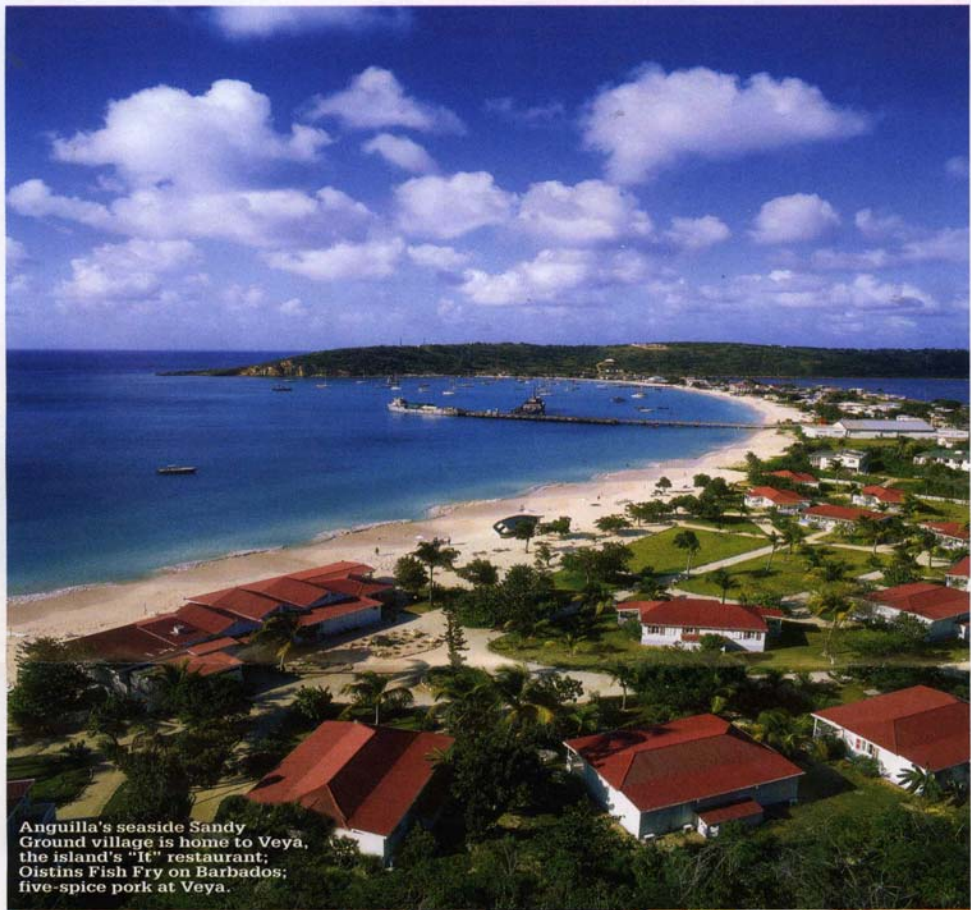


BON APPÉTIT

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Anguilla's seaside Sandy Ground village is home to Veya, the island's "It" restaurant; Oistins Fish Fry on Barbados; five-spice pork at Veya.



NAVIGATOR caribbean splurge & save

In the race to offer the best dining in the Caribbean, the British islands are leading the way. From the barefoot allure of the Bahamas Out Islands to the famed lushness of Barbados to restaurant-heavy Anguilla, we've found memorable food in both high-profile and more modestly priced spots. Here are the top places to go, from splashy destination restaurants to humble local hangouts. **GERALDINE CAMPBELL**

BAHAMAS
Forget the sprawling all-inclusives and high-rises on New Providence; the less-populated Out Islands of the Bahamas—a range that includes still-sleepy Eleuthera and tony Harbour Island—are suddenly in. From Nassau, take an inter-island puddle jumper or a high-speed catamaran. Or fly to Eleuthera from Fort Lauderdale on Continental Airlines. Stay in an elegant bungalow at the 40-year-old Cove Eleuthera and explore the island via bicycle or kayak. From the resort's location at the northern end of the 110-mile-long jaunt (via car, then ferry) to Harbour Island. Rooms from \$245; Queen's Highway, Eleuthera; 800-552-5960; thecoveeleuthera.com

