



by Andrea Milam

A FUSION OF FLAVOURS



Whether you want to deep dive into local cuisine,
sample the island's British heritage or explore sleek
fine dining spots, Bermuda will feed your appetite.

DINING & NIGHTLIFE



Whilst Bermuda blends a variety of influences into its cuisine, the island is a British Overseas Territory, so the United Kingdom's influence on Bermuda is undeniable. English and Irish pubs on the island serve up authentic British fare like fish and chips, bangers and mash, steak and ale, shepherd's pie and carved roast beef with Yorkshire pudding. And of course, frosty local pints are the best pairing for these hearty British meals. Many Bermudians also follow the English custom of afternoon tea paired with finger sandwiches, cookies, cakes and pastries; and there are plenty of venues where visitors can indulge their fondness for tea time, ranging from eateries with lush garden settings to upscale hotel lounges.

Whilst Bermuda was never colonised by the U.S., the island's proximity to the States makes it an easy getaway for Americans, and as such, you'll also find American fare prevalent on Bermudian restaurant menus. Bistros, cafés, and casual restaurants offer burgers, soups, salads, and other fare that's sure to make American visitors feel at home.

Pink Beach Club at The Loren Hotel

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MEDITERRA
MEDITERRANEAN CUISINE

▲ **Bermuda's
tasteful array
of fine dining
establishments
offer higher-end,
international
options.**

HOMEGROWN GOODNESS

Of course, Britain and the U.S. are far from the only culinary influences on the island's fare. Sumptuous, robust flavours derived from Afro-Bermudian culture are a major part of the cuisine, along with flavours from India and other Caribbean islands. So whilst on the island, be sure to sample dishes like Bermudian-style roti, Jamaican jerk chicken, curry goat, oxtail and others.

And of course, you can't skip over the myriad local delights, such as the humble — but intensely flavourful — fish sandwich. Flash-fried and served on raisin toast, this dish is an institution; and several local establishments proclaim theirs is the best. Another Bermudian lunch



or dinner staple is fish chowder, the island's national dish that's been a mainstay of the local cuisine ever since the 17th-century British colonisers developed this hearty soup. Though the recipe varies by chef, the agreed-upon ingredients include fish stock, fish fillets and tomato puree. Generally, the fillets are rockfish, and other ingredients often include onions, celery and carrots, spiced with bay leaf, thyme,

Still a cut above after three centuries



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The Waterlot Inn
Centuries in the Making



▲ **Myriad cultural influences – from the British Isles to Portugal to the Caribbean – came together in the evolution of Bermuda’s codfish breakfast.**

allspice and Worcestershire sauce. Two final undisputed ingredients are sherry pepper sauce, made with Bermuda-grown sherry peppers, and Goslings Black Rum. As with the fish sandwich, there are plenty of places on island to find fish chowder; and of course, each establishment touts theirs as the best.

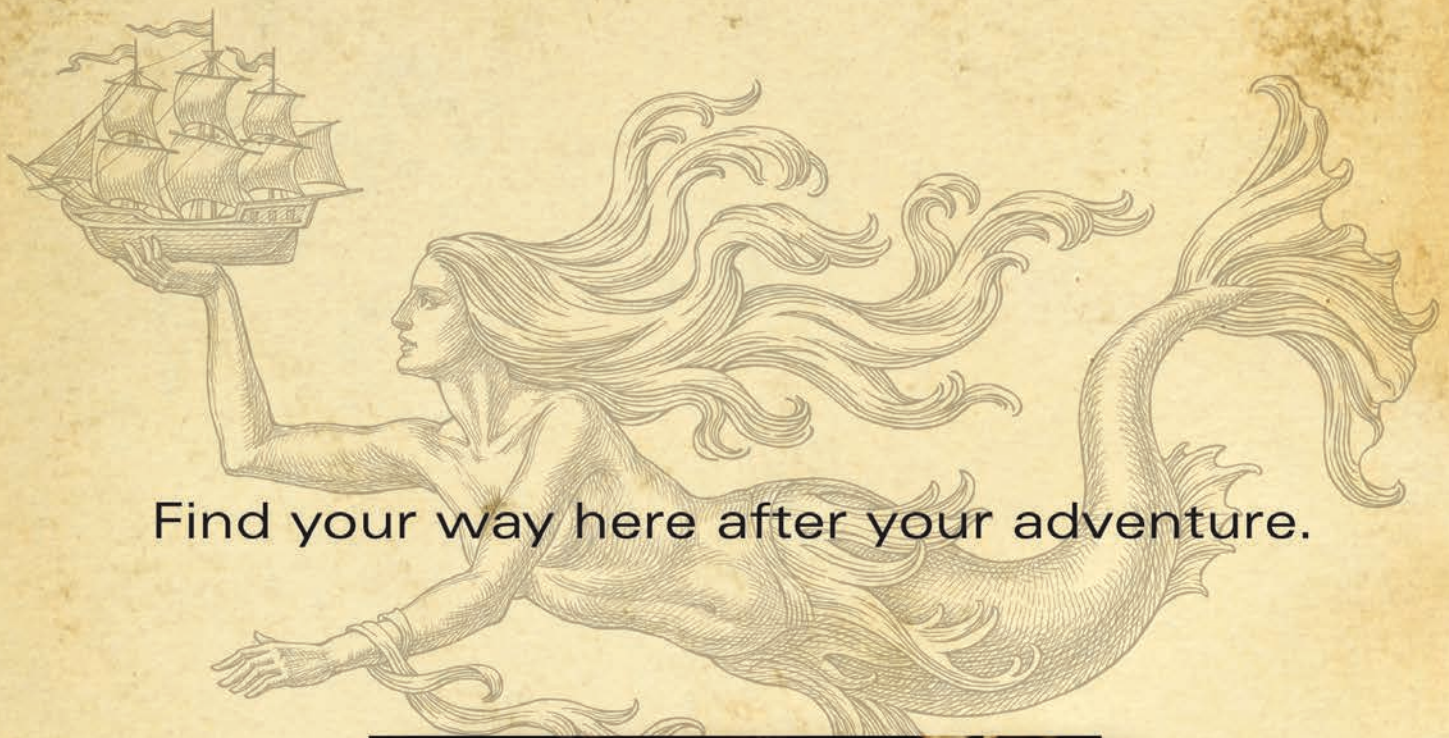
The final must-try authentically Bermudian meal is found at the breakfast table. The Bermudian breakfast of salted codfish with a side of boiled potatoes and eggs, bacon and onion cooked with stewed tomatoes (and paired with slices of fresh banana and avocado) is a well-balanced meal that’s sure to fill you up. Salted codfish was

