

# JEN'S LIST

## SPANISH WELLS - FOOD AND BEVERAGE

Most restaurants have daily specials not listed on their regular menus. Operating hours are subject to change.

*\* Reservations are recommended and appreciated for holidays/busy season, and for larger parties.*

### RESTAURANTS / STANDS / BAKERIES

<p><b>WRECKERS</b> (South St, east of 15th St) <i>(credit cards accepted)</i>            Monday-Thursday, 9am - 10pm; Friday - Sunday, 8am - 11pm            ~ Offers case beer pricing, check with restaurant for details            * Reservations: 242-333-5222, wreckersmanager@jitan.bs, or FB Messenger</p>	☕ breakfast
<p><b>SANDBAR BAR &amp; GRILL</b> (Russell Island, almost to West End) <i>(credit cards accepted)</i>            Tuesday - Saturday, 11am - 10pm; Sunday brunch 9am - 11:30am, lunch 11:30am - 4pm            * Reservations: 242-699-5646 or FB Messenger Closed on Mondays (except occasional lunch)</p>	☕ Sunday Brunch
<p><b>THE SHIPYARD</b> (East End, by the gazebo where Main St and South St meet) <i>(credit cards accepted)</i>            Sunday - Thursday, 11:00am - 9pm; Friday and Saturday, 11:00am - 9:30pm            Upstairs bar open Thursday - Sunday at 5pm Closed on Tuesdays during low season            * Reservations: 242-333-5010 or FB Messenger ~ Check FaceBook for Weekend Specials and Live Music</p>	
<p><b>BUDDA'S SNACK SHACK</b> (12th St) <i>(credit cards accepted)</i>            Kitchen open Monday - Saturday, 11am - 3:30pm, 4:30 - 9:30pm; Bar open until later, sometimes 2am            * Reservations: 242-333-4111 or FB Messenger Closed on Sundays</p>	
<p><b>THE SNACK VAULT</b> (Main St @ 7th St) <i>(*cash only)</i>            Monday - Friday, 9am - 9pm; Saturday 9am - 4pm            ~ Jen suggests: Call ahead ordering advised 242-333-5301 Closed on Sundays</p>	☕ breakfast
<p><b>LINDY'S CORNER KITCHEN</b> (Food truck across from Food Fair, Main St, betw 17th &amp; 18th) <i>(*cash only)</i>            Every day: Breakfast 7:30am - 11am; Lunch 11am - 2pm; Dinner 6pm - 9pm            ~ Daily menu posted on Facebook, incl Bahamian cuisine            ~ Event catering (242-470-3120, 470-5307) ~ Phone/WhatsApp orders welcome 242-524-1556 Lindy Sturupp</p>	☕ breakfast
<p><b>SWEET SWEETINGS</b> (Main St @ 28th Street, corner, beige house) <i>(*cash only)</i>            ~ Bahamian and American cuisine ~ Coffees, Lattes, Boba Teas, Cinnamon Rolls &amp; Cupcakes daily            ~ Menu/hours change daily, follow "Melonie Sweeting" on FB; Pre-order at 242-551-1031 or 242-464-2072</p>	☕ breakfast
<p><b>EAGLE'S LANDING</b> (Main St @ 18th St) <i>(*cash only)</i>            Monday - Friday, 8:30am - 9:30pm; Saturday 8:30am - 9:00pm            ~ Drive thru open until 10pm for drinks, desserts, ice cream ~242-333-4955 Closed on Sundays</p>	☕ breakfast
<p><b>THE TAKEOUT</b> (13th St) (Pizza - Curbside Pickup or Delivery)            Open every day, 6pm - 11pm+            ~ Order online: thetakeout.waiterio.com ~ WhatsApp: 1-242-808-1083 Bobby Cartwright</p>	
<p><b>JENNIFER'S TAKEAWAY</b> (8th St, top of the hill) <i>(*cash only)</i>            Open on Fridays, approx. 10am - 2/3pm ~ To order call 242-333-4454 (Jennifer) or WhatsApp 242-470-7503 (Theresia)            ~ Bahamian and American cuisine ~ For menu and daily specials: follow "Theresia L. Roberts" on FB</p>	
<p><b>TELLY'S SIDE KICK</b> (12th St @ Main St, blue HNH apartments) <i>(*cash only)</i>            ~ Bahamian and American cuisine; daily specials, sandwiches, subs, salads, desserts, etc.            ~ For menu/hours: follow on FB "Jewel Lexy Dunnam" 242-452-0479; or "Shantel Dunnam" 242-470-2915</p>	
<p><b>J'S CONCH SHACK</b> (South St/harbour side, west of 24th St) <i>(*cash only)</i>            Open Wednesday - Saturday, noon - 6pm            ~ Fresh conch salad ~ Phone/WhatsApp orders are welcome 242-553-5343 Christina Pinder</p>	
<p><b>THE PANTRY</b> (Russell Island) <i>(*cash only)</i>            Open Tues, Wed, Fri, Sat ~ Sushi, Asian, Sandwiches, Salads, Pastas, etc.            ~ For daily menu: follow "The Pantry" on FB, WhatsApp orders to 242-805-2908 Ashley Barr</p>	
<p><b>SANDCASTLE</b> (South St/harbour side, west of 24th St) <i>(*cash only)</i>            Open Wednesday - Saturday, 10am - 2pm; Sunday 5:30pm - 9pm ~ Subs, salads            ~ For menu: follow "Sandcastle Subs Salads" on FB; To order: 242-699-5377</p>	
<p><b>ISLAND GALZ</b> (Western View, green and white house) <i>(delivery available) (*cash only)</i>            ~ Orange Chicken, Fried Rice, Cuban Pork, Black Beans and Rice, etc, plus sweets and baked goods            ~ Will also cook and drop off meals to your rental house, can also stay and serve/clean up            ~ For menu: follow "Clara Dela-providencia" on FB            ~ Pre-Orders welcome, WhatsApp orders to 242-470-1049 Clara Dela-Providencia or 242-464-0609 Dayna Dela-Providencia</p>	

