

# SAVOUR

ST. KITTS

CULINARY

Guide



Cover Photo Credit: Daryl Grant

*St. Kitts*





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# SWEET *Expectations*

Steeped in history, St. Kitts was once home to a thriving sugar industry, a crop that in its day, was worth more than gold. Today, the tiny island of St. Kitts, along with its sister isle of Nevis, is widely regarded as the ‘best-kept secret of the Caribbean’ – a sweet

escape with its unspoiled, laid-back charm. Serene, sun-drenched beaches overlook turquoise seas as far as the eye can see, and lush tropical rainforests offer endless outdoor adventures for those who seek an adrenaline rush – and a way to work up an appetite.



## INTRODUCTION



It's here that a vibrant epicurean scene unfolds each sunswept day.

Passionate chefs who devise imaginative and seasonal dishes fuse authentic island flavours, fresh-off-the-boat seafood and locally grown produce to enjoy in magical settings. Whether you're tucked within the historic stone walls of an old sugar plantation, perched atop the rainforest for a farm-to-table harvest feast, or ensconced in a private dining cabana surrounded by cascading waterfall at a 5-star hotel, St. Kitts serves up something special.







# A GOURMET AFFAIR

## **CARAMBOLA BEACH CLUB** SOUTH FRIARS BAY

Relaxed yet refined, this beach side restaurant is the ideal spot for an elegant evening. Freshly caught seafood, sushi, vegan options and more populate the menu while oenophiles will appreciate the expansive wine cellar.

## **THE KITCHEN** BELLE MONT FARM

Set at a luxurious and sustainable resort complete with its own organic farm that's high on the slopes of Mt. Liamuiga, the Kitchen's menu highlights their 'local food philosophy' approach to cooking. Creative, palate pleasing combos are the result- think lemongrass-poached lobster and cinnamon-braised goat loin.

## FINE DINING

## **STONE BARN** PARK HYATT

Named for the stone barns once used on island to protect crops during the wet season, this romantic, adults only restaurant offers an inventive five or six course tasting menu. Dishes like free range Kittitian eggs with truffle, boneless lamb loin with saffron and Wagyu tenderloin will impress.



Stone Barn

## **KOI RESTAURANT** KOI RESORT

Serving up its signature Asian-influenced design and delectable Japanese-inspired cuisine, KOI is a restaurant brand that requires little introduction. Stop by the Ultra Lounge for stylishly crafted cocktails courtesy of their talented mixologists, then enjoy notable fusion offerings like the KOI crispy rice, miso bronzed cod and signature rolls.

## **THE PAVILION** CHRISTOPHE HARBOUR

With contemporary Caribbean dishes on offer like chilled shrimp salad with passion fruit and lamb shoulder with plantains, this sophisticated club restaurant is known for its ever-changing menu, premier service and refined poolside atmosphere.



The Pavilion



# FOODIE FAVOURITE



When asking “where should we eat?”, there’s one restaurant that always makes the list: Marshall’s.

## **MARSHALL’S** FRIGATE BAY

This local eatery delights with its attention to detail, beautifully presented dishes and delicious, inspired cuisine – seafood Coquille St. Kitts, Grilled Chateaubriand and Braised Oxtail are just a few standouts. This is the place to watch the sunset while you sip a Hibiscus Mojito or Argentinian Malbec poolside, or by the expansive windows overlooking dramatic ocean views.

# SCENE

# Stealer

## **SUNSET REEF** PALMETTO POINT

Perched above the Caribbean Sea with magnificent views and arguably one of the best sunsets on the island, this luxury boutique hotel’s food and cocktail scene is making a splash. If you’re not staying in one of their stylish villas, reservations are a must because the Drop Anchor Grill is already earning a reputation for elevated fare such as the Bacalao Croquettes, Ginger & Lemongrass Pumpkin Soup, Cocoa Coffee Pork Filet and Flourless Chocolate Cake. During the day, keep watch for turtle or dolphin sightings, and at night, drink in the spectacular sunset with a signature Strawberry and Basil Martini or classic Negroni in hand.



# WINE Time

Sipping your fair share of holiday mode cocktails, like rum punch and piña coladas – preferably enjoyed beneath a shaded palm – are essential for easing into your St. Kitts vacation. But if you’re a lover of good wine, nothing pairs better with a delicious meal and that holiday feeling, than a fine vintage.

