



No Stress Nomads

A LIFESTYLE OF TRAVEL, FOOD, & DRINK.

≡ Menu

November 3, 2019 by Jefferson Vinall

The Bequia Restaurant & Bar Listing

Bequia is a small island with a ton of restaurants & bars to choose from. We are happy to share our information about dining & drinking out on this happy little island paradise. We hope you enjoy this comprehensive listing of restaurants and bars in Bequia.

First, some useful tips about restaurants & bars on Bequia, and then our listing.

Payment Methods on Bequia

Not all restaurants & bars on Bequia accept credit cards. For the ones that do, there are frequent connection issues, so we recommend keeping enough cash on you, just in case. Our listing indicates which establishments accept credit cards.

A good rule of thumb is to assume the restaurant is cash only. Then, if they happen to accept credit card, it's a bonus, and you can conserve your bill fold a while longer.

VAT, Tipping, and Service on Bequia

VAT (value added tax) is added to most bills, but some establishments choose to include it in their menu pricing. Be sure to check the fine print, if it exists.

Some bars & restaurants automatically add a service charge to your bill (usually 10%). The service charge may or may not be disclosed on the menu, so ask your server. If you feel

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need to tip beyond that, you are most welcome to do so, and nobody will be offended.

Pro Tip:

In the off-season, most bars & restaurants close (even some hotel restaurants) on Bequia. If you're looking to dine on a Sunday in the off-season, you need to check around and plan ahead.

If you're from Europe or North America, you will need to adjust your service expectations. Bequia is a laid back place that exists on "island time." And nowhere is that more evident than in the prevailing level of customer service. However, there are a few rare superstars, and when you encounter them, you will quickly appreciate their extra effort.

Listing of Bequia Bars & Restaurants

There are so many bars and restaurants on Bequia, that we've surely missed a few. This list is added-to as we encounter the establishment.

Each listing identifies three important features of the establishment: 1) The policy towards VAT and service charge; 2) Do they accept credit cards, or cash only; and 3) Is there free Wi-Fi.

For your convenience, we've grouped these establishments by the following general neighborhood locations: town center, Belmont Walkway, Ocar, Hamilton, Spring, Mt. Pleasant, floating, Princess Margaret, Lower Bay, and southside.

Town center (Port Elizabeth) establishments:

For our purposes, we've considered the town center to extend from the petrol station in the northwest to the Belmont Walkway. It encompasses the unofficial monikers of front street and back street.

Rendezvous Lounge

You will find this brightly painted outdoor bar right in the town center, on the corner across the street from the tourism office, it features shaded seats at the bar, or picnic tables in the sun. Conversation is carefree at the Rendezvous and it's the perfect place to wait for somebody your're meeting. Cash only, VAT and service charge included. No Wi-Fi.

Schooner Sports Bar (& Enid's Grill)



Located in the center of town on the corner of back street, across from Knights Trading (grocery & hardware store), is a local bar that shouldn't have "sports" in its name. Regardless, it is a convenient place to buy affordable drinks and just lime (chill). It's also a great people-watching spot because of its proximity to the main grocery store in town. You will hear old country music or reggae playing. Now and then, some customers will get a bit excited, but it is a perfectly safe establishment. Open 10:30 am until, everyday except Sundays and public holidays, it's a great place for a quick beer in the shade for just \$5 EC. Housed within Schooner is Enid's Grill – a popular choice for local fried dishes. The two businesses are not affiliated. There is a lot of foot traffic in and out of Schooner because of other shops that exist in the back. At Schooner, VAT is included, and gratuities at your discretion. Cash only. No Wi-Fi.

De Chill Spot Sports Bar

Also located in the center of town on the corner of back street, across from Knights Trading (grocery & hardware store), is another local bar that shouldn't have "sports" in its name. While they have a TV, we've never seen it turned on. Regardless, it is a convenient place to buy affordable drinks and just lime (chill). It's also a good people-watching spot because of its proximity to the main grocery store in town. Also, some customers can sometimes get a bit excited, but it's usually no trouble. Occasionally, they set up a small flame grill to one side for BBQ. VAT included, gratuities at your discretion. Cash only. No Wi-Fi.

K&J's Sweet Spot

Located on the second floor of a building on back street just south of Knight's Trading, K&J's Sweet Spot looks tiny, but actually seats quite a few people. This is a wonderfully casual place to take shade and get your lime on. Food is available, but the daily menu varies, and it is served on "while quantities last" basis. They are open for breakfast (in-season), and lunch & dinner year-round. There is usually music playing lightly. It features a front covered balcony with three tables, a back covered balcony with two long tables, and four tables inside and the bar. The front balcony allows for good people watching, while the back balcony has a terrific view of the multi-colored houses that dot the mountain-side. The stairs are accessed from the side/back of the building. Upon entering, you will be greeted by tiny Oreo, a tiny, black & white, poodle type dog. He is friendly, and will leave you alone if you ignore him. Kurt, the owner, is very good about deterring Oreo from harassing customers. The prices are very reasonable. VAT included, gratuities at your discretion. Cash only. Wi-Fi available.