a staple of the Bermudian diet in the 18th century, when the fish was salted for preservation. Myriad cultural influences — from the British Isles to Portugal to the Caribbean — came together in the evolution of Bermuda’s codfish breakfast. This dish is generally served only on Sundays at the island’s eateries, so plan ahead if you want to savour this island tradition.

OFFSHORE ASSETS

You probably noticed something, ahem, *fishy*, about all of these iconic Bermudian dishes, though it’s not exactly shocking that an

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96 Pitts Bay Rd, HM08, Bermuda | 441 292 5533 | www.harrys.bm



GOING ON HOLIDAY IN BERMUDA

doesn't mean you have to take a vacation from your diet. Whether you're just trying to eat healthy or follow a vegetarian, vegan or gluten-free diet, Bermuda's stores and restaurants make it easy for you to stick to your routine.

The small island offers a surprisingly large array of venues with vegan and vegetarian options. The veggie burger at the famed Swizzle Inn earns rave reviews, and the restaurant's gluten-free pizza is quite tasty and a local favourite as well.

Harry's offers a fine dining experience with a wide variety of gluten-free items on their menu. Options include the hearty vegetable stuffed roasted bell pepper or a roasted English lamb sirloin stuffed with feta, black olives, sundried tomatoes, caramelised onions and potato cake with a port wine reduction. In addition to these entrées, sandwiches can be served on gluten-free bread upon request.

Vegetarians and gluten-free diners also laud the options at Waterlot Inn and Port O' Call. For its part, House of India's fare is almost entirely gluten-free; and La Trattoria boasts gluten-free bread, pizza and pasta selections.

From left: Harry's, Swizzle Inn

SIX RESTAURANTS, ONE MOUTHWATERING STANDARD



PORTOCALL
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DINNER MON - SAT 6 PM - 10:30PM



pearl

Sushi

87 FRONT STREET, HAMILTON, (ABOVE PORT O CALL),
+1 (441) 295 9150 | PEARL@YELLOWFIN.BM
LUNCH MON - FRI 12PM - 2:30PM
DINNER MON - SAT 5 - 10PM



BISTROT J

Casual

CHANCERY LANE, HAMILTON
+1 (441) 296 8546 | BISTROTJ@YELLOWFIN.BM
LUNCH MON - FRI 12PM - 2:30PM
DINNER MON - SAT 6 PM- 10PM



ruby murrays
— INDIAN CUISINE —

Indian

2 CHANCERY LANE, HAMILTON,
+1 (441) 295 5058 | RUBYS@YELLOWFIN.BM
LUNCH MON - FRI 12PM - 2:30PM
DINNER MON - SUN 5 PM- 10PM



TEN
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BRUNCH SAT 7AM - 2:30PM



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BERMUDA FINE DINING
ESTABLISHMENTS BY





SAVOURING THE SWIZZLE

The Rum Swizzle likely began in the 19th century in Bermuda as a simple rum and water mix.

THE SWIZZLE INN AND ITS NAMESAKE COCKTAIL, THE RUM SWIZZLE,

are island institutions in Bermuda. Family run for generations since opening in 1932, the Swizzle Inn is part British pub, part old-school Bermudian watering hole. The establishment's famous libation is an enticing concoction of Goslings Black and Gold Seal rums, orange and pineapple juices, grenadine and bitters. Sweet and smooth, fruity and bright, Rum Swizzles go down nice and easy. After you've had one (or several), unleash your creativity on Swizzle Inn's walls like the many imbibers before you: It's a tradition for visitors to scribble phrases and doodles on the wall. In some cases, they simply

affix their business cards to it, adding another element to this ever-evolving community art project.