## **CARAMBOLA BEACH CLUB** SOUTH FRIARS BAY

Oenophiles in search of an extensive wine list, need look no further than Carambola Beach Club. Consistently rated among the top restaurants in the Caribbean, this fine dining restaurant will not only wow your refined palate, but they’ll effortlessly pair each delicious dish with the finest international wines. Overlooking breathtaking views of the Caribbean Sea, Carambola boasts over 4,000 fine wines in its cellar, making it the most extensive collection on the island.





# APPETITE FOR *Adventure*

Ready to take your trip next level?  
These standout food and drink  
experiences are sure to inspire  
some brag-worthy moments.



Salt Plage

## CULINARY EXPERIENCES



### THE FARM TABLE

BELLE MONT FARM

Enjoy an al fresco dinner with jaw dropping views at this luxury boutique hotel located in the heart of the rainforest. You'll partake in a farm-to-table feast that's created from the "edible landscape" that surrounds the property.



The Farm Table



### MILL PRIVÉE

MONTPELIER PLANTATION & BEACH

Travel by private water taxi to luxury boutique hotel, Montpelier, on nearby Nevis, for a five-course tasting menu served by candlelight inside an original 300-year-old sugar mill.



### SALT PLAGE

CHRISTOPHE HARBOUR

Relax in a swaying hammock suspended over the sea, all while sipping some of the island's finest craft cocktails and watching the sun slip under the horizon. Considered one of the top beach bars in the world, SALT Plage, is the place to be for people watching and barefoot sophistication. Order the frozen Jumbie!



Rampart  
Waterfall Cabana



### RAMPART WATERFALL CABANA

PARK HYATT

Book a table under starlit skies as part of the 5-star resort's "destination dining" exclusive culinary offerings. Seated in a private pavilion surrounded by waterfall, you'll be treated to a customized tasting menu built to your specifications.





# GOOD DAY *Sunshine*

Whether you're hitting the hotel pool deck or hiking the rainforest, these St. Kitts breakfast spots are the perfect way to fuel up for the day.

☆ **SWEET + SAVORY**

BASSETERRE

This colourful café, located by the Royal St. Kitts Hotel, has healthy options galore and is the go-to spot for pastries, power bowls and pancakes.

**Order:**

The popular 'Brekkie' Baguette with a steaming cappuccino, brewed with quality Lavazza beans.

☆ **COCONUT GROVE**

FRIGATE BAY

This lively little open-air bistro, operated by veteran barista, Julian "Jules" Armstrong, is a foodie favourite known for its friendly service and famously fresh food.

**Order:**

The Eggs Royale Benedict or gluten free Huevos Ranchero and wash it down with a cool Coconut Mimosa.

☆ **SPLASH**

FRIGATE BAY

With a pretty poolside patio location, this restaurant at the Royal St. Kitts Hotel is always open for good vibes and great food.

**Order:**

The Breakfast Parfait – made with delicious house-made granola and blueberry compote.



☆ **CALYPSO**

FRIGATE BAY

Whether you hunger for endless pastries, classic bacon and eggs or pile on pancakes, the buffet breakfast at the St. Kitts Marriott Resort will satisfy every craving imaginable.

**Order:**

The traditional saltfish and johnny cakes for a true taste of the island.



Fisherman's Village

## BRUNCH GOALS

Weekends are made for leisurely breakfasts and St. Kitts delivers. Stop into **Fisherman's Village** at the Park Hyatt for endless eats and spectacular vistas of Nevis, or head to **The Kitchen** at Belle Mont Farm where breakfast is served with a side of magnificent mountains views.



The Kitchen

*Have a Seat  
and Linger*



# BEACH BITES



## CARAMBOLA BEACH CLUB



SOUTH FRIAR'S BAY

If beachside pampering, champagne and plush lounge chairs sounds more your speed, this beach club on South Friar's Bay is the ultimate in day to night indulgence. Spend the day soaking up the dramatic views, aqua sports, and free wi-fi, then freshen up at the club's shower facilities before transitioning to a fine dining experience where conch, grilled lobster, beef tenderloin and fresh sushi will please the most discerning palates.

## SHIPWRECK BEACH BAR & GRILL



KITTITIAN VILLAGE

This laid-back beach bar has castaway style in spades. Grab your dose of Vitamin D or snorkel the reef below, then head up for icy cold classic Caribbean cocktails, the "island's best fish tacos" and the chance to snap a photo of the local monkeys that frequent the beach.



