

























Sea Salt Studios Dining Recommendations


Last updated by Roxanne in February 2025

With so many amazing dining options in Barbados, it can be quite a challenge to decide where to indulge. Hopefully, our well-curated list will serve as the perfect starting point for your culinary adventures along the West Coast of Barbados.

- | | | |
|--|--|---|
|  The Cliff Website: The Cliff website Two courses starting at BBD300/pp* |  New! Le Derrière Website: Le Derriere New! Opened November 2024 |  Pepenero Website: Pepenero website Main entree can average BBD50* |
|  The Tides Website: The Tides website Two courses starting at BBD135/pp* |  Fusion Rooftop Website: Fusion website Main entree can average BBD90* |  Lemongrass Website: Lemongrass website Main entree can average BBD50* |
|  The Lone Star Website: Lone Star website Main entree can average BBD100* |  Nishi Website: Nishi website Main entree can average BBD90* |  Cafe Bar Carizma Website: Cafe Carizma English breakfast Average BBD45* |
|  Paul Owens Website: Paul Owens website Main entree can average BBD120* |  The Horny Ram Website: Horny Ram Main entree can average BBD90* |  Buzz Box Health Bar Website: Buzzbox Website Healthy portable items Average BBD25+* |
|  Local & Co. Website: Local & Co. Main entree can average BBD80* |  Michael Hinds x West Bar Website: West Bar website Main entree can average BBD80* |  La Baguette Website: La Baguette Quaint pastry and bread shop |
|  Sea Shed Website: Sea Shed website Main entree can average BBD80* |  The Bearded Rose Website: Bearded Rose Main entree can average BBD80* |  New! Cafe de Paris by The Cliff Website: Cafe de Paris Gourmet pastry and coffee shop |
|  Baia Website: Baia website Main entree can average BBD80* |  The Rustic Chef Website: The Rustic Chef Main entree can average BBD50* |  New Hometown Location! Cliff Bakery Website: Cafe de Paris Gourmet breads and pastries |
|  La Cabane Website: La Cabane website Main dish can average BBD70* |  New! Fresko Poke & Sushi Bar Website: Fresko Limegrove Main dishes can average BBD50* | |
|  Calma Beach Bar Website: Calma website Main entree can average BBD70* | | |

 Oceanfront Location

 Not Oceanfront

 Recommended for
breakfast | pastry | coffee

Beach Club Fact Sheet

A trip planning tool by Sea Salt Studios

Enjoy complimentary access to the exclusive Private Beach Club in Sunset Crest during your stay at Sea Salt Studios! It's a short walk from our studios and cottages. Relax by the ocean-front pool, soak up the sun, and use the clean facilities. [Watch our video to get excited!](#)

What's Included

Our members-only pool offers an ocean-front setting with lounge chairs, facilities, and access to Holetown's boardwalk, restaurants, and bars. Use your access card (attached to your keychain) to relax, soak up the sun, and explore Holetown. Food and beverage not included.

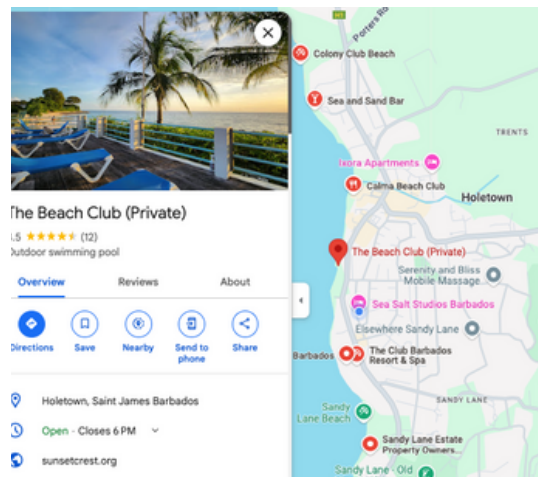


Hours of Operation

Hours: Usually 8am to 6pm or sundown, but subject to change. May be closed for private events or renovations.

Walking Directions

The Beach Club is a 5-minute walk (400m) from our studios, or 10 minutes (800m) from our cottages/nook. Head northwest towards the ocean. Look for the light blue, unmarked gates to the left (south) of Paul Owens restaurant. Also visible on Google Maps under "The Beach Club (Private) in Holetown"



Access Card Required

Enjoy easy access to the Beach Club with the card attached to your master keys (see www.seasaltgo.com/club). Watch the video in our Beach Club section to learn how to use it. Please note: Non-registered guests are prohibited, and violations will result in access revocation. The card must remain on the keychain upon check-out, unless a late departure fee has been pre-arranged and paid.



