



No Stress Nomads

A LIFESTYLE OF TRAVEL, FOOD, & DRINK.

≡ Menu

December 13, 2019 by Jefferson Vinall

Kingstown Shops & Services

The capital of St. Vincent and the Grenadines (SVG) is a busy city with many amenities. Kingstown has many restaurants, shops, and services for your spending.



Kingstown harbor

There is a saying that, "all roads lead to Rome." But in SVG, it's more like, "all ferries lead to Kingstown." You can get here cheaply on the regular ferry from any of the Grenadine islands of SVG. And you can get back the same day.

We have not spent a great deal of time in Kingstown. But we found a few places that were good to know about:

- Cobblestone Inn
- Flow Wine Bar
- Latin Zest Restaurant
- Jax Enterprises (department store)
- Q-Care Pharmacy
- Gonsalves Liquors
- C.K. Greaves Supermarket

Cobblestone Inn

The Cobblestone Inn is conveniently located on Bay Street. It has a “can’t miss it” stone architecture with a courtyard entry.

This charming inn is quite reasonably priced. Depending on the time of year, you can book a room for about \$100 USD per night. If you’re just overnighting in Kingstown, the location cannot be beat, because it’s easy to find, just a short walk to the ferries, and is close to many restaurants and banks.

[Pro Tip: The rooms at the inn require you to climb a flight of stairs. If you are mobility impaired, this is not the hotel for you.](#)

The Cobblestone Inn is a charming little place to stay. The stonework takes you back in time, and the outside wildlife chirps you to sleep. Our room used a skeleton key – something I hadn’t used until my first time here.

All the staff are very friendly and helpful. The front desk made an excellent recommendation for dinner restaurant, and they provided us with easy walking directions.



[insert image]

The rooms have a fridge, flat screen TV, Wi-Fi, and a hot water in-suite shower. The large bed was comfortable, and the A/C was a relief. The walls are a little thin, but we did not mind, and had a quiet stay.

The covered, rooftop restaurant at the Cobblestone has a varied menu with reasonable prices. It serves an excellent breakfast with very good coffee.

Pro Tip: The Cobblestone Inn is one of those Caribbean businesses that does not maintain its online profile very well (no website, and a horribly ignored/outdated Facebook page. This forces you to go through a third-party online booking site. This [link to booking sites](#) for the inn *may work*. Alternatively, you can call the inn directly at +1 784-456-1937.

Flow Wine Bar

You will find Flow Wine Bar just a short walk away from the Cobblestone Inn. It is located on the corner of James Street & Middle Street, above Subway. Yes, more stairs!

The ambiance of this wine bar is amazing. Jazz plays softly, allowing you to have an easy conversation. The chairs are soft and comfortable. You have a choice between sofa and low-chair seating, high-top tables, or the bar. The whole feeling of the place is chill.

The staff were kind and they made helpful suggestions when asked about the menu. The food was delicious.

The selection of wines was extensive, as you might expect. We enjoy the Spanish *Tempranillo* with its hints of cherry and smoke.



With such an impressive atmosphere, we were surprised to find that the prices are quite reasonable. We've dined here for dinner, and for lunch and always love it. We think every trip to Kingstown warrants a visit to Flow Wine Bar.

Flow Wine Bar is open Monday to Thursday from 11 am to 10 pm, Friday from 11 am to midnight, Saturday from 6 pm to midnight, and is closed Sundays. [Visit their website](#) for more information.

Latin Zest Restaurant

Latin Zest is another restaurant we just adored. When we last visited it was still at Heritage Square, but it is now located at Frenches Gate (near Sagikor).

As you might expect, this place features authentic Latin American cuisine. We didn't expect to find Latin food in SVG, but we did, and it was very tasty.

All the dishes are inexpensive, which totally fit our budget. And the staff is very kind. Visit [their Facebook page](#) for more information.

Pro Tip: At the last edit of this article, Latin Zest's Facebook page showed the wrong location pin drop on the map. The restaurant is located at Frenches Gate (near Sagikor).

Shopping in Kingstown

Kingstown also offers shopping opportunities. There are main places to get household items & clothing, pharmaceuticals, alcohol, and groceries. Some of those shops & services you'll want to look for: Jax Enterprises; Q-Care Pharmacy; Gonsalves Liquors; and C.K. Greaves Supermarket.

Household/Clothing

For household items, or clothes, you'll find Jax Enterprises located on Hillsboro Street at Middle Street. It's next door to the fire hall. The four-story brick building has a multiple-arched stone front. There will be various independent vendors outside Jax, on the sidewalk.

Inside Jax, you'll find umbrellas, bedding, towels, playing cards & toys, clothing, mosquito nets, room fans, dishes & cutlery, strollers, cleaning supplies, and much more. It's Kingstown's

version of a department store, and the prices are more reasonable than most other places in the Grenadines.

This is the place to restock on such household items as you tour the Grenadines. It is a fantastic one-stop-shop. All items have prices labeled on them, so you aren't left guessing or haggling.

If you prefer, you will also find many smaller stores and street vendors of various goods, all along the sidewalks and alleyways of Kingstown.

Pharmacy

On Halifax Street across from the Post Office (between Egmont Street and S. River Road) you will find Q-Care Pharmacy. You can [check out their website here](#). Or call +1 784-451-2690 to confirm your prescription availability.

Alcohol

What kind of traveler doesn't need a supply of alcohol? You can buy various alcohol items in most grocery stores and mini-marts in Kingstown and throughout the Grenadines.

But sometimes you need a particularly hard to find item, a better price, or something special. Well, fear not, you'll find all kinds of specialty items at Gonsalves. Gonsalves Liquors is on Lower Middle Street at Melville Street. It's open Monday to Friday from 8 am to 5 pm, Saturday from 8 am to 1 pm, and is closed on Sundays.

You can also pre-order from Gonsalves. This will allow to quickly pick-up your order. You can order by fax, by email, or by telephone. And they accept Visa, Mastercard, and American Express

Pro Tip: Save money by pre-ordering your liquor, then send your taxi driver to pick it up while you do your other shopping. Most cases are sold 12 bottles for the price of 10. Also, there is a wholesale price for orders of three or more bottles of the same item.

Contact [Gonsalves Liquors](#) for more information.

Groceries



For groceries, you will find C.K. Greaves Supermarket at on Bay Street not far from the ferry terminal. They are open Monday to Thursday 8 am to 5 pm, Fridays 8 am to 7 pm, Saturday 8 am to 1 pm, and closed Sundays.

Greaves is a full-service supermarket, with produce, bakery, meat, fish, deli, alcohol, cosmetics, cleaning supplies, pet supplies, and dry goods. There is a good variety of imported and local products. They also accept Visa, Mastercard, and American Express.

We are told you can pre-order at Greaves, but we don't know anybody who has actually done this. [Contact the supermarket](#) for more information.

What Else Interests You?

That's all we have to say about Kingstown shops & services – for now. Do you have any [comments or suggestions](#)? We'd love to hear them.

If you've read this article, you may also be interested in tips & tricks we've included in the following articles:

- [Stefano Taxi and Tours](#), SVG;
- [Leeward Tour of St. Vincent](#), SVG;
- [Bequia](#), SVG;
- [Union Island](#), SVG;
- [Carriacou](#), Grenada; or
- Grand Anse (and St. George's), Grenada – Coming soon!