## SPICE MILL

COCKLESHELL BEACH

With a modern rustic atmosphere and breathtaking views of neighbouring Nevis, this oceanfront beach bar and restaurant delivers on delicious fare, local brews and rum-fuelled cocktails. Laze in the sunshine and order up a freshly made brick oven pizza - delivered chair side of course - or dine in the restaurant on seasonal Caribbean cuisine. Home of locally made Hibiscus Spirits, the craft cocktails infused with fresh juices, are not to be missed.

## REGGAE BEACH BAR & GRILL



BASSETERRE

Relaxation is practically a religion at this breezy beachside bar where "Rush Slowly" is the motto and a bucket of beer goes down easily on their sandy beach overlooking Nevis Peak. On Friday's, stay for the famous Lobster Fest, where huge helpings of fresh lobster, mahi mahi, shrimp, and more are on offer, alongside frosty cocktails and a live band.



Shipwreck Beach Bar & Grill

# ARRIVE IN STYLE



Step off the plane and right into your St. Kitts holiday with KyanJet. This one-of-a-kind VIP fast track service will see you greeted on the tarmac and whisked into an awaiting Porsche Cayenne that transports you to a private lounge equipped with an infinity pool, showers and stylish surroundings.

Surrender your passport to the attendant who will quietly check you through immigration, all while you indulge in gourmet tapas treats and a refreshing glass of bubbly or delicious lemongrass iced tea. Exit to your awaiting luggage and you're on your way.





JACK WIDDOWSON'S FAVOURITE

# RUM

*Experiences*



Wingfield Estate



As one of the island's most passionate guardians of St. Kitts culture, Jack Widdowson is on a mission to re-ignite the practice of small-batch rum production through his company, Old Road Rum. When he's not hard at work perfecting his own product, he's checking out the island's diverse rum scene and recommends these tasty rum experiences:

## RUM EXPERIENCES

### RUM PUNCH



CARIBELLE BATIK'S  
RAINFOREST BAR

Set amongst the beautiful botanical gardens of Romney Manor, Caribelle Batik is famous for its locally made, colourful batik fabrics. They're equally famous for their tasty rum punch made with fresh tropical citrus. Sip and shop – bet you can't stop at just one!



### AGED RUM



OLD ROAD RUM AT  
WINGFIELD ESTATE

A visit to Jack's own Old Road Rum Company can't be missed if you're a rum connoisseur. Located on the site of the oldest standing distillery in the Caribbean, with production dating back to 1675, Old Road creates molasses-based rum aged in bourbon casks for 12 years. Once you experience an interactive tasting in the beautiful forested surroundings, you'll be tempted to become a Founding Member, granting you ownership of one of the first 500 bottles made at the distillery and exclusive future small batch releases.

### FLAVOURED RUM



SHIPWRECK BEACH  
BAR & GRILL

One of the island's most lively beach bars is where you'll find great flavoured rum drinks made with Brinley Gold Shipwreck Rum. Pull up a chair at the bar on Sundays when there's a live band that keeps the entertainment high. Jack's tip: Sub the rum in your piña colada with Shipwreck Coconut Rum Cream for a next level cocktail.

### SPICED RUM



SPICE MILL  
RESTAURANT & BAR

Situated on the iconic Cockleshell Beach with incredible views of Nevis, you'll find Spice Mill Restaurant, home of Hibiscus Spirits. Made right on the property, their rum is infused with high-quality hibiscus and other spices to create a superbly flavourful product. Ask for the house cocktail – a Hibiscus Red Devil.





# Authentic ISLAND FLAVOUR



Ital Creations



## ITAL CREATIONS

BASSETERRE

Evolving from its days as a roadside food truck, this family owned kitchen serves up tasty vegetarian and vegan dishes like wraps, fresh hummus and salads from its onsite organic farm. Sample the vitamin-packed “tree of life” Moringa Smoothie and sit under the massive mango tree.



## AUTHENTIC ISLAND FLAVOUR

For an authentic taste of the island, head to these local hot spots.

### THE STRIP

FRIGATE BAY

The undisputed hot spot for island entertainment, fun fare and tasty libations, establishments here boast they are open at 10:00 am to “whenever”. Choose from a variety of open-air venues or jump from one to the next for a moveable feast, followed by dancing under the stars. Vibes, Mr. X’s Shiggidy Shack, Cathy’s, and Zanzi are just a few favourites.



The Strip

## Hot Tip

### MARK YOUR CALENDAR!

Restaurant Week takes place in July. Each year a different local ingredient is highlighted on restaurant menus and at key events.



