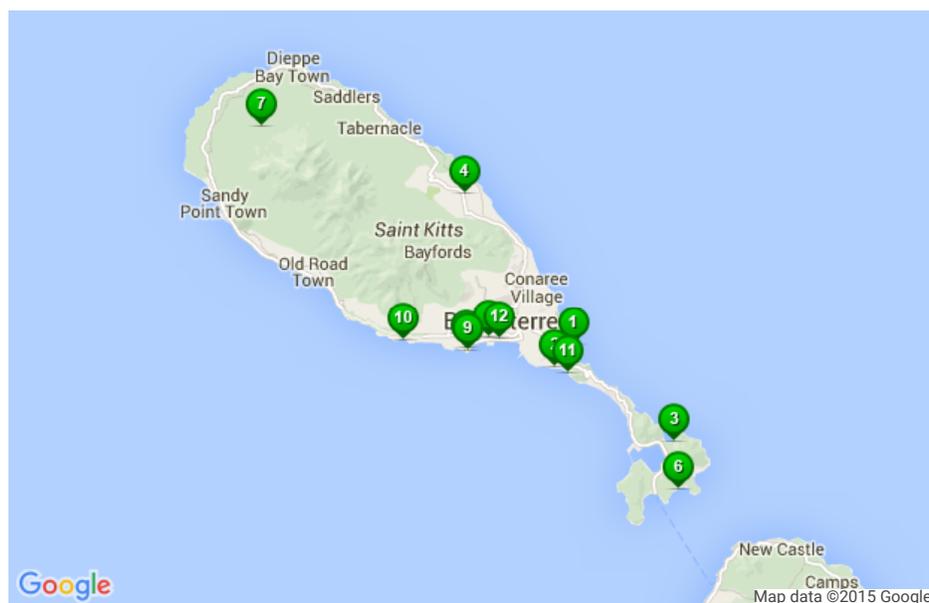


Thursday 22 October 2015


[Home](#)
[Hotels](#)
[Destinations](#)
[Cruise](#)
[USA](#)
[Family](#)
[Rail](#)
[Ski](#)
[Luxury](#)
[Deals](#)
[London](#)
[UK](#)
[Europe](#)
[North America](#)
[Central America/Caribbean](#)
[South America](#)
[Africa/Indian Ocean](#)
[Asia](#)
[Australia/Pacific](#)
[Middle East](#)

## St Kitts restaurants

An insider's guide to the best places to eat in St Kitts, including where to go for fresh fish, contemporary Caribbean cuisine and beachside dining. By Nigel Tisdall, Telegraph Travel's St Kitts expert.


[Overview](#)
[Stay](#)
[Eat](#)
[Drink](#)
[Do](#)
[Free things to do](#)
[Beaches](#)
[36 Hours in...](#)
[Nevis guide](#)


**Nigel Tisdall**

*Nigel Tisdall has been writing travel stories for the Telegraph for over 25 years. His globetrotting career began with a train ride from London to Hong Kong; since then we've sent him everywhere from Antarctica to Zanzibar.*

You can eat well in St Kitts, mainly because this is a place where the islanders still bother to go fishing every day. The choice of dining options is small but satisfying and ranges from unpretentious spots that are clean, cheap and welcoming to smart, internationally-savvy restaurants that are worth dressing up for. Unlike on some Caribbean islands, where the menus and settings can get very fancy (and pricey), eating out on St Kitts remains an honest, if often spicy, pleasure.

Prices below include tax and service but not drinks. In low season (late May to late October) some restaurants reduce their opening hours or close for a few weeks, so always call ahead.

£££

### Blu Seafood Restaurant (1 on map)

Blu is the most appealing of the eight restaurants and food outlets at the St Kitts Marriott Resort (see Stay recommendation) in North Frigate Bay. Many people know this, so it's best to reserve a table. It is only open for dinner and set close to the beach and main swimming pool, with large picture windows to make the most of the seaside views. The menu is primarily devoted to fish and seafood and includes a catch of the day for around US\$40/EC\$108. Blu has tables both indoors and out – I find the latter location is more attractive, especially at night, but it can be windy.