Corney's Grill and Fries



If just you gotta' eat, like now, go to Corney's. You'll find a quick dish of BBQ fried chicken, fish, or a burger, and chips (French fries) here. Good food, good value. Located on front street, just across from the almond tree. Although seating is limited, this food stand is very popular with locals. All dishes are served in a take-away container. They serve beer and soft drinks. Cash only, VAT included. Gratuities at your discretion. No Wi-Fi.

Chameleon Cafe (& Boutique)

Located in the town center, on front street, this cafe & clothing boutique offers both hot and cold drinks. If you're craving a cappuccino or an espresso, this is the place for you. It has indoor, air-conditioned tables; and outdoor, shaded tables. Chameleon is great for breakfast or lunch, and the staff make their Hollandaise sauce fresh every day. Also, the Hairoun beer is always cold!



outdoors in the shaded Chameleon Cafe

Dine-in only. Cash, Visa, or Mastercard accepted. VAT will be added to your bill. Note, Chameleon does not impose an automatic service charge, so please tip your server accordingly. The boutique is a registered duty-free shop. Wi-Fi available.

Aaron's Pizza Hut

Located on front street in the harbor, this little place serves pizza by the slice, and features outdoor, shaded, seating. It is almost always open. VAT included, gratuities at your discretion. Prices are reasonable. Dine-in or take out. Cash only. No Wi-Fi.

Maria's Cafe



Located on front street in the harbor, this second floor cafe & bar is almost always open. They also have two TVs for sports viewing. VAT and service charge will be added to your bill. Dine-in only. Cash, Visa or Mastercard accepted. Wi-Fi available.

De Bistro

Located on front street in the harbor, this restaurant is almost always open. They also have a TV for sports viewing. VAT and service charge will be added to your bill. Cash only. Wi-Fi available.

Lina's

Located in front of the harbor, at the Bayshore Mall, this is a tiny mini-mart and cafe. She serves coffee and espresso, soft drinks, and beer. It's a nice place to sit in the shade and watch people come and go from the ferries and the harbor. Dine-in only. VAT included, gratuities at your discretion. Cash, Visa or Mastercard accepted. Wi-Fi available.

(The) Ice Cream shop (at Bayshore Mall)

Located at the Bayshore Mall, just a few steps from the harbor, and next to the government building, is an ice cream shop. The shop doesn't seem to have a name on display, and the sign merely reads, "Ice Cream." This is an ice cream parlor that also sells beer and soft drinks. Ice cream is only sold by cones or small cups. There are no tables, but there are steps to rest on. It is open Monday to Saturday, from morning time (variable) until 10 pm on most days. VAT included. Cash only. Gratuities are at your discretion. Cash only. No Wi-Fi.

Belmont Walkway establishments:

The Belmont Walkway is located along the harbor, just south of the town center. It follows the waterfront south to Belmont Beach, where it connects to the Princess Margaret Trail.

The Port Hole Restaurant & Bar

Technically not on the walkway, it is located just before the start of the Belmont Walkway. The Port Hole is easy to find by foot or by road. It's a quaint little restaurant with indoor or outdoor seating. The cuisine is Caribbean and seafood with a few international options. This is one of my favorite places for a really tasty BLT sandwich. The prices are very affordable. There is a jetty nearby. Cash, Visa, and Mastercard accepted. VAT included. Service charge will be added to your bill. Wi-Fi available.

Laura's Bar & Resto

Located on the north end of the Belmont Walkway, Laura's serves excellent Italian cuisine and seafood for decent prices. There are great wine choices, a romantic atmosphere, and live music on Friday nights. This is also an excellent spot to watch a sunset on the harbor. Laura's is popular with locals and tourists. The owners, Carlos and Laura, make an effort to greet every guest during their meal. There is a jetty nearby. Cash, Visa, & Mastercard accepted. VAT and service charge will be added to your bill. No Wi-Fi.

Frangipani

Attached to the hotel of the same name, this restaurant and bar is located on the Belmont Walkway, and is accessible by road. It also has its own small jetty for the sailors. The Frangipani hosts many entertainment events on the island. Personally we find the restaurant to be a bit expensive for our budget. Most drinks at the bar are reasonably priced. The staff is always pleasant. Cash, Visa, & Mastercard accepted. VAT and service charge will be added to your bill. Wi-Fi available.

