

## Phat's On St. Vincent

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PUBLISHED BY THE ST. VINCENT AND THE GRENADINES HOTEL & TOURISM ASSOCIATION















## ST. VINCENT AND THE GRENADINES HOTEL AND TOURISM ASSOCIATION

Tel: 458-4379 / 494-4379 Email: info@svghotels.com

## **Restaurant Week**

17th - 23rd November 2024



## **Week of Activities**

November 17th: Opening Reception at Ada Restaurant- By invitation only

November 18th-22nd: Participating Restaurants showcase their special Menus & Cocktails At individual places of business

November 19<sup>th</sup>: Farm-to-Table Gourmet Dinner Grenadine House, 7:00<sup>PM</sup> – 9:30<sup>PM</sup> (Tickets Available)

November 20th: Chef Training Session

November 21st: Meet Our Visitors at the Cruise Ship Port During the visit of the Cruise Ship

November 22<sup>nd</sup>: Street Food Safari featuring local food stalls & restaurants around Kingstown

November 23rd: Closing Gala at LaVue Hotel, featuring highlights from Chef James Cochran (Tickets Available)



















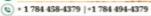


































































































Taste of Vincy

**RESTAURANT WEEK 18TH - 23RD NOVEMBER, 2024** 

#### **BREAKFAST SPECIAL**

Stewed Codfish Served with Madungo & Plantain



### VITAL VIBEZ DRINKS

Cucumber & Ginger

**Smoothie** 

Mosquito

Banana Pineapple & Ginger Smoothie

Pina Colada Smoothie

**Watermelon Smoothie** 

Coconut Breeze Delight (Rum, Pineapple Juice & Cranberry

Juice)

Chi-Chi (Vodka, Pineapple with Cream of Coconut)

### LUNCH

Stewed Codfish Served with Madungo/Bakes & Plantain

Fish Boil Up

Souse (Cattle Skin/ Pig Foot)

**Boiled Corn with Callaloo** 

Breadfruit/ Sweet Potato Burrito Bowl
Roast Pork/BBQ Pigtail with Breadfruit Chips
Roti (Fish/Chicken)

SIDES: CHEF STYLED VEGETABLES
STUFFED SWEET POTATOES
FRIED/STEAMED PLANTAINS
CORN COU COU









Taste of Vincy

RESTAURANT WEEK 19TH - 23RD NOVEMBER, 2024

Join us from November 19th-23rd, 2024, for a special culinary experience featuring locally inspired dishes paired with a handcrafted cocktail.

Choose from two distinctive options:

- 2 Course Meal Perfect for those seeking a quick yet refined dining experience, paired with a local cocktail.
- 3 Course Meal For those desiring a more indulgent feast, complemented by a unique local cocktail.

Please inquire within for pricing details. We look forward to delighting your tastebuds with this exclusive offering!

### **DINNER**

#### STARTERS

Corn /Vegetable Soup | Callaloo Soup with Coconut Dumplings Breadfruit Balls

#### MAINS

Creole Fish Served with Breadfruit Casserole & Vegetables
Orange Chicken with Vegetables & Stuffed Sweet Potatoes
Tomato Braised Mutton Served with Stuffed Pumpkin\Callaloo & Corn Pie
Lemon Grass Beef Served with Roasted Breadfruit
Vincentian Cultural Plate

#### SIDES

Fried Plantains | Corn Cou Cou | Fried Breadfruit

### DESSERTS

Mango Sorbet I Soursop Ice Cream Golden Apple Tart Plum Cake















#### ABOUT VEE JAY'S

Vee Jay's Restaurant & Bar, nestled in the heart of Kingstown, has been a beloved fixture of the local dining scene for nearly 50 years. Specialising in authentic West Indian cuisine, our menu offers a delicious array of freshly prepared dishes that capture the rich flavours of Vincentian culture. With a welcoming atmosphere that invites you to unwind, Vee Jay's is the perfect spot to experience the warmth of island hospitality. As one food critic noted, "it only gets better" – and we are proud to keep that tradition alive with every dish we serve.

#### RESTAURANT WEEK OFFER

Every person that orders from the menu gets **one complimentary** cocktail from the three (3) options below.

