

## Good Eats in Chaguaramas.... Updated 18 March, 2014

Some of the eating places are easy to find, but most newly arrived cruisers are unaware that they exist. The following is a comprehensive, but perhaps incomplete, list of places to eat in Chaguaramas. We will begin furthest West, and move East.

**In The Wall**- Located on the compound of the Salt Factory, just seaward of the entrance to **IMS Yacht Services**. Open from 6:30 a.m. with breakfast of coconut bake bread filled with practically anything, as well as various pies. Call Corinne for daily specials, 761-9699. Inexpensive.

**Mariner's Haven** –Food kiosk opens about 11AM, with home-made local food take-away lunches, about \$30TT. Tel 323-7103. Celia sells out early.

**West Palm Hotel** - Top floor restaurant with covered balcony has a nice view of the harbor, features Gerra pork, fried shrimp, sandwiches, salads,, etc.. Open for lunch and usually breakfast and dinner.. Good food and service. Moderately priced.

**Caribbean Fisheries Training and Development Institute** - Located behind Peake boatyard, across the main road from the RBTT bank, and perhaps the best 25-35TT\$ lunch in Chaguaramas. Menu changes daily, M-F, and always has a fish entrée as well as chicken or meat, and vegetarian meals. Call before 0930, tel 634-4276, Ext.27, to order lunch. Dine in or take-away. Get there before noon to avoid a long line.

### **Peake Compound:**

**Zanzibar** restaurant, on the water. Open for breakfast, lunch, dinner. Varied menu, seafood, meats. Good food, expensive.

**The Corner Post:** A snack bar with a few grocery items. Sandwiches, salads, bagels, and side dishes.. Open 7:30-4:30 M-F, 8-1:30 Sat. Closed Sun and holidays. Inexpensive

### **Power Boats compound:**

**Sails Restaurant** – In the Power Boats compound, waterside, open for lunch and dinner. Excellent menu choices as well as a daily lunch special. Weds night feature is Kebobs (steak, fish, shrimp, chicken, etc). Sat. night feature is rib-eye steak and entertainment, and Sun night is BBQ/mixed grill with various meats (ribs, steaks, and seafood e.g. lobster tail, shrimp, fish). Good food, expensive.

**The Roti Hut** - if you don't know it's there, you won't find it. This is located seaward of the contractor's building in the eastern part of the compound. Open for breakfast and lunch serving East Indian delicacies i.e. sada, roti, dahlpouri, and "buss-up-shut" roti. If you aren't in line by 1130, you may not get your choice of roti selections. Not expensive..

**Dockside Grocery** - On the water at Power Boats. Features rotisserie chicken. Orders must be placed in advance and it is usually ready in 1 hour, hot and ready to eat. Other grocery items, also ready to eat.

### **On the road outside Power Boats:**

**Fruit and Veggie stand....**under a square tent just outside PB entrance. Great fresh fruit and local vegetables, usually sold by weight. Usually open 8-1600 M-Sat. For special orders call Zeeta @ 462-8251.

**Against de Fence....** "Chickee" and several other stands selling soup, beef and pigtail, Roti, pilau, stewed chicken and other local cuisine. Usually open 7AM to 2PM. M-F. Inexpensive local 'street food'

**Doubles stand** - An East Indian delicacy and a popular Trinidadian breakfast. Next to the road outside Budget Marine, under a white tent. Usually open M-Sat, 0600-0930. \$4TT for a "Doubles". Very tasty. You can't really say you've been to Trinidad without having had a 'Doubles'.

**Sweetwater Marina: “The Lure”** Tues-Sun for dinner, 4-10PM. Reservations advised. Varied and excellent menu with seafood, steaks, etc. Friday night seafood dinner specials. Access by dinghy can be difficult, especially so at low tide. Expensive., but worthy on special occasions.

#### **Coral Cove compound:**

**Café Feel Oh!** – Open 0730-2300 Mon-Sat, 10-1900 Sun. Serving breakfast, lunch, dinner & drinks. Local foods, excellent menu choices. Inexpensive and tasty. ... and Free WiFi.

**The Corner Post**– a lunch counter for hot dogs and other sandwiches, salads and pies. Cold drink and coffee and tea are available. Some grocery items. Open for breakfast and lunch. Inexpensive. It is also the local Post Office for mail addresses in Chaguaramas. Tel 634-1034.

**Joe’s Pizza** - open for lunch and dinner, serving Italian food: pastas and sandwiches. Moderately priced. Closed Sundays, holidays and slow days.

**Cappuccinos** - specialty coffees, pastries, Jamaican meat patties, & other snacks. 743-7334. Open 0800-1700, M-F. WiFi available to customers.

#### **Tropical Marine compound:**

**Wheelhouse Pub** – Open for lunch and dinner; excellent menu choices with a daily lunch special. \$35-45TT. Good value. They also have weekday dinner specialties; Wednesday night grilled Swordfish, Friday night Kebabs, and Saturday night ‘Bake and Shark’, starting at 6PM. Get there early, or call for reservations, tel 634-2339.

#### **CrewsInn compound:**

**Lighthouse Restaurant** – Open for breakfast, lunch and dinner every day. \$65TT (all inclusive) buffet breakfast M-F, 07-1030. Good value. Also a Thursday evening buffet. Dinner reservations are recommended. Special menus on holidays. Mon-Sat a \$99TT fixed-price lunch; otherwise it’s expensive. 10% service and 15% VAT will be added to your bill..

**Café Del Mare** – On the water, by the Customs dock. Re-opened in prior Barracuda Bar space. A coffee shop serving freshly brewed coffees, pastries, panini and other sandwiches, soups, salads and desserts. Usually open for breakfast, lunch, afternoon tea and early dinner (closes at 8pm). Moderate prices.

**The Roti Van/B&S Catering** – Tasty local food. Arrives M-F at noon, outside Dockside Electric behind the CrewsInn hotel, with take-away lunches, roti, and sometimes soup. Buss Up Shut Rotis on Thursdays. Call Sharmaine, 734-4080 by 0900, to pre-order your inexpensive lunch..

**TTSA – Jetty Jammers** is open for lunch and until the early evening. Tasty local foods. Inexpensive.. 372-6693 for menu/reservations/take away.

**La Soufriere Maritime Compound- Too Sweet on The Bay** open for breakfast and lunch, all local food including local desserts such as pone, sweet breads and fruitcake. Inexpensive.

**Trinidad War Museum** - a small take-away snack bar offering local foods and sandwiches and beverages. Open when the museum is open.

**Institute of Marina Affairs Cafeteria** – serves excellent local food M-F (except holidays). You must order in advance. 634-4291, ext 2158. by 11AM.

**TTHTI “Hotel School”** - serves a lovely lunch. This is a training school for students in culinary and hospitality courses.

Seafood, meats, salads and sandwiches. Service and food usually excellent. Moderately priced.

**Chagville and Williams Bay** - Various food huts by the beach, especially during holidays and weekends. - open for breakfast and lunch; one can find a variety of local foods readily available. Inexpensive.

**There are also 3 'convenience' grocery stores in Chaguaramas:** Hi-Lo in the CrewsInn complex, Dockside Market in Power Boats, and a surprisingly well-stocked little grocery at Island Homeowners landing, west of Caribbean Drydock.. The Corner Post (at both Peake Boatyard and Coral Cove locations) stocks a few take-away grocery items.

For additional dinning out choices a bit farther afield, see: <http://trinichow.com/>