is it for a 2nd driver if required

In the past VIP and other guests have found some superficially attractive quotes are not nearly as cheap as they seem when everything is added in.

Given a day's car hire is more than the cost of a taxi to the airport we would always recommend taking a taxi from the airport rather than waiting around to collect a hire car (which usually takes a while). This also saves you having to drive/navigate unfamiliar roads after a long day travelling. Much better to have the car hire company come to the apartment with the car.

Book car hire well ahead if travelling at peak times especially Christmas, New Year and Easter as many hire companies get booked out.

They drive on the left in Barbados. Seat belts must be worn.

You must stick to the number of passengers which the car is insured for – which is 4 on most 4 door hire cars.

BUSES

Barbados has an excellent bus service. Buses are cheap, fast and very frequent - up and down the main West Coast road every few minutes. Bus stops are every few hundred yards. Blue buses (Government run) don't give change – so have BD\$ 1.50 ready. The yellow buses are more exciting with reggae blaring and a muscular driving style. They are also BD\$ 1.50 per trip.

TAXIS

Barbados taxis are relatively cheap. Rates are regulated but it is always best to check the rate at the start of your journey. A taxi from the airport to Mullins is about BD\$90.

We recommend a firm called De Vere Taxis (Mr King) who are based in Holetown and have a range of cars including minivan for airport runs. (Tel 422 2459). They charge cBDS\$ 90 to the airport.

Most hotels have a taxi rank.

5. DIVING, GOLF AND WATERSPORTS

DIVING

Wrecks form fascinating habitats for marine life and Barbados has several excellent sites for wreck diving. Carlisle Bay, with 200 reported wrecks, and the Stavronikita, located at Folkestone Marine Park, are two of the most popular sites.

Folkestone Marine Park features an artificial reef, purposefully formed by the ship Stavronikita (destroyed by fire in 1976) which rests in 120ft of water, under half a mile from the shore. As a result of its depth, diving the Stavronikita is only for experienced divers in the company of others.

Snorkellers will prefer to swim around the inshore reef found in the Recreational Zone of the Park. This is about one-third of a mile offshore and home to numerous fish and other marine life, including sea anemones, sea lilies, corals and sponges.

A major feature of the Museum is a visitor interpretation centre with an aquarium housing many interesting and rare marine species, including corals and sponges. There is a photographic exhibit of marine life plus tennis & basketball courts, picnic benches, a snack bar, and children's playground at Folkestone.

Diving Operators. There are several dive operators who will provide equipment, advice and guided tours to ensure that your diving experience is extremely enjoyable. We have no experience of diving ourselves but West Side Scuba who are located in Holetown (at The Beach House) are easy to get to and seemed very professional and friendly when we visited them to find out what Barbados had to offer divers. Contact details are:

West Side Scuba Centre
Holetown, St. James,
Tel: 432 2558
E-mail: peterg@sunbeach.net
www.westsidescuba.com

Reefers & Wreckers
Speightstown
St Peter
Tel: 262 6677 or 422 5450
www.scubadiving.bb

Dive High Tide
Coral Reef Club
St James
Tel: 432 0931
www.divehightide.com

A full list of Barbados dive operators can be found at:
www.barbados.org/diveops.htm

GOLF

Barbados now has four excellent 18-hole championship golf courses. There are also two 9 hole courses:

Sandy Lane Golf Club – 1 mile South of Holetown.
www.sandylane.com/golf

Now boasts 3 courses. Two brand new courses have been completed. These Tom Fazio designed courses make Sandy Lane one of the finest golf resorts in the world.

Royal Westmoreland – 2 miles North of Holetown.
www.royal-westmoreland.net

18 hole championship course by Robert Trent Jones Jr. Placed high up on a former sugar plantation. Magnificent view of the Caribbean Sea.

Heywoods Golf Course - adjacent to Almond Beach Hotel, near Speightstown - a small executive course, 9 Holes Tel: 246-422-4900. More for relaxation than a challenge for dedicated golfers

Barbados Golf Club – near Oistins in the south
18 Holes - 6,805 yard par 72 Championship golf course, open to the public. The work of Ron Kirby, one of the world's top golf course designers.

Rockley Golf Course – South Coast
A pleasant 9 hole course situated in a Villa resort area.

WATERSKIING, JET SKIS, SURFING

Are all widely available on many of the West and south coast beaches including Hometown/Discovery Bay. Talk to the operators working on the beach.

Negotiate a rate first.

Jet Ski

Expect to pay BDS\$ 50 for a quarter of an hour jet-skiing with Patrick (cell phone 242 5919) who is very pleasant and good with children.

Waterskiing and other watersports

Talk to Malibu at Mullins Beach who has a very good speed boat and is reliable and honest. He is also an excellent water-skier himself. His mobile is 233 2996 or home is 422 1243.

Surfing

We recommend Barry Banfield who is the No 2 Bajan champion. He caters for all levels including children and offers a 2 hour introductory session which is ideal for beginners.

Tel: 256 3906 or www.surferbarbados.com

Alternatively try Zed's Surfing Adventures who are also recommended.

