

Dining

Although Barbados cannot boast of the ethnic diversity of some of its Caribbean neighbours it can enthusiastically boast of a healthy dining scene.

Barbadians love to eat and by extension Barbados is a true melting pot of cuisine.

The island's rich past influences the local dishes and one may often find Chinese and Indian dishes on the buffet table for Sunday lunch.

In Barbados one can find, at the touch of a button, restaurants that offer everything from Polynesian and East Indian cuisine, to down home cooking Bajan-style or the ubiquitous American style fast food fare.

Barbadian cooking Bajan tastes are varied and on these verdant 166 square miles you can find just about any dish your palette craves. Featured Restaurants

Tender steaks, mouthwatering pizzas, sizzling fried fish, succulent pieces of chicken and a whole lot more await you at Steak House Grill and St. Lawrence Pizza Hut. Situated on the South coast in the heart of the popular St. Lawrence Gap, Christ Church, these two restaurants afford you the opportunity to experience the world of pizza and fine food under one roof. With intimate indoor or terraced dining facilities, your options become magnified when you view the full menus. Owned and managed by restaurateur Birchmore Griffith, St. Lawrence Pizza Hut has been serving some of the greatest pizzas on the island since 1984. Steak House Grill, which has been in operation for many years, became Griffith's second food establishment when he took over in 1986. Whether it's breakfast, lunch or dinner, there's always something on the menu just for you between the hours of 8:30 a.m and 10 p.m daily.

At the Steak House Grill you're free to satisfy your tastebuds with Bajan Bourguignonne & tender mignonettes of beef seared with julienne vegetables, in the chef's sweet relish and wine sauce & or delight yourself with Steak St. Lawrence & a char grilled steak served with sautéed onions. Steak La Maison is another great choice. It's grilled steak served with an in-house tamarind steak sauce & a dish that is popular with patrons. So too is the steak and lobster combo, complete with herbed butter. Chances are you'll definitely want to savour the Filet Mignon & char grilled filet in a mushroom wine sauce. All steaks are eight-ounce sirloin, or served filet style with rice, fried sautéed potato, pasta, or vegetables of the day.

Variety is the spice of life at The Steak House Grill. That's why you can also have your share of chicken, pasta, seafood and other dishes. Thrill yourself with Chicken Joanna. This pasta dish comprises tender breast of chicken lightly fried and topped with mozzarella and Parmesan cheese, served with fettuccini. BG Pineapple Barbeque chicken is another wonderful choice, as well as Baby back ribs, served in a special barbequed sauce.

Fish dishes abound, and include the Fish of the Day, grilled, fried or blackened to your preference. Shrimp, flying fish, and kingfish served with spice dip and various garnishes are also on the menu, as well as quarter- and half-pound burgers (with cheese and bacon); chicken breast sandwiches and jumbo hot-dogs for those who seeking a quick snack.

New York-style pizzas come in eight-, nine- and 15-inch sizes. Specials include the Vegetarian & a blend of onion, corn, pineapples and olives; the Whopper & ground beef, pepperoni, onion, salami and sweet peppers; and the Hut Econo & ground beef onion and salami. And the list of garnishes is endless. Go ahead! Make dining at The Steak House Grill and St. Lawrence Pizza Hut a must while visiting with us. Reservations, though not necessary, are recommended. Take-away services are available, and you can also call and order your pizza. Friendly staff will ensure your culinary experience is one you'll want to repeat again and again. Bon Apetit!

If all else fails, most Barbadians are willing to invite you into their homes for Sunday lunch which is always a special treat and not to be scoffed at.

So if you have the opportunity to visit Barbados explore all of your options and don't forget; if you get that invitation to an actual home-cooked meal be ready to nod enthusiastically.