



LONDON BAR

Located in the Silver Sands Christ Church area, this rum shop is popular amongst the surfing community as well as anyone seeking to immerse themselves in the community lifestyle of the island.

Location: Silver Sands, Christ Church



CLAMON CHERRY BAR AND RESTAURANT

Clamon Cherry Bar and Restaurant offers authentic local cuisine, a fully stocked bar and a true Bajan "liming" experience. It is a unique dining experience that has the feeling of an authentic rum shop set in comfortable cool and spacious surroundings. This bar and restaurant is located in the Chattel Village on the grounds of the home of the first Premier, Sir Grantley Adams, known as Tyrol Cot.

Address: Tyrol Cot Heritage Village, Codrington Hill, St. Michael
Telephone: (246) 549-9214
Facebook: @clamoncherry246



HERCULES BAR AND RESTAURANT

Look for this lively bar in Oistins where locals and visitors sing their hearts out to karaoke while fishermen discuss their best catch of the day.

Location: Oistins



LEXIE'S BAR

Located in the heart of the Oistins Bay Garden, Lexie's comes to life on Friday and Saturday nights when the rum shop is transformed into a dance floor for those who enjoy the classic tracks from the 50's and 60's.

Location: Oistins



JOHN MOORE BAR

One of the oldest rum shops on the island, John Moore Bar is extremely popular amongst locals and tourists alike. John Moore Bar is on the waterfront and is unmistakably different than most bars in Barbados. It is always busy with locals and tourists; features local fish and of course - their specialty - Rum!

Address: Weston, St. James
Telephone: (246) 422-2258



FISHERMAN'S PUB

Over the years this Pub has grown into a very popular beach bar and restaurant selling authentic Barbadian food. You can choose from a bar menu or a Creole buffet with traditional food including local dishes such as, pepper pot, cou-cou and flying fish (Barbados' national dish), rice and peas, sweet potatoes with lamb and chicken dishes.

Address: Queen Street, Speightstown, St. Peter
Telephone: (246) 422-2703

OISTINS

Oistins Bay Gardens is best known for its Friday Night fish fry where many locals and visitors meet to enjoy some of the best local dishes, indigenous culture and warm Barbadian hospitality. The day's catch from the nearby fish market is cooked in the open air with flames rising from the grill to making this truly authentic experience even more enjoyable.



BRADDIES BAR

From dominoes to karaoke and some of the best authentic street food on the island, Braddies bar located in the St. Lawrence Gap area has become a popular spot for visitors and locals alike.

Location: Dover, Christ Church
Telephone: 246-420-7846



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Authentic EATS

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BARBADOS

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CHICKEN RITA

A warm welcome, a good selection of rum and the amazing chicken on sale are just a few reasons to visit this rum shop on the south coast.



BUSH BAR

Known as one of the best rum shops on the island, Bush Bar is a gem of a place serving great food and beverages with an amazing atmosphere.

Address: Spring Garden, St. Michael



STRONG FOODS

Strong Foods is a 100% authentic Bajan operation utilising Yellameat breadfruit to produce flavourful street food. Their Roast Breadfruit, which is a traditional Bajan meal, has been masterfully paired with toppings such as pork, tuna, buljol and the signature 'Yelluh Meat' Sauce to provide a true authentic Bajan experience.

Telephone: (246) 850-7664
 Website: www.yelluhmeat.com
 Address: Abberfoyle, Black Rock Man Road, St. Michael



MR DELICIOUS SNACK BAR

Mr. Delicious Snack Bar located at Miami Beach, is the ideal spot for delicious Bajan food and drinks! Here you can find fishcakes, flying fish cutters, rum punch and other local cuisine garnished to perfection with more than 35 years of passion.

Telephone: 1-246-233-3354
 Website: www.mrdeliciousbar.com



R. A. MAPP ROTISSERIE CHICKEN

Pop into R. A. Mapp (known as Mapp's) for some of the finest rotisserie chicken on the island as well its almost constant liveliness. This takeaway eatery is loved by locals and visitors!

Location: St. Michael
 Telephone: (246) 426-5953



NIGEL BENN AUNTIE BAR

While on a scenic tour of the east coast of the island, this rum shop is well worth visiting. Visit this bar in St. Andrew to find out the connection between Nigel Benn, the famous boxer from the UK, is connected to this rural village.



B.A.R. CUTTERS

B.A.R. Cutters is a rum shop that specialises in creating new Bajan dishes. Try our Lamb Burgers, Loaded Fries and our signature Rum Sauce. They even have a food truck which makes its way around the island, and is often found in the Rockley area.

Address: Dunlow Lane, St. Michael
 Telephone: (246) 262-7470



THE VILLAGE BAR AT LEMON ARBOUR

Taking a drive to the countryside in St. John is definitely worth it for some of the best mouth-watering cuisine and the vibrant atmosphere created. While only open on weekends, The Village Bar at Lemon Arbour is the place to be!

Telephone: 246-433-3162
 Location: Lemon Arbour, St. John
 Website: www.thevillagebarbb.com



THE SOUSE FACTORY

As its name suggests, this off-the-beaten-path food establishment is quite popular for the unofficial national dish on Saturdays in Barbados - pudding and souse. With pork, steam pudding made from sweet potatoes and breadfruit pickled to perfection, the Souse Factory beckons those seeking an authentic Bajan meal!

Location: St. John
 Telephone: (246) 423-2448

BAY TAVERN AT MARTIN'S BAY

Whether it's fish, souse or even lobster, which the bay is known for, the cuisine is well worth its reputation as being among the best 'grass roots' food on the eastern side of the island looking out onto the Atlantic Ocean.

Location: Martin's Bay, St. John
 Telephone: (246) 433-5118