Whaleboner Restaurant & Bar (& Boutique)

Located on the Belmont Walkway, you'll know when you get to Whaleboner, with its whale rib entry way, whale jawbone bar railing, and whale vertebrae bar stools. They have their own small jetty for yachting tenders. This fun place on the waterfront is a frequent spot for live music. It has a deck over the water with Adirondack-style dual chairs that are perfect for viewing sunsets on the horizon. You have a choice of open air, or covered, seating. The food is good, and the cocktails are tasty. You can get a personal size pizza, or a delicious roti for a very reasonable price. Whaleboner is also a branch location of the local clothing boutique by the same name situated in Spring, on the island. Cash only, VAT and service charge will be added to your bill. Wi-Fi available.



Maranne's Home Made Ice Cream

Maranne's serves delicious flavors of ice cream, yogurt, and frozen yogurt. And you can get it by the cup, cone, or pail! In the Caribbean heat, you need that sometimes. Maranne's is located in the same building as the Gingerbread Hotel, on the Belmont Walkway. There is a jetty onsite. Cash only, VAT included. Wi-Fi available via the Gingerbread Hotel.

Gingerbread Cafe & Bistro

Located on the Belmont Walkway, you can also get here by road, and via the jetty that it shares with a neighboring dive shop. The cafe/bistro serves breakfast & lunch. The sandwiches are excellent at Gingerbread! Food service is only available until 2pm, though. During tourist season, coffees, soft drinks, and beer are usually available until dusk, so you can take in your sundowner. While they accept Visa, & Mastercard, their connection lines are notorious for cutting-out in the middle of a transaction, so be sure to have cash on you. VAT and service charge will be added to your bill. Wi-Fi available.

The Green Boley

Along the Belmont Walkway, you will find the Green Boley with its bright green paint. It has some covered seating, and open-air picnic tables too. While it offers well-priced beer & highballs, wine and cocktails are trickier. This unique rum shack is super-popular for its impromptu Boley Bash, which is a musical jam session for anybody on the island with an instrument. The music tends to be bluesy rock and country. During a Boley Bash, most of the island's expat residents (and some locals too) will stop in for a listen and a drink. It is said the Green Boley has an excellent roti, but I haven't been able to catch it yet. During a Boley Bash, food is not available. Cash only, VAT is included. Add a gratuity at your discretion. No Wi-Fi.

Mac's Pizzeria & Kitchen

Mac's is located on the Belmont Walkway, is accessible by a nearby road, and there's a jetty at the dive shop next door. Primarily an open-air restaurant with casual seating under umbrellas, it also has a second-floor reservation-only covered dining area. The atmosphere is fun, yet relaxed. It is a great place to watch the sunset. Mac's frequently has live entertainment of different musical themes, including, violin, Spanish guitar, easy listening, blues, dance and soca! The owners, Kevin & Drasi, often make rounds chatting with guests. Their dog, Joyful, is likely to visit you too, but she's no trouble.



sunset view from Mac's Pizza

Mac's offers incredible multi-flavor pizzas in 9, 13, and 15 inch sizes, as well as many delicious international dishes. The Japanese seared tuna is awesome as a main dish or as an appetizer salad. You can dine-in or take-out. Cash, Visa, & Mastercard accepted. VAT is included, but service charge will be added to your bill. Wi-Fi available.

The Fig Tree

Located on the Belmont Walkway, The Fig Tree is also accessible by road and nearby jetty. Frequent live music adds to the ambiance. The cuisine is Caribbean and seafood. While the staff has always been super nice to us, we've found that the kitchen falls behind when the restaurant is busy. Cash, Visa, & Mastercard accepted. VAT and service charge will be added to your bill. Wi-Fi available.

Bequia Plantation

At the end of the Belmont Walkway, just before the Princess Margaret Trail, you will find the beachfront restaurant & bar at Bequia Plantation Hotel. It is also accessible by road, or the small craft jetty. The cuisine is seafood, Caribbean, & international. They also have a stone pizza oven, that bakes some delicious thin-crust pizzas. They also bake fresh pastries and breads every morning. The food is always good here, and the service at Plantation is usually better than the island average.

Cash, Visa, & Mastercard accepted. VAT and service charge will be added to your bill. Wi-Fi available.

Ocar establishments:



Ocar is the neighborhood between the center of Port Elizabeth and Hamilton. We've noted that there is some debate about the boundaries of Ocar. For our purposes, Ocar begins after the petrol station, and ends just past the marina.

Penthouse

Penthouse is Bequia's open air night club, located in Ocar, just a few minutes walk west from the town center, on the left of Belmont Road. It is actually an outdoor street party, where the speaker towers are almost as big as the shack housing the bar. If it's open, you won't miss it. You can order highballs and beer only. There are no washrooms, so you'll have to find another nearby establishment. There will also be individual food stands that pop up along the roadside anytime Penthouse is open, but they are not associated with the bar. VAT included. Cash only. Gratuities are at your discretion. No Wi-Fi.