Rum, distilled from sugarcane, is as old as Bermuda itself. Since its discovery on Caribbean sugarcane plantations in the 17th century, it's been paired with a wide variety of mixers to help it go down easy. The Rum Swizzle likely began in the 19th century in Bermuda as a simple rum and water mix. But after opening in 1932, the Swizzle Inn laid its claim to the official recipe that went on to earn the distinction of becoming the island's unofficial national drink.

These days, the finishing touch to the modern recipe is to place a swizzle stick into the drink, grip the stick between your two palms, then rub your hands together vigorously to inspire a frenzied



stirring motion inside your glass. The result is a perfectly frothy and cool Rum Swizzle. Though a swizzle stick today is known as a brightly coloured plastic drink apparatus, the original swizzle sticks came from the swizzle stick tree — scientific name *Quararibea turbinata* — whose branches produce tiny protruding ends, perfect for swizzling up a delicious drink.

Up until recently, you had to travel to Bermuda to enjoy an authentic Rum Swizzle experience; but now you can bring the taste of a Bermuda vacation home with you, thanks to the newly launched 9 Parishes, a bottled version of the island's iconic drink. Even though it's bottled, it's not created by a machine in a factory. With lots of attention to detail and a lot of love, 9 Parishes is hand mixed by long-time bartender and hospitality worker Chris Furbert. You can pick up a bottle of 9 Parishes at several locations on island — including at the airport's Bermuda Duty Free shop beginning in summer 2019 — or even order online. "When I was first starting out, I gave the drink to my girlfriend at the time, who really wasn't a drinker, and she said, 'Wow this is good,'" recalls Chris. "I knew how much alcohol was in there, and I think if you get a non-drinker to enjoy it, it's gotta be good."

Pour 9 Parishes over ice — and don't forget to give it a good swizzle before you tinkle. Cheers!

Swizzle Inn

swizzleinn.com

OPEN DAILY 11AM UNTIL. FOOD SERVED 11AM ~ 10PM



Home of Bermuda's ORIGINAL RUM SWIZZLE

BERMUDA LANDMARKS
favoured by locals and
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DINING & NIGHTLIFE



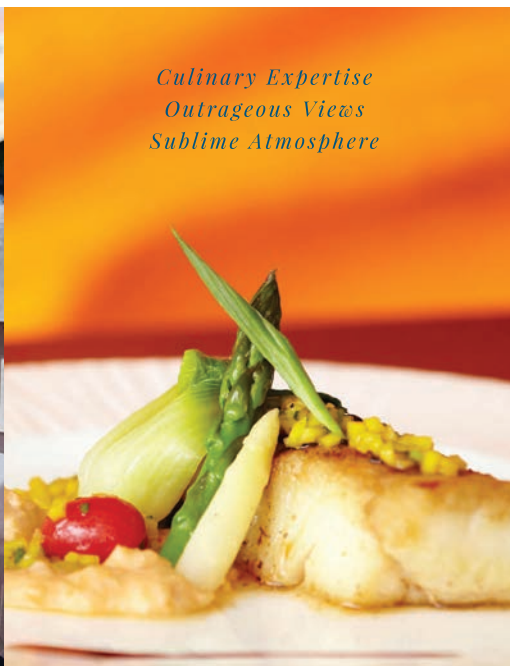
The Reefs Resort & Club

Continued from page 120

island would be a seafood lover's paradise. Whilst here, be sure to sample Bermuda's craveable catches of the day, including its spiny lobster, which differs from Maine lobster in that it doesn't have claws. However, this lobster can only be harvested from September through March, so be sure to visit during these months if you want to try it. You can also savour a variety of other seafoods harvested just off Bermuda's shores, including pan-fried rockfish, baked snapper, pan-seared tuna and grilled wahoo.

BEYOND BORDERS

If your palate is feeling adventurous on certain days of your stay, Bermuda's tasteful array of fine dining establishments offer higher-end, international options. From historic homes converted into romantic restaurants with classic European cuisine to modern bistros that source their produce from local organic farmers to upscale hotel



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 WEB: www.thereefs.com
 SOUTHAMPTON, BERMUDA

NO REASON REQUIRED

The Reefs
 RESORT & CLUB

▲ **Bermuda's varied and decidedly low-key nightlife options should offer plenty of options to keep the festivities flowing.**

restaurants offering a weekly chef's table, there are a wide range of choices for sampling the creations of the island's most talented chefs.

However, when it's time for dessert — even at restaurants with cutting-edge cookery — you may want to top off your meal with another native Bermudian staple: the rum cake. Traditionally baked as a Bundt cake, these moist, spirit-laced confections are easily found on the island in a wide variety of flavours. Try an original rum cake with notes of lemon and vanilla; other varieties feature notable Bermudian flavours, like The Bermuda Rum Cake Company's Swizzle Rum Cake, named after the signature island cocktail and featuring fruits, including tart cherries, lemons, apri-

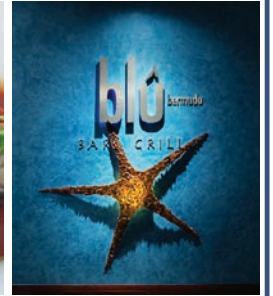
cots and pineapple. Other rum cake varieties include chocolate, coconut, banana, ginger and coffee.