## EL FREDO'S RESTAURANT & BAR



BASSETERRE BAY

A St. Kitts institution, this popular home style eatery has an ever-changing fresh menu including Caribbean favourites like oxtail stew, saltfish and roti served with traditional sides like rice and beans, fried plantain, pumpkin fritters and sweet potato. Fill up on the sizable BBQ ribs or lobster/shrimp combo plate before your flight.





# Discover ST. KITTS

Just 18 miles long, St. Kitts is a tiny Caribbean island that packs a big punch. With its turquoise waters, idyllic beaches, charming bays and lush tropical rainforests, the island provides a picturesque backdrop for a day well spent.

## DISCOVER ST. KITTS

Here's our go-to guide for the best ways to quench your thirst for adventure and work up an appetite.



Ride the rails of the St. Kitts Scenic Railway



Hike up the slopes of Mt. Liamuiga



Zipline through the rainforest canopy at Wingfield Estate



Shop from local artisans at Caribelle Batik at Romney Manor



Take a guided tour of a bygone era at the restored Fairfield Great House



Book a catamaran sail or snorkel trip on iridescent waters



Play a round wedged between the Atlantic and Caribbean Sea on the Royal St. Kitts Golf Club



Walk historic Basseterre Circus inspired by London's Piccadilly Circus



Drink in dramatic views at Black Rocks, massive volcanic rock formations



Enjoy breathtaking vistas at the UNESCO World Heritage designated Brimstone Hill Fortress National Park

## Tasty Tip

When visiting the northern point of the island, **Arthur's Restaurant & Bar** in Dieppe Bay, is a sweet seaside canteen that offers tasty beach-style eats, views of a black sand shoreline and colourful fishing boats returning with their catch.



Arthur's  
Restaurant & Bar





## The Park Hyatt St. Kitts

You'll find your bliss the moment you arrive at the sublime, 5-star Park Hyatt St. Kitts. With spacious, well appointed suites – many of which have a private sundeck and infinity-edge plunge pool – plus a deliciously serene spa and two incredible pools offering jaw-dropping views of Nevis Peak, this award winning hotel is laid back luxury at its finest. But it's the unparalleled food scene that unfolds here that will truly capture the imagination. The resort serves elevated, eclectic ocean-front fare, like Mango

BBQ Kurubota Pork Ribs and Banana Bay Tacos, at the open-air **Fisherman's Village**; all-day dining with star dishes like Squid Ink Tagliatelle and Wagyu Burgers at the plantation-style designed **Great House**; and an adults-only tasting menu "from the hearth" at **The Stone Barn**. What's more, the resort is careful to source sustainable ingredients and support local suppliers on its menus.



### SPOTLIGHT: PARK HYATT ST. KITTS

If that weren't enough to please the palate, then there's the resort's "Destination Dining" program, offering an exclusive culinary experience that's pampering par excellence. Focusing on creating unique and superb dining moments for their guests, here's a few to consider:



#### RAMPART WATERFALL CABANA DINING

A truly romantic experience that includes a three, four or five-course meal enjoyed in a private pavilion by the waterfalls of the Rampart Pool.



#### STARLIGHT DINING

An intimate candlelit dinner al fresco on the shores of Banana Bay overlooking Nevis views or on the beautiful Courtyard Lawn.



#### AFTERNOON HIGH TEA

Held each afternoon, guests are invited to sink into a grand high back chair, select a book from the library and enjoy local and international teas, pastries and light sandwiches.



*Mix One Up*

#### NARROWS BAY

This refreshing rum punch from the Park Hyatt St. Kitts, is inspired by The Narrows, the body of water that separates St. Kitts and its sister island, Nevis – reminding visitors that although the two are divided by sea, they share many similarities. The drink's spices and flavours provide a true taste of St. Kitts as they are common staples in many local dishes. Cheers!

**2 oz.** Gosling Black Seal rum  
**1 oz.** Conciere White Rum  
**3 oz.** orange juice  
**3 oz.** pineapple juice  
**¼ oz.** grenadine  
**1 oz** lime juice  
**1 oz** simple syrup  
**2 oz.** Ginger Ale  
ice  
**8** clove pegs  
**1** dash Ground Cinnamon  
**2** dashes Angostura  
Orange slice  
Cherry

**Preparation:** Build all juices in a shaker and add rum, cloves and 2 dashes of Angostura bitters, then Shake. Add Ginger Ale to the mixture then stir. Pour over ice in a Highball glass and add 2 dashes of ground cinnamon and 4 pegs of clove. Top with an orange slice and cherry garnish to serve.