Blu is set close to the beach, with large picture windows to make the most of the seaside views.

**Address:** St Kitts Marriott Resort, 858 Frigate Bay Road, North Frigate Bay  
**Getting there:** a taxi from South Frigate Bay costs around US\$8/EC\$22 one-way  
**Contact:** 001 869 466 1200; [stkittsmarriott.com](http://stkittsmarriott.com)  
**Opening times:** 6pm-10pm, days of opening vary according to season  
**Prices:** dinner around US\$72/EC\$194  
**Payment type:** credit cards accepted  
**Reservations:** recommended

### Marshall's (2)

Now in its 19th year, Marshall's is a smart-casual, dinner-only restaurant with an open-sided dining room looking out to the sea. It is part of the Horizons Villas complex, something made obvious by the roofed-over swimming pool by the bar that has this name written on the tiles. The welcome is friendly but I find the ambience can be a bit dull and set in its ways. Local art of mixed appeal adorns the walls of the boxy dining room – this is a popular place for Kittians to go when there is a birthday or special occasion to celebrate.

The wide-ranging menu is international, with well-executed dishes including a seafood coquille St Kitts, grilled swordfish and Caribbean staples such as curry mutton and ackee saltfish. Wines cost from US\$30/EC\$81. Marshall's does good cocktails from around US\$7/EC\$19 – if you're getting tired of the ubiquitous rum punch, ask for a rum sour made with Mount Gay Extra Old.



Marshall's is a smart-casual, dinner-only restaurant with an open-sided dining room looking out to the sea.

**Address:** Horizons Villas, Fort Tyson Rise, South Frigate Bay  
**Getting there:** a taxi from North Frigate Bay costs around US\$8/EC\$22 one-way  
**Contact:** 001 869 466 8245; [marshallsdining.com](http://marshallsdining.com)  
**Opening times:** daily, 6pm-10pm  
**Prices:** dinner around US\$55/EC\$148  
**Payment type:** credit cards accepted  
**Reservations:** recommended

### Pavilion Beach Club (3)

On the south-east peninsula, Sand Bank Bay faces the Atlantic coast and is an energising crescent of often deserted white sands bordered by rushing ocean waves. It is part of the developing Christophe Harbour resort whose owners have created a private members' club at its eastern end. Here there is a smart-casual restaurant, the Pavilion Beach Club, that can be visited by non-members for dinner only, and by prior appointment. It's a long way to drive, but the trip will feel more worthwhile if you arrive early enough to see the beach and enjoy the dusk with a cocktail in hand. The menu is an enticing spread of Caribbean-leaning dishes that are cooked with confidence, including grilled calamari and creole-spiced swordfish. On Wednesday you can enjoy a set, three-course Chefs Table Menu.

The food is good but I find the accompanying steel pan music far too loud and hackneyed.



The menu is an enticing spread of Caribbean-leaning dishes that are cooked with confidence.

**Address:** Sand Bank Bay

**Getting there:** a taxi from North Frigate Bay costs around US\$24/EC\$65 one-way

**Contact:** 001 869 465 8304; [christopheharbour.com](http://christopheharbour.com)

**Opening times:** Tue-Sat, 5.30pm-10pm

**Prices:** dinner usually around US\$73/EC\$197; Wednesday set Chefs Table Menu, US\$47/EC\$128

**Payment type:** credit cards accepted

**Reservations:** essential

#### Royal Palm Restaurant (4)

Ottley's Plantation Inn (see Stay recommendation) is a grand historic house set on a hillside with sweeping green lawns and towering royal palms. The very civilised Royal Palm restaurant sits within the arched stone walls of an old sugar factory and is an elegant, airy space with potted plants and a view to the coast. I think it is one of the best places to dine on the island. The menu is "contemporary Caribbean" with enticing dishes such as Kittitian beef patties, flying fish tempura and soursop ice cream. Go there for lunch, Sunday brunch or afternoon tea, so you can also enjoy the gardens, rainforest trails and dreamy location. Wi-Fi is free. Ottley's is an ideal stop for tea or a drink if you are concluding a clockwise drive round the island.