Speaking of rum, this popular spirit has found its way into many of the island's desserts, like syllabub, in which white rum is mixed with mango jam, then gently folded into whipped cream to provide a pillowy, flavourful finish to the meal. And Goslings Black Seal Rum pairs perfectly with bananas, also found prevalently in Bermudian desserts, such as the classic Bananas Foster.

AFTER-DINNER OPTIONS

Once you wrap up your evening meal, Bermuda's varied and decidedly low-key nightlife options should offer plenty of options to keep the festivities flowing. Fun, feisty sports bars with craft brews on tap, hookah lounges, stylish night clubs where DJs spin the latest tunes until late into the night, Victorian era-themed pubs and elegant cocktail bars welcome visitors for engaging after-hours experiences.





BLÙ BAR & GRILL

Winner of "Best Business Dinner" and "Out of Town Eatery"

Blù Bar and Grill is ideally located to showcase fabulous views across the Belmont Hills Golf Course and overlooks the picturesque Hamilton Harbour and the Great Sound. Blù offers great food characterised as bold American with generous Italian and Asian influences that will satisfy any palette. This effervescent restaurant provides a wonderful atmosphere with wines and service to match.

Visit for dinner any day of the week from 6:00 pm - onwards

25 Belmont Hills Drive, Warwick | T: 441-232-2323 | E: info@blu.bm | www.blu.bm | Facebook: @BluBermuda | Dress Code: Smart Casual



La Trattoria Restaurant

Established in 1979, La Trattoria is one of Bermuda's longest-standing restaurants and a favourite of locals and visitors alike. Perfectly placed in the heart of Hamilton makes it the ideal restaurant for a romantic dinner for two or a gathering with friends. It offers the island's only wood-burning oven as a centerpiece and is recognized as best in Bermuda for hearty Italian food and warm, kid-friendly environment, all at an extraordinary value.

Open for lunch: Monday to Saturday
from 11:30 am - 3:30 pm
Open for dinner daily from
5:30 pm - 10:00 pm



Washington Lane, Hamilton
T: (441) 295-1877

E: info@trattoria.bm | www.latrattoria.bm
Facebook: @LaTrattoriaBermuda



EVENTS &
FESTIVALS

There's always something to celebrate in Bermuda. If you're looking to immerse yourself in our island's culture, these fun-filled events will give you an opportunity to party with locals.

Clockwise from left: Gavin Howarth, Duch Pops Bermuda, Charles Anderson

**APRIL-SEPT
2019**

**JULY-AUGUST
2019**

**OCTOBER
2019**

**JANUARY
2020**

**APRIL
2020**

Harbour Nights

Front Street is the place to be on Wednesday evenings during the summer. As the sun sets, the night heats up with lively cultural displays by Gombey dance troupes and island artists selling their crafts. In addition to the restaurants that line the city's main street, you'll find food vendors lined up to offer local delicacies or sweet treats like deep-fried doughnuts. Harbour Nights runs from April 17 to September 4.

Destination Dockyard

Royal Naval Dockyard in the West End is the place to be on Monday evenings during the summer for a full cultural experience. If you're looking for evening entertainment that's fun for the whole family, this festive celebration boasts many local vendors selling food and drinks, as well as displaying arts and crafts. Destination Dockyard takes place July 1 to August 26 from 7 to 10 p.m.

City Food Festival

Island chefs go head-to-head in this three-day Iron Chef-style competition, and though they're the ones vying for the title, it's safe to say that the event-goers are the winners. From inventive appetizers and flavourful entrées to delicate desserts, there are plenty of examples of cheffy skill to sample at this foodie festival. There is also an international chef featured who will host demonstrations throughout the event.

Bermuda Restaurant Weeks

Let Bermuda's chefs show off for you at this popular annual event, when nearly 40 island restaurants offer up special three-course selections. Menu items typically highlight Bermuda's unique culinary influences, and the best part is the price — prix fixe dinner offerings are budget friendly, and, to make it even easier on the wallet, two-course prix fixe lunch menus are also available.

Good Friday

Brightly coloured hand-made kites decorate the sky over Horseshoe Bay on this holiday in Bermuda, offering a feast for the eyes... and if you come to this event, you can also feast on the island's delicious fish cakes and hot cross buns. Whilst this custom was originally rooted in the belief that one's home would burn down if hot cross buns were not consumed on Good Friday, over time Bermudians have largely moved past the superstition whilst retaining the tradition of enjoying hot, tasty treats on this holiday.