The Breadfruit Tree

The Breadfruit Tree is a cozy bar in Ocar on Belmont Road, roughly across the street from Penthouse. You won't miss it, and it's just a few minutes walk west from the town center, and is on your right. This a local bar, that usually serves food for a decent price. This is typically an afternoon-evening establishment. Wednesdays are Table Tennis Night! On a small island, this is a treat! There is no menu per-se, so ask at the bar what's on. Food is served from the bar in takeaway containers (no table service). Dining is either indoor (bench or bar seating), or outdoor but covered patio tables. For the bar, it's mostly highballs and beer, though they serve a select few cocktails. VAT included. Cash only. Gratuities are at your discretion. No Wi-Fi.

Brooks Hideaway

Brook's is located a few minutes walk west from the town center, and is on your left. This a local bar, that happens to serve food sometimes. Usually open for lunch, the food is plentiful for a small price, which makes it a great deal. Food is served from the bar in takeaway containers (no table service), but there are outdoor, covered tables to sit at. Except, we don't recommend staying to eat your meal, unless you want to be harassed by people who've been hitting the strong rum all morning (not necessarily customers of the establishment). For drinks, they serve local beer and strong rum. VAT included. Cash only. Gratuities are at your discretion. No Wi-Fi.

Papa's Bar Bistro Deli



Papa's is a few minutes walk west from the town center, and up a hill on your left. It has a vast deck that overlooks the harbor with open and covered seating. They have indoor seating, as well. They also have multiple TVs, usually tuned to news or a sporting event. This is a favorite place for viewing international rugby, soccer, or cricket matches, and some NHL and NFL. The food is good, the staff is kind. Papa's is a good place for a nice dinner with friends. Papa's keeps many import spirits on hand, and has an excellent selection of whiskeys. For special occasions, it is a good idea to make a reservation.

Open Monday-Friday at 4 pm, 11 am on Saturdays, and 5 pm on Sundays, their kitchen is always open until 10 pm. Dine-in only. Cash, Visa, & Mastercard accepted. VAT and service charge will be added to your bill. Wi-Fi available.

Lukk Enn Bar & Snackett

Located in Ocar on Belmont Road, Lukk Enn is on your left. This is a cozy rum shack, serving beer, highballs, select cocktails, and snacks. There is outdoor, shaded seating. VAT included, gratuities at your discretion. Cash only. No Wi-Fi.

Coco's Place

Just a five minute walk west from the center of town, Coco's is on your left, on the second floor of a building just off the harbor. The balcony has a great view of the bay. They serve seafood, & Caribbean cuisine for reasonable prices. The atmosphere is relaxed, the staff friendly, and music is live on many nights. Coco's is open for lunch, dinner, & late night. Dine-in only. Cash, with Visa & Mastercard accepted only for orders over \$50 ECs. VAT and service charge will be added to your bill. Wi-Fi available.

Sailors Bar Grill and Restaurant

Across the street from Coco's, is Sailors. This a relaxed, laid back bar & grill that serves Caribbean and international food. They have live music often. You can also play Scrabble, backgammon, or cards, so long as you are drinking. VAT included, gratuities at your discretion. Dine-in only. Cash only. Wi-Fi available.

Black Label Restaurant

Located just off Belmont Road in Ocar, towards the water at the marina. This is a relaxed place that serves Caribbean and international food. There is a full service bar. They sometimes have

live music. Dine-in only. Cash, Visa, & Mastercard accepted. VAT and service charge will be added to your bill. Wi-Fi available.

Hamilton establishments:

Virginia's Hub



Located on Belmont Road in Hamilton, this bar has a dance floor and some pumpin' DJ beats. It also has pool tables. The staff are extra chill. It's usually open weekends only. Cash only. VAT included. Gratuities at your discretion. No Wi-Fi.

Miranda's

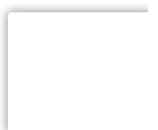
Located on Belmont Road in Hamilton, this cozy bar doubles as a laundry service. It is a chill place to have a beer, highball or rum punch. This is a popular place for karaoke in the evenings. Cash only. VAT included. Gratuities at your discretion. No Wi-Fi.

La Plage Restaurant

This restaurant recently relocated from Lower Bay to its new spot on Belmont Road in Hamilton. They are open daily from 10 am until, and are closed on Thursdays. La Plage offers a great view of Admiralty Bay. Their menu features French and local cuisine, plus burgers! Dine-in only. Cash only. VAT included. Gratuities at your discretion. Wi-Fi available.

Note: At the time of this writing, the Facebook page for La Plage appeared to be abandoned, and it displays wrong location information.