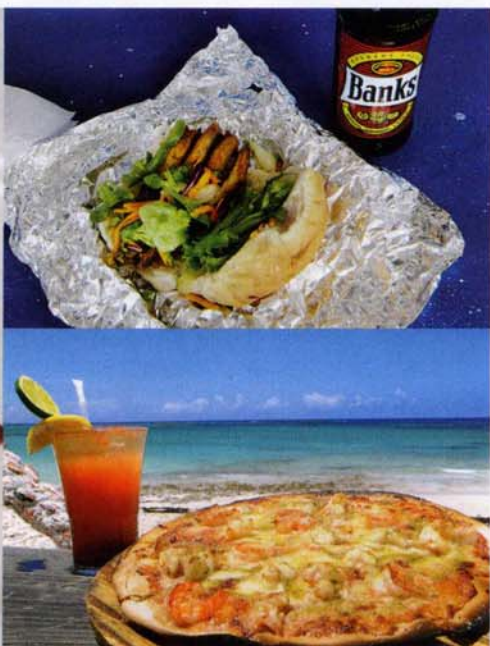
SPLURGE the landing restaurant This red-walled restaurant with exposed beams and white tablecloths serves serious, consistently good food from Australian Ken Gomes: spicy local stone crab tossed with capellini; goat cheese ▶

CLOCKWISE FROM TOP RIGHT: ILLUSTRATION BY REMIE GEOFFROI; PHOTOGRAPHS BY ROY RILEY/ALAMY; CHRISTIAN GOMEZ, DALLAS AND JOHN HEATON/FREE AGENTS LIMITED/CORBIS

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Nori-crusted tuna at The Fish Pot on Barbados; a flying-fish sandwich and Banks beer at Oistins Fish Fry outside of Bridgetown, Barbados; the lobster pizza and Tippy's Sunshine cocktail at Tippy's in the Bahamas.



ravioli with shrimp, pine nuts, and brown butter; and steamed Belgian chocolate pudding. Ask about Afro Head, the restaurant's own line of coffee, rum, and wine. *Bay Street, Harbour Island; 242-333-2707; harbourislandlanding.com*

SAVE tippy's

The seven-year-old oceanfront restaurant at Pineapple Fields resort is a collection of open-air gazebos furnished with tables made of old shutters. Here, you'll find some of the island's best food. The chalkboard menu changes daily, depending on the delivery of local produce and seafood, but the lobster pizza is a must, as is the signature Tippy's Sunshine cocktail, made with dark rum and tropical fruit juices.

Banks Road, Eleuthera; 242-332-2221; pineapplefields.com

ANGUILLA

This diminutive isle, known for its low-key elegance and 33 magnificent stretches of sand, has more than a hundred restaurants packed into just a few miles. Unless you've got a private jet, fly into Wallblake Airport from San Juan, Puerto Rico (American Eagle offers daily flights), or from a handful of other nearby islands. The four large two-bedroom units at Meads Bay Beach Villas have private decks with chaise longues, Moroccan lanterns, and plunge pools. *Rooms from \$700; Meads Bay; 264-497-0271; meadsbaybeachvillas.com*

SPLURGE veyá

When it opened in 2007, Veyá became Anguilla's new "It" spot, thanks to sexy interiors and creative cuisine. Flavors run the gamut from Vietnamese to North African, with dishes such as five-spice pork and Moroccan shrimp cigars. There's live music three nights a week. *Sandy Ground; 264-498-8392; veyá-axa.com*

SAVE rafe's

For nearly 20 years, this cliffside barbecue stand that overlooks Sandy Ground and Road Bay has been serving fall-off-the-bone ribs and juicy chicken. Opening hours can be a tad unpredictable, but things typically get going around dinnertime. *Back Street; no phone*

to Daphne's, the offshoot of a chic London bistro, and now the island's hottest Italian restaurant. *Rooms from \$465; Paynes Bay, St. James; 888-996-9948; thehousebarbados.com*

SPLURGE the fish pot

Located right along the ocean, this out-of-the-way spot serves the freshest of seafood. The menu changes seasonally, but creative dishes may include seared nori-crusted tuna, herbed barracuda, and garlic polenta. The generous seafood platter for two is always a good pick. *Shermans, St. Peter; 246-439-3000; littlegoodharbourbarbados.com*

SAVE oistins fish fry

This historic fish fry outside the village of Bridgetown—where just-caught fish is served up pan-fried, grilled, or baked by vendors in a series of seaside shacks and stalls—provides a true island dining experience. The specialty is flying fish; get it fried and wash it down with a local Banks beer. On Friday and Saturday nights, there's live reggae and dancing into the wee hours. *Oistins, Christ Church; no phone ■*



BARBADOS

Long a prestige destination favored by British royals, this gorgeous isle boasts some of the Caribbean's most exclusive lodging, not to mention a swish restaurant scene. The island's top toques bring big-city credentials (Miami, Vegas, London) to the tropics. Delta offers a nonstop flight from Atlanta; US Airways flies from Charlotte, North Carolina, and Philadelphia. Stay at The House, where the 34 suites are cozy yet chic. It's also home

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CLOCKWISE FROM TOP LEFT: PHOTOGRAPHS BY RANDY HARRIS (2); HEATHER CAREY; ILLUSTRATION BY REMIE GEOFFROI