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Celebrating over 45 years of fabulous food and fine wine, with classic and contemporary regional Italian specialities. Spectacular wine list and an ambiance that sparkles with zest. Great outdoor dining on the terrace. Our Wine Bar has the Wine Spectator Award of Excellence. Mingle at this cozy spot next to our restaurant.

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T: 441-295-3503 | E: info@littlevenice.bm

WWW.LITTLEVENICE.BM



L'ORIENTAL

Above Little Venice is Hamilton's best Oriental & Chinese Restaurant. Fusion cuisine, authentic Chinese dishes, a teppanyaki table and a sushi bar all in one place. Seating available inside under the exquisite Pagoda or outside under the stars.

Open for Lunch (Mon to Fri) and Dinner (Mon to Sun)
Take Out also available | 32 Bermudiana Road, Hamilton
T: 441-296-4477 | E: info@loriental.bm

WWW.LORIENTAL.BM



Insider's Guide

With so much to fill your itinerary, you're sure to find just what you're looking for in Bermuda. Here are our top picks for dining and nightlife.

9 PARISHES AUTHENTIC RUM SWIZZLE

9 PARISHES KIOSK
DOCKYARD TERRACE,
ROYAL NAVAL DOCKYARD, SANDYS
ALSO AVAILABLE ISLANDWIDE;
SEE WEBSITE FOR LOCATIONS
TEL: 535-6463
WEBSITE: 9PARISHESBDA.COM

9 Parishes, the Authentic Bermuda Rum Swizzle, is a hand-mixed and -bottled, ready-to-drink Rum Swizzle. A potent cocktail irresistible to locals and visitors alike. As much a part of Bermuda culture as the Bermuda Onion, the vibrant hibiscus or the graceful Longtail, this unique blend of

rum, liqueurs, juices and bitters makes for a truly delicious, refreshing alcoholic beverage, best served over ice with a slice of orange or a cherry. Once you taste 9 Parishes Rum Swizzle, you will notice the smooth, palatable taste that is just too easy to drink. Put their brand to the test and choose your favourite. Available to purchase by the bottle; in two-, four- and six-packs; or by the case. Available islandwide or order online at orders@9parishesbda.com.

ANCHOR RESTAURANT,
BAR & LOUNGE
1 FREEPORT RD.,
ROYAL NAVAL DOCKYARD, SANDYS
TEL: 232-1345
WEBSITE: ANCHORRBL.COM

Anchor Restaurant, Bar & Lounge showcases a selection of international cuisine and a fusion of local traditional cuisine, all at affordable prices. They feature gluten-free and Paleo dishes on their menu. An-

chor Restaurant is open seven days a week and serves breakfast, lunch and dinner with the added convenience of takeout. There is also live entertainment during the week, and they offer free Wi-Fi to their customers. The restaurant is located just inside Royal Naval Dockyard gates.

AQUA TERRA
THE REEFS HOTEL & CLUB
56 SOUTH SHORE RD., SOUTHAMPTON
TEL: 238-0222
WEBSITE: THEREEFS.COM

Set atop the rugged limestone cliffs overlooking their secluded pink-sand beach, Aqua Terra serves creative dishes with New World flair and striking ocean views. With a fresh take on island classics and original dishes you won't find anywhere else, you will find that their chefs use only the freshest ingredients available, locally sourced whenever possible. Enjoy your evening on the outdoor terrace that overlooks the

ocean or enjoy the panoramic ocean views through a captivating, curved wall of windows. Serving breakfast and dinner daily as well as a spectacular Sunday brunch. Aqua Terra's delicious spread has been named the Best Brunch in Bermuda.

ASTWOOD ARMS

85 FRONT ST., HAMILTON

TEL: 292-5818

WEBSITE: ASTWOODARMS.BM

The Astwood Arms is a Victorian era-styled pub with a dedicated dining area, a bar area and a separated cellar room to catch the games. Music with a blues, light jazz, '70s, '80s and classic rock feel. Conversation encouraged. Cocktails and pints on offer.

BISTRO J

CHANCERY LANE, HAMILTON

TEL: 296-8546

WEBSITE: BISTROJ.BM

Tucked away in one of Hamilton's most enchanting and historic alleys, Bistro J offers a unique, wholesome and imaginative daily-changing blackboard menu, with

an option of six appetizers, six entrées and six desserts for one set price, all served in a lively bistro setting. All wines on the list are available by the glass. Open for lunch five days a week and dinner nightly.

BLÛ BAR & GRILL

97 MIDDLE RD., WARWICK

TEL: 232-2323

WEBSITE: BLU.BM

Blû Bar & Grill's stunning location overlooking the Great Sound gives it an unparalleled view of the water, local yacht and international sailing events. Its floor-to-ceiling picture windows offer breathtaking vistas of a watercolour sky and a memorable palette of blues. Its central location in Warwick, off Middle Road at the Belmont Hills Golf Course, provides the perfect backdrop of golfing greens and azure waters. Blû's cuisine is bold American with generous Italian and Asian influences. This restaurant provides a chic, modern vibe in a singularly Bermudian setting where you can enjoy great service, food and wines. Visit for dinner any day of the week.