Open Deck Restaurant & Bar



Located in Hamilton at the far Northwest corner of the Admiralty Bay, you can access this establishment by road, or by their dinghy dock. If coming by road, it's just off Belmont Road, on your left. This is a little different view of the harbor. The atmosphere is relaxing. They are open 7 days a week from 11 am to 11 pm. On Sundays they offer a curry lunch for \$50 ECs, which includes a glass of rum punch. Dine-in only. Cash, Visa and Mastercard accepted. Menu prices include VAT, but 10% service charge will be added to your bill. No Wi-Fi.

T's Bar & Grill

Located in Hamilton neighborhood, up a hill and around a bend, you may need directions to find this tiny establishment. But when you do get there, you'll be treated to a fantastic view of the bay, excellent cocktails, and icy cold Hairoun beer. While food service is not a daily thing, Fridays are BBQ night, and it is amazing! Ribs, chicken, & fish are regular menu choices, and they make a pretty good BBQ sauce. Occasionally, they feature live music or a DJ. The staff are super friendly! We love this little place, especially for the view of the bay that is from a unique perspective.



view of Admiralty Bay from T's Bar & Grill

VAT and service charge will be added to your bill. Dine-in only, when food is available. Cash only. Wi-Fi available.

Spring establishments:

Firefly Plantation

The bar & restaurant at Firefly is located in Spring on the windward side (east side) of the island. While you could walk here from Port Elizabeth, a taxi is recommended. The food is really good. The cocktails are delicious. The decor is a blend of wood and stone. The view of Spring Bay is fantastic. The staff are really nice. As part of the resort hotel, Firefly is open daily for

breakfast, lunch, and dinner. Day passes are available to take advantage of the pool and cross-country golf course. A round of golf is just \$25 ECs, and includes rentals (but don't lose your ball).



the bar at Firefly Plantation

Unfortunately, Firefly charges resort prices for much of its food & drink, and even local beer is a gob-smacking \$13 EC (compared with \$5, \$6, or \$7 EC elsewhere)! I used to love this place until they jacked the price of beer.

In season, they have a fantastic curry lunch for two, that includes rum punch, and is just \$50 EC – it's a real treat and a great deal! VAT and service charge will be added to your bill. Cash, Visa, & Mastercard accepted. Occasionally, the credit card machine cannot connect to its server, so make sure you have plenty of extra cash on hand. Wi-Fi available.

The Restaurant at Sugar Reef

Sugar Reef is located on Crescent Beach in Industry Bay on the windward side (east side) of the island. While you could walk here from Port Elizabeth, a taxi is recommended. The restaurant is part of the resort hotel by the same name. Upon entering, you will first see the open view of the picturesque bay, then you will be stunned by the whitewashed stone walls and driftwood chandeliers. The food is amazing, the service is excellent, and the prices are reasonable for the fine dining experience you will have. They have a full selection of cocktails, wines, and beers. There is a great view of the bay from any table.





The beautiful decor in Sugar Reef Restaurant.

Open only during the season, Sugar Reef serves breakfast, lunch, and dinner. They are also open late. VAT and service charge will be added to your bill. Cash, Visa, & Mastercard accepted. This is one of the few places on Bequia that accept American Express. Wi-Fi available.

Mt. Pleasant establishments:

Sugar Hill Restaurant

If you want an amazing dining experience, look no further than Sugar Hill, in Mt. Pleasant. Getting to Mt. Pleasant requires a vehicle for most people. Located on the second floor, Sugar Hill has an amazing menu of creative special dishes of fresh seafood, Caribbean cuisine, and occasionally, pizza. Open for lunch & dinner. Making a reservation is recommended, as seating is limited, and you'll want to ensure they have sufficient ingredient quantities on hand for your dinner. They have a full service bar and good wine selection.





menu board at Sugar Hill Restaurant

We have never been disappointed in this restaurant's food or service, it is truly great. This is a really nice place for a romantic dinner. Occasionally, they feature live music. VAT and service charge will be added to your bill. Cash, Visa, & Mastercard accepted. Wi-Fi available. For reservations, call (784) 458-3773

Floating establishments:

Bar One

You won't find Bar One on any roadway or walkway in Bequia! That's because it is a floating bar in Admiralty Bay, accessible from any jetty in the bay. Take any water taxi, or request the bar's own dinghy. A few brazen swimmers have chosen to swim to Bar One, but you'd better be a capable swimmer. Constructed atop two large pontoons, the bar can comfortably host only about thirty patrons, and serves interesting cocktails, highballs, and beer. There are prepared snacks only. There is one washroom.



Bar One, in Bequia.

Open noon until dark daily, except Mondays. Bar One is a fantastic gathering spot, popular with yachties, expats, and some locals. It offers an unparalleled view of the harbor. This is one of our favorite spots to just bob on the water, listen to some chill tunes, and visit with friends. VAT and service charge will be added to your bill. Cash only. No Wi-Fi.