These recommendations are for Sea Salt Studios guests to inspire your Barbados planning. We are not affiliated with any listed vendors, and their services are not included. We offer suggestions only, not itinerary planning. We are not responsible for your experiences with recommended vendors. Please research costs, Google vendors if links break, and assess your own physical abilities for "walkable" locations. If our suggestions don't meet your needs, please research alternatives online.

Holetown Essential Shops

A trip planning tool by Sea Salt Studios

Discover the prime locations of essential shops and services on our handy map. Please note that restaurants are not included as they are plentiful. For restaurant recommendations, please visit the Restaurants section of www.seasaltgo.com.



 Sea Salt Studios and Cottages

 Holetown Beach

.....
Beach Club Membership

.....
Boardwalk Access

 Massy Supermarket (Mainstream)

.....
Clifton Market (Boutique Grocery)

.....
Limegrove Lifestyle Centre (Mall)

.....
Cave Shepherd Duty-Free Plaza

 Wine World

.....
The Grapevine Wine Shop


.....
Starbucks @ Massy Supermarket

.....
Cafe de Paris Coffee Shop @ Limegrove


.....
Always Summer Coffee @ Limegrove

 Bus Stops (BBD\$3.50 Fare)*

 Rubis Gas Station Full Service 24h

 Rubis Snacks and Liquor Shop 24h

 Sandy Crest Walk-In Clinic

 Taxi stands are located in several parking lots throughout Holetown.

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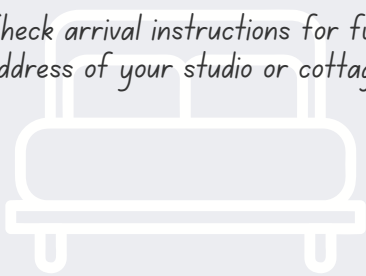
Barbados Emergency Contacts

A trip planning tool by Sea Salt Studios

It is highly recommended to have important emergency contacts readily available while traveling. We have prepared a convenient sheet that includes essential emergency contacts to ensure a safer trip. Please download and use this sheet to stay prepared and have peace of mind during your travels.

Accommodation

Check arrival instructions for full address of your studio or cottage.



Flights



Travel Insurance



Emergencies

*Police: 211, Fire: 311,
Medical: 1 246-419-4911*

Taxi and Drivers

West Coast Taxi: 246-233-6010 (WhatsApp)



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Suggested Packing List

A trip planning tool by Sea Salt Studios

Here's an example of a Barbados packing list you can use as a tool to help draft your own*.

- Your favourite ground coffee or tea bags
- Comfortable, broken-in walking shoes
- Light coloured breathable cotton clothes
- Water shoes for rocky areas
- Hats or caps especially for excursions
- Sunglasses, case, cloth and cleaner
- Quick-dry mesh beach bag (per person)
- Quick-dry sand-free compact beach towels
- Swimwear and/or rash guards
- Travel sized toiletries and cosmetics
- Sleep aid and sleep mask for jet lag
- Ear plugs for tree frog sounds at night
- Scrubby gloves for that perfect tan
- Band-aids, antibiotic cream, antihistamines
- Medications and copies of prescriptions
- Mosquito repellent with DEET
- Detergent for hand-washing swimwear
- High SPF sunscreens and burn creams
- Hand wipes for purse and beach bag
- Passport and copy of for duty-free shops
- Valid driver's license (not expired)
- Travel insurance documents
- Flight tickets, details and hotline
- Accommodation and check-in details
- US Dollars or Barbadian Dollars
- A couple of widely accepted credit cards
- Emergency contact numbers (see template)
- Chargers for your devices
- Electrical outlet adapter (if from UK)
- Extension chord for hard to reach outlets
- Portable Wi-Fi device or Roaming Plan
- Portable charger for long outings
- Portable fan for outdoor dining
- Lightweight mosquito fan for outdoor dining
- Lanyard to hold accommodation keys
- Waterproof folder for important documents
- Laundry bag for soiled clothing
- A money belt or hidden pouch to hide cash
- Compact umbrellas and ponchos
- Waterproof phone case pouch
- Snorkel gear (if desired)
- Travel thermal water bottle (high quality)
- Travel thermal wine and cocktail tumbler

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