CADDY SHACK GRILL

BERMUDA FUN GOLF

ROYAL NAVAL DOCKYARD, SANDYS

TEL: 400-7888

WEBSITE: FUNGOLF.BM

Enjoy incredible views and magnificent sunsets at the Caddy Shack Grill in Royal Naval Dockyard. The Caddy Shack Grill is the best 19th hole in Bermuda. A casual gathering place for golfers, non-golfers or those that just appreciate great food. "Putt a Round" of miniature golf with them today or stop by for a refreshing drink at the bar. Open seven days a week (April to September). Located next to Snorkel Park Beach through the common archway.

CALICO JACK'S FLOATING BAR

DOCKED NEAR THE CRUISE SHIP TERMINAL

ROYAL NAVAL DOCKYARD, SANDYS

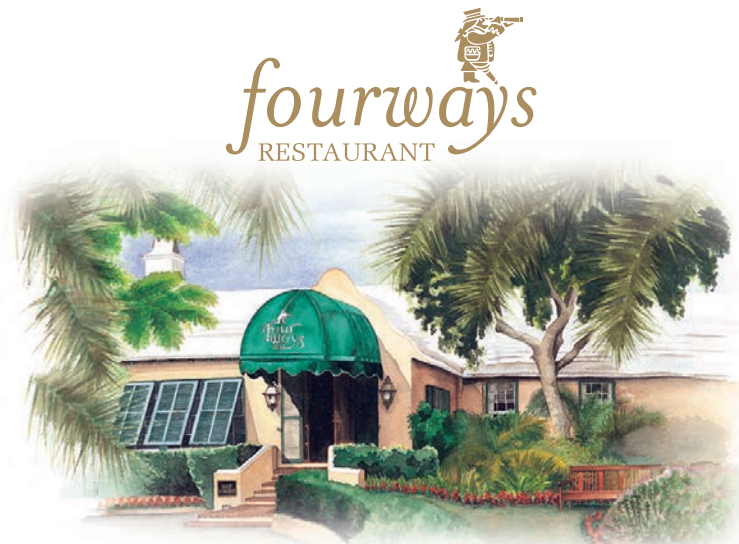
FACEBOOK:

FACEBOOK.COM/CALICOJACKSBERMUDA

INSTAGRAM: @CALICOJACKSBERMUDA

TWITTER: @CALICOJACKSBDA

Calico Jack's is Bermuda's only floating bar. It has been appropriately named after Calico Jack, one of the only pirates to ever



Elegance, charm and superlative service await you at Fourways Inn & Restaurant. Long recognised as one of Bermuda's finest gourmet restaurants, Fourways offers a first-class dining experience and an award-winning wine list in a historic 18th-century manor-house setting. An Old World "peg leg" bar on the premises provides a casual atmosphere for a cocktail before dinner or a relaxing after-dinner drink. Dining service is available Monday to Saturday, and on Sunday, experience the inn's extravagant, indulgent Sunday brunch.

441-236-6517 | WWW.FOURWAYS.BM

DINING & NIGHTLIFE



set foot in Bermuda. It is 75 feet of pure pirate glory surrounded by breathtaking panoramic views. A family-friendly, authentic and fun atmosphere enjoyed by locals and tourists alike. Equipped with TVs, surround sound, a barbecue, two bars and an unlimited supply of rum! The adventurous guests can “walk the plank” or “yo ho ho” down their giant inflatable slide. Calico Jack’s offers an experience you will never forget. Open 11 a.m. to 10 p.m. daily (or later, and weather permitting).

COCONUTS

THE REEFS HOTEL & CLUB
56 SOUTH SHORE RD., SOUTHAMPTON
TEL: 238-0222
WEBSITE: THEREEFS.COM

Breezy beach views are the ever-changing backdrop to a superb dining experience at Coconuts, a remodelled and newly refurbished restaurant overlooking the beach. Enjoy lunch and dinner on the main deck with incredible ocean views. Or take it up a

notch with a table right on the beach with your toes in the sand. Amongst Bermuda beach resorts, Coconuts is considered one of the island’s most romantic restaurants. And on Thursday nights in season, their beach barbecue is an event not to be missed.

CONFECTIONS

TEL: 505-DIE4 (3434)
WEBSITE: CONFECTIONS2DIE4.COM
FACEBOOK:
FACEBOOK.COM/CONFECTIONScookies
INSTAGRAM: @CONFECTIONSbda

Confections is a licenced Bermudian boutique bakery passionately dedicated to the simple beauty and nostalgia of the traditional Bermuda sugar cookie. Their recipe has been tried, tested and painstakingly perfected for well over 20 years, thereby ensuring that each cookie has a seamless and delectable blend of airy lightness, a respectable crunch and just enough sweet persuasion to keep you coming back for more. Experience their exquisite Bermuda Pink

Sand Sugar Cookie, inspired by the beautiful beaches and baked fresh in Bermuda. Want to take the “beach” home with you to share with family and friends? Grab their hand-crafted Bermuda Pink Sand Sprinkles and make your own Bermudaful treats at home. They’re perfect for cookies, cupcakes and ice cream. Order your gourmet treats online, arrange for delivery to your hotel or pick them up at the airport or at select local retailers. Check their website to confirm “pop-up” locations and where you can find them on the island.

