

# food, glorious food

## Town of St. George

BY KRISTIN WHITE

In July 1612, 50 families sailed into Bermuda with the goal of turning it into the most successful colony of the British Government. It had been 2 years since a group of shipwrecked passengers, who'd been stranded on our shores for one year, had departed the island on ships they'd built from salvaged materials and Bermuda cedar. When they reached Jamestown Virginia, the cahows (Bermuda birds) and pigs they'd stored helped save that struggling colony from starvation.

Once word reached that the shipwrecked passengers were not only alive but had thrived on a beautiful island full of resources the decision was made to return. And the Town of St. George's was established.

With over four centuries of commerce and community here in St. George's, we've seen our fair share of ups and downs. Right now, the Towne is on a major UP when it comes to FOOD! And as someone who both lives and works here in the East End, and rarely makes it over the bridge, I am super-excited to have lots of choice at every price point.

### Quick Bites:



**Conscious Vibes Café** boasts the best coffee in St. George's, and it's fair trade, so know your morning jolt is an ethical choice as well. I have their veggie panini or tuna wrap for lunch a few times a week. And when you want to sit around and read, gossip, or use their wifi to update your FB page, their comfy couches and armchairs are the perfect perch. Oh the hours I've spent there...



If you're reading this on a Wednesday or a Saturday, put down the magazine and go directly to **Sweet Saak Bakery** for their famous cinnamon bun specialty. They sell out quick though, and are only available those two days; so lucky for you this award-winning bakery also has delish scones, croissants, and cupcakes, every day of the week, including a waffle and bacon Sunday breakfast!

**Mama Angies** is just off the square and is a traditional 'hole in the wall' local diner, with fish cakes, burgers, sandwiches – everything yummy and scratch-made. There are only about 8 seats inside, so get yours to go and go sit across in the lovely Somers Garden across the street.

If you want pizza, **Tavern by the Sea** is my go-to place in the Towne. They don't sell it by the slice, but their small pizza is perfect for two people and they have loads of seating right by the water. Insider tip: Ask for yours extra crispy if you like a crunchy 'wood-burning oven' crust!

### my view from behind bars food, glorious food



Tempest Bistro

### Stay a While:

**Tempest Bistro** is the new kid on the block and has quickly become one of my favourites with a creative menu, beautiful space, great local service, and fabulous wine list. Even the crusty bread that comes with the meal is super-moreish. I go there equally for special occasion dinners AND casual weeknight suppers at the bar. You can't go wrong with whatever you choose, but definitely try out the daily risotto special and their incredible duck dishes.

**Wahoo's** has hit on a winning formula of fresh seafood dishes, fun staff team, and a bar that stays open late! Their back harbourside patio has also received a gorgeous upgrade recently, making the restaurant an all around great local spot for people watching, fish watching and dark n' stormy drinking. My faves are the fish tacos and smoked wahoo pate. #nomnomnom



Just out of the square and perched on the eastern tip of the island is **Beach House**, a beautiful spot for a sunset filled meal. Every single time I'm there, most members of my group dig in to large, delicious-smelling bowls of mussels while my shellfish allergy keeps me feeling very jealous and left out. I opt instead for staying alive and choose their tangy ceviche or caper-filled tuna tartar (ask for extra bread) and then nosh on their rack of lamb, with a

large enough portion for tomorrow's lunch!

### ABOUT KRISTIN AND SHOSHANNA:

I have lived in St. George's since 2003 and developed an obsession with the town. I am the Development Director for The St. George's Foundation, the Creator and Producer for Haunted History (evening walking tours) and, along with my husband, own the bookstore, The Book Cellar, on Water Street. My bicycle and perpetual companion is named Shoshanna and loves the attention.