### RESTAURANT WEEK MENU (AVAILABLE FROM 12 PM - 7 PM)

Day-to-night Restaurant Week Menu Items	Price (XCD)
Shrimp Roti	40.00
Variety Basket Shrimp, chicken wings, samosas and fish fingers. Served with french fries	50.00
Seafood Combo Sauteed or pan fried Combination of fish, shrimp and conch. Served with garlic potatoes or french fries and vegetables.	65.00

#### COCKTAILS

- Sorrel Margarita
- 2. Rum Punch
- Fruit Mist (non-alcoholic)





**NOVEMBER 17TH - NOVEMBER 23RD** 





(784) 534-8677 | info@bequiaplantationhotel.com



Starters to Share Baba Ganoush 30 Smoked Eggplant Dip, Tahini, Housemad Pita(V,G) Caribbean Chicken Arepas 34 Corn Pancakes, Scotch Bonnet Aioli, Pickled Red Onions Island Conch Cocktail conch Salad, Orange Lime Dressing, Herbs, Peppers, Cucumbers, Mixed Local Provision Chips (SF) Coconut Shrimp 40 Tropical Salsa, Lime Aioli, Orange Chili Sauce (G,SF) Golden Goddess Hummus 30 Turmeric Ginger infused, Crispy Chickpeas, Plantain Chips (V) Ceviche of Local Fish 40 Leche de Tigre, Pico de Gallo, Lime Juice, Tortillas (C,SF) Lobster Money Bags Chive Soy, Pickled Cucumber, Shaved Carrots, Sesame, Chili Oil (S,G,SF)

### JACK'S FLATBREAD PIZZA Princess Margarita (V,G) Mozzarella, Basil, Tomato Sauce 43 Life's a Beach (G) Mozzarella, Chicken, Spinach, Pesto 45 La Isla Bonita (G) Mozzarella, Spiny Lobster, Shrimp, Tomato, Pesto 65 Vamos a la Plava (G) Mozzarella, Marinara sauce, Pepperoni, Pepper Flakes

#### Fancy a Dip? Browse our Beach Bums boutique!

### SALADS SANDWICHES et AL

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Classic Caesar Salad	48
Crispy Bacon, Shaved Parmesan and House Dressing (E) (add Chicken 15   Lobster 40   Sh	
Local Buddha Bowl	40
Chickpeas, Quinoa, Tahini, Mixed Leaves, Tur	rmeric Tahini
Dressing, Roasted Local Sweet Potatoes	
(add Chicken-15/Shrimp-30/Fish-18) (V)	
Cold Noodle Bowl	38
Cucumber Ribbons, Peanut Crumble, Pickled Chilis (add Chicken-15/Shrimp-30/Fish-18) (\)	
What a Jerk! Salad(or Wrap it)	46

Black Olives and Passionfruit Vinaigrette Lobster Roll

Jerk Chicken, Salad Leaves, Grilled Pineapple, Pickled Onions,

Tortillas, Lobster Salad, Mango Chutney & Cajun Butter Sauce (G.SF.C)

'The PM Burger' Fries, Jack's Burger Sauce Bacon, Cheddar Housemade BBQ Sauce (D.E.G.S)

Blackened Tuna Burger Fries, Ginger Aioli, Marinated Cucumbers, Carrots (D,E,G,SF)

#### MAINS

'JFC' - Jack's Fried Chicken 55 Coleslaw, Mango Chutney and House-Made Sticky BBQ Sauce

100 Lobster Mac and Cheese 3 cheese Mac, Grilled & Crispy Lobster, Tropical Garden Salad

70 Minute Steak Garlic Butter, Seasoned Fries, Tropical Garden Salad, Chimichurri (D)

Market Fish Kitchen Inspired Daily Vegan/Vegetarian Dish 55

68

Made to Order

### DESSERTS

20 Ice Cream Jill's Chocolate Brownie 2.4

(V) Vegetarian, (G) Gluten, (SF) Seafood, (C) Celery, (S) Sesame, (N) Nuts,(D) Dairy, (E) Eggs,

All charges include 16% VAT and a discretionary 16% Service Charge is added to all bills. Please advise your server of any food allergies or intolerances.

All prices are in Eastern Caribbean Dollars (st US - 52.6 FC)

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## CELEBRATING RESTAURANT WEEK

In celebration of restaurant week, come experience an international culinary journey at Myahs

### THEME 1

### **Vincentian Cuisines**

Stuffed Baked Snapper with Pumpkin Puree Sauce...\$45

Pork Pot Roast with Sweet & Spicy Ginger Sauce...\$40

FOR MORE INFORMATION

Call: 1(784) 451-3600

reservation@myahshotel.com

#### THEME 2

### **Asian Cuisines**

Moo Shu Pork with Flatbread...\$35

Fish or Shrimp Tempura with Sashimi...\$45

Tandoori Chicken with Garlic Naan...\$30

Chana Masala with Parsley Rice...\$25

#### THEME 3

### **Mexican Cuisines**

Beef Tacos with Guacamole...\$30

Chicken Quesadilla with Fresh Tomato Salsa...\$20

Sat Nov 23<sup>rd</sup> 6pm ———

## MYAH'S HOTEL WINDWARD HIGHWAY, DIAMOND

Subject To 15% Service Charge



# RESTAURANT WEEK

SPECIAL MENU

## MONDAY/TUESDAY SEAFOOD PIZZA

A mix of fresh fish, shrimp and fresh locally sourced vegetables on a cracker thin crust. Baked to a crisp.