Tel: 262 7873 or www.barbadossurf.com

Sailing Cruises and swimming with turtles

We recommend either Small Cats Cruises or El Tigre.

Small Cats specialise in smaller cruises carrying only 12 and they set sail from the Colony Club beach in St James.

El Tigre is a larger 60 ft catamaran which leaves from Bridgetown and sails the West Coast.

The boats will stop along the coast so you can swim with the turtles and snorkel.

Both offer 3 hour and 5 hour cruises. We'd recommend the 5 hour (even if you have children) as it's more relaxing and includes an excellent lunch and open bar. Both offer good humoured and well trained crew who know how to look after their guests.

They also transport you to and from your accommodation to the boats.

Small Cats Tel: 421 6419

El Tigre Tel: 417 7245 or www.eltigretravels.com

6. CHILDREN

One of the lovely things about Barbados is the way Bajans treat children. They are really wonderful with children – and take great care to look after them. Virtually all the restaurants are very child friendly with kids' menus on offer and plenty of high chairs available.

Ten things to do with children in Barbados:

1. Folkestone Marine Park - just north of Holetown. Nice playground with good range of activities for children. Picnic benches beside the sea shaded by trees are very popular. Also very good snorkelling on the reef – gear can be hired there. Chefettes also have small but popular playgrounds for small children.

2. Graeme Hall Nature Sanctuary - near St Lawrence Gap on the South West coast. Excellent ecological and educational project which opened to safeguard an old mangrove swamp. The habitat includes the island's largest inland lake. You wander around a boardwalk through the old swamp. Lots of birds – some wild, others in two giant walk-through aviaries. Large fish to feed. Nice to picnic.

3. Barbados Wildlife Reserve – 15 mins from Mullins. Lots of green monkeys (though we also get lots in the gardens at Treetops and Treetops) and many other animals, snakes and birds. Most of whom roam freely around the reserve. Be there for 2-4.30pm when the monkeys return home after a hard day foraging in the forest and come leaping through trees and across rooftops.

The Grenade Hall Signal Station is next to the reserve and it offers a fantastic 360 degree panoramic view. Don't forget your camera!

4. Farley Park – very near the Wildlife Park. Great playground, lots of shade and cool breezes. Lovely picnic spot and particularly good kite flying spot.

5. Ocean Park - near St Lawrence Gap is a new attraction which is a good bet for children with a big play area, a pirate adventure mini golf as well as all the aquatic life on view. Tel: 420 7405 or www.oceanparkbarbados.com

6. Harrisons Cave - board a mini train and descend into depths to see impressive Stalactites/mites a couple of hundred feet below ground.

7. Atlantis Submarine- See Barbados from underwater at 150 ft. Departs from Bridgetown port but they will pick you up. Minimum age/size is 3 years / 3 feet tall.

Tel: 436 8929 or www.atlantisadventures.com/barbados

8. Welchman Hall Gully- One for your children if they like nature and walking and natural history. It's a place where you can imagine what the island was like 300 years ago. Part tropical forest, it was formed by the collapsed roofs of caves. If you go early you might glimpse the green monkeys as gullies are home to these monkeys. The gully is $\frac{3}{4}$ mile long so hikes take approx 30-40 mins.
Tel: 438 6671 or www.welchmanhallgullybarbados.com

9. Beaches children will enjoy:

Mullins beach is very popular especially with children. Safe swimming and good sand for the sandcastle builders. On the water there are: jet skis, a banana boat and a giant rubber ring towed by speedboats, a sea going trampoline and climbing rock which is good for older children. There is also waterskiing and a glass bottomed boat which will take you on a trip to see reef fish.

Little Good Harbour – just in front of the Fish Pot restaurant north of Speightstown there is a rock breakwater which provides safe swimming for small children.

Rockley – on the South coast has big expanse of beautiful white beach – very gently sloping with a rock breakwater providing shelter and some rock pools.

Brighton Bay – first beach north of Bridgetown offers a long stretch of white sand which slopes gently into the water and is very popular with locals. Usually very calm with minute waves and the undertow is nonexistent. There are parking and changing facilities and Weisers Beach Bar.

Speightstown – the town beach is another good place for younger children – we go to Casareep Café (opposite Courts) for lunch and swim/paddle.

Crane Beach – south east coast. Bigger waves make it good for body surfing, but in the cove on the left there is safe swimming close to the shore.

7. CATERING

If you would like someone to cook meals for you we recommend one English and three Bajan ladies who all cook lovely meals for you. They can either cook you a meal for an occasional night - or everyday if you prefer.

Favourite dishes include: Bajan seasoned flying fish, curry or roti, grilled Marlin, Tuna, Kingfish or Mahi, cou cou, baked eggplant, butternut squash, pineapple pie. Our children love the baked chicken, Bajan macaroni pie and rice & peas.

If you tell them what you would like they will buy the ingredients and in most cases prepare and cook the food in their homes and then deliver the food to you.

We simply ask our guests to liaise directly with us about their requirements and cost.