Princess Margaret Beach establishments:

Jack's Beach Bar

Located on Princess Margaret Beach, Jack's is accessible: by foot via the Belmont Walkway and Princess Margaret Trail; by road; or by boat, with its own small small craft jetty. Jack's has a great beach atmosphere, a fantastic view of the sea from every table, and really good food. The cuisine is seafood and Caribbean, but they also serve fried chicken and burgers. The food prices are fair. There is a full selection of wines, spirits, cocktails, and beers. The staff is more attentive than most places on Bequia.

Jack's is open daily from 11-11. They feature daily specials. Menu prices include VAT but a service charge will be added to your bill. Cash, Visa, Mastercard, and American Express accepted. Beach chairs can be rented here too. Wi-Fi available.

Fay's Bar

Located along the beach, Fay's is a legendary place for cold beer, rum punch, crafts & clothes. You'll recognize the purple painted, covered, craft stand immediately. You can also rent a beach chair from Fay. Open seven days a week. Cash only. VAT included, gratuities at your discretion. No Wi-Fi.

Other beach bars

There are several other beach bars along Princess Margaret Beach, of varying quality and drink selection. Cash only. VAT included, gratuities at your discretion. Some advertise free Wi-Fi, but it is just tethered to the bartender's cell phone, so connection and speed are challenging (not a good choice for the data-security conscious traveler).

Lower Bay establishments:

Fernando's Hideaway



Like the name says, it's hidden, really. Located in Lower Bay, off the main road, around a bend, and up a hill, you'd best take a taxi. A reservation is a must. Call (784)-458-3758 or [Facebook Message](#) for a reservation. This is one of the finest restaurants on Bequia. This candle-lit spot is perfect for a romantic night out, or a quiet dinner with close friends. They serve fantastic Caribbean cuisine and seafood. The seafood is caught daily by the owner. And the desserts are incredible! They have some delicious wines, highballs, rum punch, and cold beer. The Monday night four-course dinner is a great value. Open Monday to Saturday from 7 pm until 11 pm. VAT but a service charge will be added to your bill. Cash, Visa, or Mastercard accepted. No Wi-Fi.

Keegan's Beachside

Keegan's is a mainstay of Lower Bay, and the beach bar is one of the few places that is wheelchair accessible on Bequia. The beach restaurant is part of the hotel, and is open daily from 8 am until late. They feature an all-day breakfast, and a varied menu of seafood and international cuisine. The prices are reasonable. The drinks are cold and entertainment is often. In season, Keegan's hosts a full moon pig roast and bonfire. Keegan's is also home to the annual seafood fest, that draws visitors island-wide and from other nearby islands. Keegan's is a popular spot for its Fun Friday happy hour from 5:30 pm-8:30 pm. In season, they frequently have a Wednesday movie night. They have two TVs for the really big sporting events.

This is one of the most reliable restaurant & bars on the island, open 364 days a year (each year they close for a day in September for a staff retreat). It is a great place to go for a swim, get a drink, and repeat. You can also rent beach chairs here. VAT is included but a service charge will be added to your bill. Cash, Visa, & Mastercard accepted. Wi-Fi available.



the signpost at Keegan's

De Reef Restaurant and Bar

The other big place to be in Lower Bay is the very popular De Reef. This beach bar & restaurant is a seasonal establishment, that frequently hosts live entertainment and other events with its large room and seating capacity. De Reef is one of the few places where the entire restaurant is wheelchair accessible on Bequia. They offer Caribbean, seafood, and international cuisine for very reasonable prices. They have a really good fish burger that is a great value. The staff is nice, and the atmosphere is always light and fun. De Reef is open 10:30 am until. They also have a happy hour everyday from 4 pm – 7 pm. The bar at De Reef has a TV, usually tuned to NBA, but not exclusively.



view from De Reef Restaurant and Bar.

De Reef is also a great place to swim, drink, repeat, although because of the shore-front reef that is directly in front of the restaurant, you must walk about fifty yards either north or south along the beach before entering the water. Beach chair rentals are available. VAT included. Service charge will be added to your bill. Cash, Visa, & Mastercard accepted. Wi-Fi available.

Petra's Bar & Restaurant

Located at the south end of Lower Bay, Petra's claims to be open daily from 7 am to 10 pm. However, in our experience, it is closed more often than it is open, so we advise checking first. That said, when it is open, wow! While the decor is simple, she serves some of the best fresh seafood & creole cuisine that you've ever had. The drink pours are generous, and the value is incredible.

This is a smaller establishment with only a handful of tables and a bar, but the atmosphere is delightfully relaxed with a view of coconut trees and the bay. The owner serves dishes herself, and her care for your experience shows. Petra is delightful!



Petra's Bar & Restaurant

Open for breakfast, lunch, and dinner by reservation. VAT will be added to your bill. Gratuities at your discretion. Cash only. Wi-Fi available.