## WEDNESDAY-FRIDAY CHEF'S SPECIAL CEVICHE

Our chef's special! Ceviche with a Caribbean flare.

Locally caught fresh fish infused with with local Vincy flavours.

## ENJOY 10% OFF YOUR MEAL

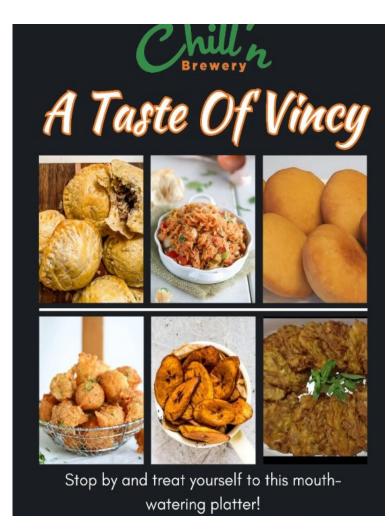
RESERVATIONS +1784 456 8999





Grange















## **Specials:**

Fish Tea with CassavaBambam at the price of \$27.85

Bay Street Tel: <u>457–2713</u>











·A complimentary local cocktail with purchase of our local dish of the week. **VILLA** 

TEL: 453-1111





## Specials

·Humble Beginnings Dough Boy paired with fresh stir-fried vegetables, and your choice of savory salt fish, blackfish, or stewed chicken. Price: \$35

·Captain Bligh's Callaloo Soup Served with warm garlic bread. Add your preferred meat: tender tripe, beef, or both Price: \$30

·Vincy Lays a colourful combo of crunchy root vegetables served with garden salad and creole conch. Price: 50

·Summer Rose Breadfruit Bowls Roasted breadfruit topped with your choice of salt fish or blackfish, accompanied by a tomato and cucumber salsa. Price:\$25

From the Grill Your choice of grilled meat served with potato salad and festivals Price: Pork - \$50, Chicken - \$40, Young Island Dock, Villa meat served with potato salad and Fish - \$50







Tel: 494-7673



Crispy, golden sweet potato croquettes, perfectly seasoned - \$17

Discounts on product offerings

"Come Again" vouchers/Coupons

Grilled Fish Sandwich on Vincy Fried

Served with golden fries and a fresh garden salad - \$40

·Tamarind-Glazed Chicken & Waffles Crispy fried chicken tossed in a tangy tamarind glaze, served alongside fluffy waffles \$30

Seafood Roti

A delightful mix of fish, shrimp, and conch wrapped in a soft roti, accompanied by a fresh garden salad - \$35

Rum & Raisin Bread Pudding

A classic dessert infused with rum-soaked raisins, served warm with a scoop of creamy ice cream - \$18



Tel: <u>456-2602</u>



## St. Vincent and the Grenadines



## TOURISM MONTH

**NOVEMBER 2024** 

Calendar of Activities

- Church Service || 9:00 a.m Kingstown Seventh Day Adventist Church
- Messages from Hon.Minister of Tourism and the SVGHTA
- O4-O8 School Visits, Field Trips and Essay Competition
  Primary and Secondary Schools
- 05-SVGHTA - Star Quality Housekeeping Workshop
- Tourism Choral Speech Competiton Peace Memorial Hall || 9:00 a.m.
- Tourism Staff Development

  Excellence In Every Interaction
- Conversations On Tourism

  Media Blitz and Stakeholder Engagement
- Media Retreat
  Spring Hotel, Bequia
- Winair
  Inaugural Flight || AIA
  - **f** TourismSVG
- o vincytourism

Crystal Serenity Inaugural Cruise Call
Welcome Ceremony || Bequia

- Spirit of Discovery Inaugural Cruise Call
  Welcome Ceremony || Cruise Ship Terminal
- 17-23 SVGHTA Restaurant Week
- TVET Symposium

  Methodist Church Hall || 9:00 a.m
- MSC Virtuosa Inaugural Cruise Call
  Welcome Ceremony || Cruise Ship Terminal
- Experiential Tour

  Black Point Heritage & Recreation Park
- Aida Luna Inaugural Cruise Call
  Welcome Ceremony || Cruise Ship Terminal
- Tourism Awards Ceremony