DIVOTS BAR & GRILL

BELMONT HILLS GOLF COURSE
97 MIDDLE RD., WARWICK
TEL: 434-8687
WEBSITE: DIVOTS.BM

The new Divots Bar & Grill at Belmont Hills Golf Course in Warwick offers an American menu and stunning views of the Great Sound — it’s not to be missed. Check them out on Facebook and TripAdvisor.

THE DOCK AT THE WATERLOT INN
MIDDLE RD., SOUTHAMPTON

TEL: 238-8000

WEBSITE: FAIRMONT.COM/SOUTHAMPTON

Experience the chic, waterside lounge at The Dock at the Waterlot Inn. Sip a refreshing drink from their locally sourced cocktail menu whilst you watch spectacular sunsets over sparkling Jews Bay. Enjoy a beautiful Bermuda evening on the contemporary, stylish loungers listening to great music under a canopy of stars. Join them for grilled fare straight from the outdoor kitchen in the comfort of this dockside living room. The Dock has a chill, sexy vibe, perfect for catching up with friends or relaxing with your special someone. Subject to seasonal closures.

DUCH POPS BERMUDA

DOCKYARD TERRACE

ROYAL NAVAL DOCKYARD, SANDYS

TEL: 705-3824

WEBSITE: DUCHPOPSBERMUDA.COM

What could be more refreshing on a hot summer day than a deliciously refreshing

Popsicle? Located in Royal Naval Dockyard, Duch Pops strives to quench your sweet tooth with mouthwatering frozen treats which are not only hand-crafted but also naturally sourced when in season. Through a passion for Bermudian culture, this vision was brought to life by owner Rickeisha Burgess. Crafted through an array of flavours and textures, each recipe is uniquely created and given a name to represent the beautiful island. Offering catering services as well as bulk orders, Duch Pops is the ideal choice for a scrumptious, revitalising frosted treat.

FLANAGAN'S IRISH PUB & OUTBACK SPORTS BAR

69 FRONT ST., HAMILTON

TEL: 295-8299

WEBSITE: FLANAGANS.BM

The award-winning Flanagan's Irish Pub and Outback Sports Bar are favourites of locals and visitors alike. Relax in a cosy pub atmosphere at Flanagan's on Front Street and sample the classic all-day English breakfast, or simply enjoy a delicious

draught beer on the balcony overlooking Hamilton Harbour. For sports fans, Outback is the place to catch any match of the day on one of their 22 HD TVs or watch from your own private booth.

FOURWAYS INN & RESTAURANT

1 MIDDLE RD., PAGET

TEL: 236-6517

WEBSITE: FOURWAYS.BM

Originally built in the 1720s, Fourways Inn & Restaurant has remained unchanged at heart despite extensive renovations. Nowadays an old 18th-century Bermuda fireplace, sturdy cedar beams and original stone walls lend an alluring sense of character to a space already steeped in tradition. Dinner at Fourways is not merely a culinary experience but also a journey back in time. Sophisticated yet relaxed, Fourways' patrons enjoy unerring hospitality, lavish meals and a *Wine Spectator* award-winning selection of reds and whites. An old-world "peg leg" bar on the premises provides a casual atmosphere for a cocktail before dinner or a relaxing after-dinner drink. Dining service is available



THE
**PINK
BEACH
CLUB**
AT THE LOREN

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DINING & NIGHTLIFE

Monday through Saturday, and on Sunday, experience the inn's extravagant, indulgent Sunday brunch.

GO JO'S COFFEE SHOP

7 KING'S SQUARE, ST. GEORGE'S

TEL: 297-0614

Go Jo's Coffee Shop sits on the water's edge next to the infamous Ducking Stool in the King's Square, St. George's. Enjoy some of the best local cuisine, coffee and home-made drinks, all freshly prepared for you each day: the cowboy breakfast; the bacon, avocado and tomato sandwich; home-made traditional codfish cakes or their No. 1 bestseller, the fresh local fish sandwich. Go Jo's ever-popular, amazing carrot cake is a must-try, as are its assorted rum cakes and other delicious baked goods.

GOSLINGS

33 FRONT ST., HAMILTON

TEL: 298-7337

17 DUNDONALD ST., HAMILTON

TEL: 298-7368

WEBSITE: GOSLINGSRUM.COM

To get the party started, enjoy the trade-

marked cocktail and National Drink of Bermuda, the Dark 'n Stormy®, the classic Bermuda Rum Swizzle, a Bermuda Mule or a South Shore; or have one of Bermuda's skilled and knowledgeable bartenders prepare one of their fabulous, delicious signature drinks. The complete island experience features Bermuda's world-renowned and award-winning Goslings Black Seal Rum, winner of the coveted Platinum Award, the beverage industry's highest honour, "96 Points, Superlative, Best Buy." This deep, luscious rum is so versatile it can be sipped neat or star in any cocktail, providing an extra level of richness. It pairs superbly with almost any cuisine and is the heart of several popular Bermuda food recipes. As Bermuda's oldest company and largest export, you'll find all of Goslings' award-winning rums available islandwide, in Goslings' own shops in town and duty-free at the airport.