Ottley's Plantation Inn is a grand historic house set on a hillside with sweeping green lawns.

**Address:** Ottleys Village

**Getting there:** a taxi from North Frigate Bay costs around US\$24/EC\$65 one-way

**Contact:** 001 869 465 7234; [ottleys.com](http://ottleys.com)

**Opening times:** daily, 8am-8.30pm

**Prices:** lunch around US\$46/EC\$124, dinner around US\$80/EC\$216

**Payment type:** credit cards accepted

**Reservations:** recommended

#### Serendipity (5)

This well-established, cheerfully decorated terrace restaurant is run with politeness and charm by a couple who used to live in the UK. It sits on a residential hillside with views to Basseterre Bay, catching the sea breezes and offering a large choice of dishes to suit all tastes. Staff wear uniforms and there's also seating inside.

Lunch attracts local business people, and I find it is a good place to rest and refuel while still being close to the capital. The menu is extensive with dishes that include a rich Caribbean bouillabaisse, locally-caught fish and vegetarian options.

Serendipity is close to Palms Court Gardens, where there is a good crafts and gift shop, Shell Works St Kitts.



Serendipity sits on a residential hillside with views to Basseterre Bay.

**Address:** 3 Wigley Avenue, Fortlands, Basseterre

**Getting there:** a taxi from North Frigate Bay costs around US\$16/EC\$43 one-way

**Contact:** 001 869 465 9999

**Opening times:** Mon-Fri, 11.30am-3pm; Mon-Sat, 6pm-10pm

**Prices:** lunch around US\$41/EC\$111, dinner around US\$68/EC\$184

**Payment type:** credit cards accepted

**Reservations:** recommended

#### Spice Mill Restaurant (6)

Set beside Cockleshell Bay Beach with a fine view of Nevis, this tuned-in beach bar and restaurant is all about enjoying a cool seaside moment with chilled sounds and an interesting cocktail. Freshly caught fish, locally sourced vegetables, pizzas from the wood-fired oven – I always find something tempting to eat on a relaxed menu that also includes conch fritters and creamy calypso pasta. Wifi is free, and you can rent beach loungers (US\$5/EC\$13) and day-beds (US\$30/EC\$81), plus there's a hut with watersports equipment to rent close by. Opening hours are reduced outside high season, so call ahead before making the half-hour journey south. On Sunday in high season Spice Mill has live music or a DJ, usually around 1pm-4pm.



This tuned-in beach bar and restaurant is all about enjoying a cool seaside moment.

**Address:** Cockleshell Bay Beach

**Getting there:** a taxi from North Frigate Bay costs around US\$24/EC\$65 one-way

**Contact:** 001 869 661 5906; [spicemillrestaurant.com](http://spicemillrestaurant.com)

**Opening times:** in high season: daily, 11.30am-4.30pm; Fri-Wed, 5.30pm-9.30pm

**Prices:** lunch around US\$39/EC\$105, dinner around US\$66/EC\$178

**Payment type:** credit cards accepted

**Reservations:** recommended

#### The Kitchen (7)

French chef Christophe Letard is creating a groundbreaking Caribbean-inspired cuisine at this modern restaurant high in the hills above St Paul's. Part of Belle Mont Farm, a new luxury hotel set on a 400-acre organic farm (see [Stay recommendation](#)), it has panoramic views over the north of the island and airy, industrial-look interiors. The farm-to-table menus change daily with four-to seven-course menus featuring locally-sourced dishes such as lemongrass-poached lobster with dasheen risotto, cinnamon-braised goat loin and passion fruit and coconut baked Alaska. There's also a popular champagne Sunday brunch with over 30 dishes from lobster fricassée to soursop sorbet. If you're touring the island and want to see what is one of the most exciting openings on St Kitts in recent years, I recommend making a reservation.