Supposedly open daily from 7 am to 10 pm, we recommend you [Facebook Message her](#) to see if she's open, though.

Dawn's Cafe

Also at the south end of Lower Bay is Dawn's Cafe. It is accessible by taxi or by foot. She is open most days for breakfast & lunch, and dinner by reservation. They serve seafood, Caribbean & international cuisine. It's a popular choice for breakfast. It's a good place for banana bread, goat water (mutton soup), or a fish burger. Of course, they have beer & spirits too.

Dawn's is a simple place with really good food, and a chill atmosphere. There's even a song about it! If you want to hear [the song that Bob Berlinghoff did for Dawn's Cafe, click here](#).

VAT will be added to your bill. Gratuities at your discretion. Cash only. Wi-Fi available.

Southside establishments:

Diamond Bar & Restaurant

Located in Friendship on Belmont Road. You'll have to climb some steps to get up to this second floor sports bar. Inside you'll find pool tables, foosball, TVs for sports viewing, cold beer, and highballs. Their Caribbean cuisine and seafood is loved by many. It is a fun atmosphere, and there is a patio to take in a partial view of Friendship Bay. VAT will be added to your bill. Gratuities at your discretion. Cash, Visa, & Mastercard accepted. Wi-Fi available.

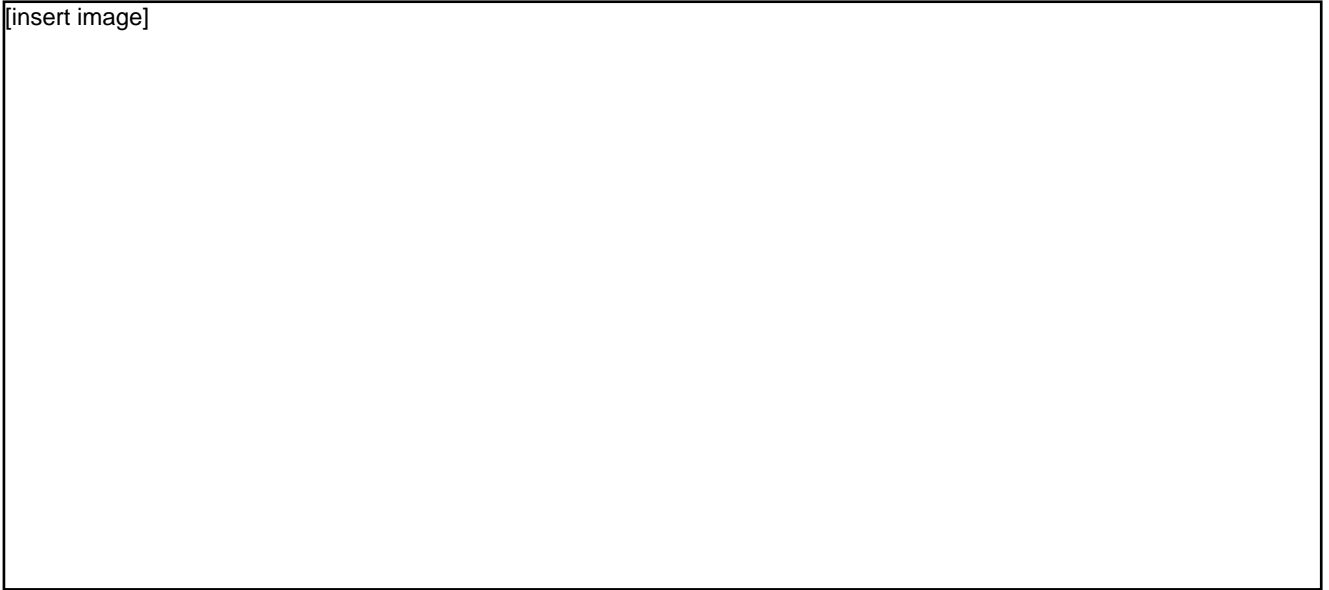
Good Mood Cafe

Located in Friendship, this place is easy to find on Belmont Road. Serving breakfast, lunch, dinner, drinks and coffee, they are open daily (closed Fridays) from 9:30 am to 10 pm. The cuisine is international. John smokes and cures his own meats, creating some wonderful Italian sausage, smoked bacon, and home cured ham. VAT will be added to your bill. Gratuities at your discretion. Cash only. No Wi-Fi.

Island Style Restaurant & Bar

Located just above the La Pompe bus stop, this establishment serves great cocktails, cold beer, and some excellent Caribbean dishes. The prices are very reasonable. They have music most nights. There is outdoor patio seating, and a second floor deck for viewing Friendship Bay. Saturdays are BBQ night. Cash only. VAT included. Gratuities at your discretion. Wi-Fi available.