# Don't Miss this DAY TRIP TO NEVIS

A trip to St. Kitts wouldn't be complete without a visit to nearby Nevis for a day of sightseeing and good eating.

## DAY TRIP TO NEVIS

### Discover these 10 NEVIS MUST DO'S



- Explore **Hamilton House**, the birthplace of Alexander Hamilton, America's founding father
- Stroll the **Botanical Gardens of Nevis**, filled with tropical plants, fruit trees and orchids
- Hike up **Nevis Peak** for its flora, fauna and breathtaking views
- Soak in the **Nevis Hot Springs** for relaxation and healing
- Lunch at the eclectic **Golden Rock Inn**, and take in its glorious gardens
- Jump on a **bike tour** to see the entire tiny island in one day!
- **Snorkel the clear, shallow waters** teeming with fish, sea turtles and stingrays
- Hit the links at the **Robert Trent Jones II** 18-hole course at the Four Seasons Resort Nevis and delight in the local monkeys that wander the grounds
- Stop in for a world famous Killer Bee cocktail at **Sunshine's Beach Bar**. It definitely packs a sting!
- Dine at **EsQuilina**, the Mediterranean fine dining restaurant at the luxurious **Four Seasons Resort** Nevis

# Was a Day  
Well Spent



Golden Rock Inn





# IN GOOD *Taste*

## Four Seasons Resort Nevis

This sprawling luxury resort is a favourite for jetsetters and foodies, and it's no wonder. Encompassing over 350 acres, stretching from Nevis Peak to Pinney's Beach, it's a haven for serenity, adventure and incredible epicurean experiences. With a wealth of amenities including a championship golf course (where you'll spot plenty of Green Vervet monkeys!),

an opulent spa, three infinity-edge pools and miles of pristine beachfront, the recently renovated resort has a wide array of delicious dining venues to satisfy. From dressed-up dining, to casual beachside fare and sundowner cocktails, the resort ticks all the indulgence boxes and delivers on these can't miss moments.

### SPOTLIGHT: FOUR SEASONS RESORT NEVIS

## DREAMY DINING

### ON THE DUNE

Unwind and indulge at this breezy open-air restaurant that's equal parts relaxed and refined. Serving an eclectic fusion of flavours, every dish is mouth wateringly good – picture smoked jerk pork belly burger, curry mutton, coconut milk marinated conch and more.



## RUM TASTING

### CROWNED MONKEY BAR

Sip on the world's finest rums and exclusive spirits at this stylish bar – including the resort's private label, Crowned Monkey Rum, with just one barrel ever produced.



## Insider's Tip

Book the Botanical Bush Tour with the hotel's resident botanist for fascinating insight into the health benefits of the various plants and trees that populate the property, from cinnamon leaf and soursop to noni fruit and more.

## CRAFTED COCKTAILS

### MANGO

Meet the queen of cocktails, Kendie Williams, the resort's master mixologist, who whips up creative concoctions at this waterside bar. Try the Nevisian Margarita, Mezcal Mule and her special Kendie's Kick!, an intoxicating mix of vanilla rum, passion fruit, tamarind purée and lime.





OUR FAVOURITE

# HOT

# Spots



## RESTAURANTS

- 1 Carambola Beach Club

BELLE MONT FARM RESORT:

- 2 The Kitchen

- 2 The Farm Table

PARK HYATT ST. KITTS:

- 3 Stone Barn

- 3 Spice Mill

- 3 Rampart Waterfall Cabana Dining

- 3 Fisherman's Village

- 3 Great House

- 4 KOI Restaurant

- 5 The Pavilion

- 6 Marshall's

- 7 Sunset Reef

- 8 El Fredo's Restaurant & Bar

- 9 Mill Privée

- 10 Sweet and Savory Bistro

- 11 Splash

- 12 Calypso

- 13 Coconut Grove

- 14 Ital Creations

- 15 Arthur's Restaurant & Bar

- 16 The Rocks at Golden Rock Inn

FOUR SEASONS RESORT NEVIS:

- 17 EsQuilina

## BARS

- 17 Crowned Monkey Bar

- 17 Mango

- 18 SALT Plage

- 19 Reggae Beach Bar & Grill

- 20 Shipwreck Beach Bar & Grill

- 21 Wingfield Estate

- 22 Caribelle Batik's Rainforest Bar

- 23 The Strip

- 24 Sunshine's Beach Bar

# St. Kitts



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