HARRY'S

96 PITTS BAY RD., PEMBROKE

TEL: 292-5533

WEBSITE: HARRYS.BM

Harry's is situated in The Waterfront

Complex at Pitts Bay Road, just to the east of the Hamilton Princess & Beach Club. Open for lunch and dinner daily, except Sundays and public holidays, Harry's philosophy is simple. Their new American steakhouse style incorporates sustainably farmed meats, including their famous dry-aged beef and the best of Bermuda's fish, which are delivered right to their door. Through their partnership with Miles Market and Miles Farms, they take the finest, freshest ingredients to create their homegrown yet internationally sophisticated cuisine. You are able to choose your Harry's experience from their different options: Harry's Bar, waterside patio with Hamilton Harbour views, private dining room or main dining room. So, whether you are looking for a light lunch, a drink at happy hour or dinner for two or 20, Harry's will meet your requirements. Their extensive cocktail menu and *Wine Spectator* award-winning wine cellar cater to all tastes and budgets. Harry's was named in memory of Henry C.D. Cox. His achievements, contributions to Bermuda's culture and love of



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25 Belmont Hills Drive, Middle Road, Warwick WK06 | 434-8687 | www.divots.bm | [Instagram](#) [Facebook](#)

good food and drink shared with friends are the inspiration for all that they do.

**HENRY VIII RESTAURANT,
SUSHI BAR & PUB**

69 SOUTH RD., SOUTHAMPTON

TEL: 238-1977

WEBSITE: HENRYS.BM

Henry VIII Restaurant, Sushi Bar & Pub has been one of Bermuda's premier restaurants for more than 40 years, offering inside and outside dining with breathtaking views of South Shore. Enjoy dishes from their international menu such as steaks, rack of lamb and pasta dishes. Try their excellent fish chowder or fresh local fish. If sushi is your choice, sample many different creations at Bermuda's best sushi bar. For a more casual option, there is a pub menu. Unwind with the daily happy hour or join them later for great entertainment and dance the night away.

HOUSE OF INDIA

58A NORTH ST., HAMILTON

TEL: 295-6450

WEBSITE: HOUSEOFINDIA.BIZ

For more than two decades, House of India has been recognised for its commitment to truly authentic Indian cuisine with an enduring emphasis on culture,



Flanagan's Irish Pub




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Irish Pub & Bermuda

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THE DEVASTATING,
DELICIOUS

LIONFISH

In Bermuda, helping protect the environment is as simple as sitting down to enjoy a plate of lionfish.



LURKING IN THE WATERS SURROUNDING BERMUDA

is a species of fish that — armed with venomous spines — is eating native fish species at an alarming rate. Curiously, this problematic predator also makes a delicious meal. The lionfish, with its tiger-esque stripes and spines and tentacles extending outwards would be quite beautiful if it wasn't so devastating. A popular aquarium fish, the lionfish was possibly introduced to the Atlantic Ocean and Caribbean Sea when 1992's Hurricane Andrew destroyed a South Florida aquarium, allowing six lionfish to slip into Biscayne Bay. Since then, this invasive species has thrived, preying aggressively on established native species.

"Females dump as many as 30,000 eggs once or twice a month in spawning season, and they tend to stay in one place and pretty much just wipe out the area," said

Bermuda Institute of Ocean Services' Chris Flook, who first encouraged the Bermuda government to implement a lionfish culling programme in the early 2000s. "Every single lionfish we catch has fatty liver disease, so we know they're overeating and not working hard enough to get their food. You don't usually see that in wild predators."

Local eradication efforts have likely saved native species from being wiped out entirely, and with the added bonus of the lionfish's delicate white meat, similar to snapper or hogfish, removing these invasive creatures from Bermuda's waters is beneficial in more ways than one.

"It's quite a healthy fish to eat, and it's a greener than green choice," says Flook. "Each lionfish you remove is great because you're not removing a native species like groupers, snappers and others that have been overexploited."

Lionfish aren't eaten in areas with warmer waters due to ciguatera concerns, but the foodborne illness is generally

only found in subtropical and tropical waters in the Pacific and the Caribbean, so lionfish caught around Bermuda are safe to eat. A simple removal of the fish's spines, where the venom glands are located, is all that's required to make the lionfish safe for human consumption. Bermuda organisations like the Bermuda Lionfish Taskforce can't remove lionfish quickly and consistently enough for the species to be a regular menu item, so some restaurants will feature the fish as a special when it's available. "We're not getting enough volume, but anybody going out and getting lionfish has no problem selling it to restaurants or eating it themselves," says Flook.

The lionfish battle is far from over, and other more complex efforts have been explored, including tech company iRobot's consideration of an unmanned lionfish killing machine. In the meantime, Bermuda's "If you can't beat them, eat them" approach is removing these ocean predators, one delicious meal at a time.