French chef Christophe Letard is creating a groundbreaking Caribbean-inspired cuisine at this modern restaurant.

**Address:** Belle Mont Farm, Kittitian Hill

**Getting there:** a taxi from North Frigate Bay costs around US\$36/EC\$97 one-way

**Contact:** 001 869 465 7388; [bellemontfarm.com](http://bellemontfarm.com)

**Opening times:** daily, 7am-11am; 11.30am-2.30pm; 4pm-6pm; 6.30pm-10pm

**Prices:** lunch/dinner four-course meal US\$85/EC\$230

**Payment type:** credit cards accepted

**Reservations:** recommended

££

### Ballahoo (8)

With a commanding view of Basseterre's answer to Piccadilly Circus, this breezy, balconied restaurant makes a welcome pit-stop if you are shopping or sightseeing in the island's capital. Recently taken over by a genial French couple, it's open all day and has a reasonably priced menu that offers both Gallic favourites (French onion soup, steak au poivre) and Caribbean classics (conch chowder, red snapper). Owner Bertrand Doury stocks predominantly French wines starting with a bottle of rosé at US\$8.50/EC\$23. From here it's just a short walk to the market, National Museum and duty-free shops of Port Zante.



With a commanding view of Basseterre's answer to Piccadilly Circus.

**Address:** The Circus, Fort Street, Basseterre

**Getting there:** a taxi from North Frigate Bay costs around US\$12/EC\$32 one-way

**Contact:** 001 869 465 4197; [ballahoo.com](http://ballahoo.com)

**Opening times:** Mon-Sat, 8am-10pm

**Prices:** lunch around US\$32/EC\$86, dinner around US\$41/EC\$111

**Payment type:** credit cards accepted

**Reservations:** not necessary

### Fisherman's Wharf (9)

Fisherman's Wharf is part of the rambling and long-established Ocean Terrace Inn in Fortlands, which will be relaunched after an extensive refurbishment in spring 2015. Set beside the water in a large wooden building, the dinner-only menu favours fresh fish and seafood: don't be afraid to say how you want it prepared, and if you prefer any accompanying sauce to be served on the side. Catch of the day costs US\$27/EC\$73, and you can also try some local conch and spiny lobster. On Friday nights there is a steel pan musician and on Saturdays a jazz saxophonist, from around 7.30pm.



Fisherman's Wharf is part of the rambling and long-established Ocean Terrace Inn in Fortlands.

**Address:** Wigley Avenue, Fortlands, Basseterre

**Getting there:** a taxi from North Frigate Bay costs around US\$12/EC\$32 one-way

**Contact:** 001 869 465 2754; [fishermanswharfstkitts.com](http://fishermanswharfstkitts.com)

**Opening times:** daily, 6.30pm-10.30pm

**Prices:** dinner around US\$49/EC\$132

**Payment type:** credit cards accepted

**Reservations:** recommended

#### Nirvana (10)

Fairview Great House is an impressive 18th-century plantation house that was rebuilt in 2010 with delightful gardens and an open-sided restaurant, Nirvana. It offers a Creole menu of curries, salads and appetisers, such as coconut shrimp, salt-fish balls and Carib beer-battered fish. I recommend going for lunch while also allowing enough time to tour the house and gardens and visit the gift shop. Nirvana serves a West Indian buffet lunch on Sundays, and the restaurant also offers an Island Flavours Cooking Class (US\$60/EC\$162). Nirvana has a pool that diners can use for free, so take your swimming kit.



Nirvana serves a West Indian buffet lunch on Sundays.