[insert image]



Island Style Restaurant & Bar

Toco's Place

Located in La Pompe on Belmont Road, this bar serves fresh seafood and Caribbean cuisine, when the kitchen is open. They have beer, highballs, and some cocktail choices. It features an eclectic decor, and seating is primarily outside (uncovered). VAT will be added to your bill. Gratuities at your discretion. Cash only. No Wi-Fi.

Sabrina's Live Lobster Bar

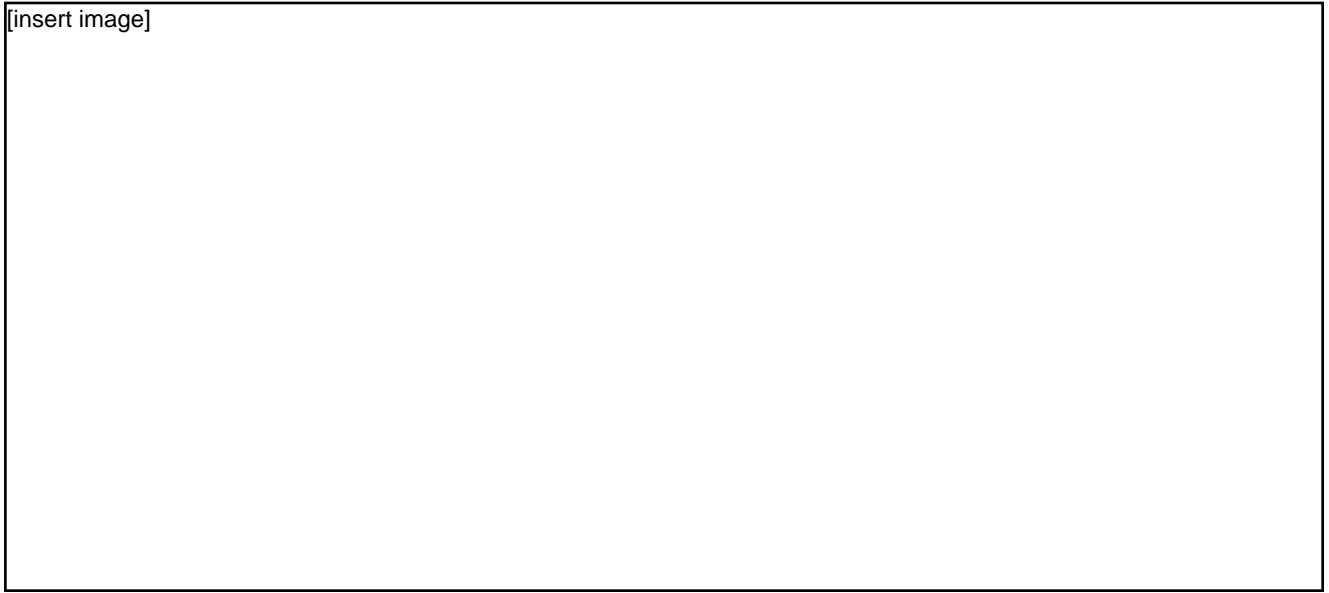


(not to be confused with the below Sabrina's) Located in La Pompe. You can guess what food this place serves, from the name. VAT will be added to your bill. Gratuities at your discretion. Cash only. No Wi-Fi.

Sabrina's Bar and Restaurant

(not to be confused with the above Sabrina's) Located in Paget Farm, this place offers a great view of the islands to the south, and you can watch the occasional plane land and take-off from the airport. She serves a variety of seafood and Caribbean dishes. Drinks are beer, highballs, and rum punch. VAT will be added to your bill. Gratuities at your discretion. Cash only. No Wi-Fi.

[insert image]



southern view from Sabrina's Bar, in Paget Farm, Bequia.

The Liming

This secluded place is located at the resort of the same name in Paget Farm. This is a luxury restaurant, and you can expect equivalent pricing. All menu prices are in USD. VAT and a 10% service charge will be added to your bill. Cash, Visa and Mastercard accepted. Wi-Fi available.

Our Choices of the 10 Best – the must do's.

This listing of the 10 best, must do, bars & restaurants on Bequia, not necessarily in order. In brackets are the primary reasons they made this top ten list.

1. Bar One (experience, cocktails)



2. Mac's Pizza & Kitchen (food, atmosphere)
3. T's Bar & Grill (view, BBQ)
4. De Reef (beach, food)
5. Keegan's (beach, atmosphere)
6. Whaleboner (atmosphere, sundowners)
7. Laura's (food, atmosphere)
8. Diamond Bar & Restaurant (atmosphere, activities)
9. Chameleon Cafe (breakfast, convenience)
10. Sugar Hill Restaurant (view, food)

Check, please.

As you can see, Bequia has many restaurants and bars. This list is comprehensive, but things change. So, if you find something we need to update or correct, please send us a message or comment below.

 Caribbean, Drink, Food