**Address:** Boyd's (near Ross University)

**Getting there:** a taxi from North Frigate Bay costs around US\$24/EC\$65 one-way

**Contact:** 001 869 465 3021; [nirvanafairview.com](http://nirvanafairview.com)

**Opening times:** Mon-Sat, 11.30am-5pm; Sun, 11.30am-2pm

**Prices:** lunch usually around US\$41/EC\$110; Sunday West Indian buffet lunch, US\$20/EC\$54

**Payment type:** credit cards accepted

**Reservations:** recommended

#### Sunset Café (11)

Part of the three-star Timothy Beach Resort (see Stay recommendation), the Sunset Café sits at the eastern end of South Frigate Bay, close to a jetty and a small sandy beach. Open sided, with white plastic chairs and pink tablecloths, the restaurant is a casual, all-day affair with an open kitchen offering appetising dishes such as seafood roti, and marlin and chips. I find it a handy place to take a break from the beach and grab a drink and a bite, and there is free Wi-Fi. If you come for dinner, the hotel also has a beach bar, The Dock, where a live band on Sundays generally starts up around 9pm. On Sundays there is a Caribbean Night buffet (US\$25/EC\$66).



The restaurant is a casual, all-day affair with an open kitchen.

**Address:** 1 South Frigate Bay Beach

**Getting there:** a taxi from North Frigate Bay costs around US\$8/EC\$22 one-way

**Contact:** 001 869 465 8597; timothybeach.com

**Opening times:** daily, 8am-9pm

**Prices:** lunch around US\$31/EC\$85, dinner around US\$42/EC\$133

**Payment type:** credit cards accepted

**Reservations:** recommended

£

### El Fredo's (12)

*Run by an amiable couple who lived in Wales for some years, this small, wood-framed courtyard restaurant stands close to the shore in Basseterre and is only open for lunch. There is no view, but a steady stream of satisfied local customers makes it clear that this is a good place to try some Caribbean favourites. Options include goat water (spicy meat stew), curried conch and ground provisions (traditional vegetables such as yams, cassava and sweet potato).*



This small, wood-framed courtyard restaurant stands close to the shore in Basseterre and is only open for lunch.

Ask about the specials, which could be snapper caught that morning, but be wary of the hot sauce...Try one of El Fredo's juices made from local herbs and fruits, such as sorrel, guava and soursop (US\$2/EC\$5).

**Address:** New Town, Bay Road, Basseterre

**Getting there:** a taxi from North Frigate Bay costs around US\$12/EC\$32 one-way

**Contact:** 001 869 466 8871

**Opening times:** Mon-Sat, 11am-4pm

**Prices:** lunch around US\$34/EC\$92

**Payment type:** credit cards accepted

**Reservations:** not necessary

Download the free Telegraph Travel app to St Kitts:  
[itunes.apple.com](https://itunes.apple.com)

**Secret St Kitts: the island's lesser-known attractions, bars and**

**restaurants**

**More Telegraph Travel expert guides**

**Back to top**

---

**Hot Topics** [Travel Truths](#) [London in autumn](#) [Telegraph Travel Awards](#) [Travel news](#) [Sign Language](#) [Travel competitions](#)

---

<b>News</b>	<b>Sport</b>	<b>Finance</b>	<b>Comment</b>	<b>Contact Us</b>	<b>Follow Us</b>
Politics	Football	Personal Finance	Blogs	Privacy Policy	<b>Mobile</b>
World News	Olympics	Economics	My Telegraph	Advertising	<b>Epaper</b>
Obituaries	Cricket	Markets	Letters	A to Z	
<b>Travel</b>	<b>Culture</b>	<b>Fashion</b>	<b>Technology</b>	<b>Tickets</b>	Promotions
<b>Health</b>	<b>Motoring</b>	<b>Property</b>	<b>Gardening</b>	Announcements	Subscriber
Jobs	Dating	Puzzles	Telegraph Journalists	Reader Prints	Syndication

---

© Copyright of Telegraph Media Group Limited 2012 | [Terms and Conditions](#) | [Today's News](#) | [Archive](#) | [Style Book](#) | [Weather Forecast](#)