## RESTAURANTS / STANDS / BAKERIES (continued)

### SWEET ADDICTIONS CAKERY - Shelly Newbold (20th St)

~ Cakes, wedding/anniversary cakes, cupcakes, cheesecake, cookies, cinnamon rolls, etc., made to order.  
~ Order via text or WhatsApp 242-470-7519, See photos on Facebook; SweetAddictionsConfections on Instagram.

### PAPA'S SCOOPS (Main St @ 15th St) (Ice Cream) (\*cash only)

Every evening 7pm - 10pm 242-333-4264  
~ Daily flavors posted on Facebook or on sign in front of shop


### LAINA'S LAIR (Call/Inbox for Directions) (Pop-Up Ice Cream Shop) (\*cash only)

~ Daily menu/schedule on Facebook and Instagram, Tuesday deliveries; 242-470-9281 Alaina Sweeting

### KATHY'S BAKERY (Main St, across from Food Fair) (\*cash only)

Monday - Saturday, 9am - 5pm, (Wednesday, 9am - noon only)  
~ Homemade breads, johnny cakes, pies, specialty fruit cakes, fudge, pickles, pepper jelly, etc.  
242-333-4405 Kathy Pinder **Closed on Sundays**

### SAVY STYLES & TREATS (South St/harbour side, west of 24th St) (\*cash only)

Open Wednesday, Friday, Saturday (**closed Mon/Tues/Thurs/Sun**)  
~ WhatsApp 242-470-6699 or check FB "Spanish Wells Forum" or "Savy Styles Treats" for hours/menu  **breakfast**  
~ Hot/cold coffee, hot/cold lattes, muffins, cookies ~ Fresh Roasted Coffee Beans  
~ Coffee Bar catering available for private parties and events Savanna Pinder

### SEASIDE COFFEE (Pop-Ups, Markets, Special Orders) (\*cash, Venmo, PayPal)

~ Coffees by the Gallon ~ Cinnamon rolls by the half dozen or more  
~ Follow "Seaside Coffee" on FB for specific flavors 242-470-5137 Cierra Sweeting

### TONY'S BAKERY (Dead end street, betw 12th & 13th, last blue/white house)

~ Breads fresh every day at 8am for pickup  
~ Homemade breads, johnny cakes, dinner rolls, hamburger buns, etc. **Closed on Sundays**

### STURRUP'S OASIS (Food truck across from Food Fair, Main St, betw 17th & 18th) (\*cash only)

Sunday - Friday, 2pm -5pm; Saturday noon - 5pm  
~ Daily menu on Facebook ("Lindy's Corner Kitchen") ~ Daiquiris (non-alcoholic), Milk Shakes  
~ Hottie Patties, Pizza by the Slice, Sandwiches ~ Donuts Dahlia Sturrup

### TK'S PARTY RENTALS (Pre Packaged Party Favors, Snack Machines & Pop Up Shops) (\*cash only)

~ Hot dogs, chili cheese dogs, nachos, buttered popcorn, candied popcorn, cotton candy, snow cones, cold drinks, face painting, bounce house, etc  
~ tkspartyrentals242@gmail.com 242-443-8318 FaceBook: TK's Party Rentals; Insta: tkspartyrentals Kristen Carey

## FRESH CATCH / RAW SEAFOOD

### BERNARD (Bernie Sweeting) (Dock - around 30th St, creekside, east of bridge)

~ Look for signs to find him, he's there most days around 2/3pm to 5pm, but not on Sunday  
~ 242-333-4434 (home); ~ 242-333-4770 (dock)

### HANK SWEETING

~ Sells from 14th St dock in mornings (creekside)  
~ Also sells from home all day (30th, opposite Hide Tide Courtyard) ~ 242-818-9908

### RONALD'S SEAFOOD/SERVICE CENTER (3rd St @ South St) (\*cash only)

Monday - Friday, 8am - 12pm, 1pm-5pm; Saturday 8am - 12pm ~242-809-4143  
**Also provides refills for 5-gal bottles of drinking water (cash only); (... Jen suggests: pull up to side of building, they'll see you and come to you, don't forget to tip :) and bring your own lid!)**

### DEEK (Darrin Sweeting) and TWEEDIE (Tweedie Sands) (Dock - creekside, by big boat storage house)

~ 242-557-7594 (Deek), 242-359-7516 (Tweedie)  
~ Send message via WhatsApp if not found at dock. Might be on a guided fishing charter.

### BACKYARD BAIT & TACKLE (Gideon Pinder) (19th St) (cash preferred, PayPal, Zelle)

~ Sells from his home, all kinds of fish, whatever is in season  
~ Also sells fishing rods, reels, tackle, and bait for any type of fishing; provides reel spooling services  
~ 242-470-8347 (call/WhatsApp to make sure he's not out fishing); FaceBook: Backyard Bait & Tackle

## PRIVATE CHEFS / PARTY PLATTERS / CATERING

(Jen suggests: Please remember that produce prices will vary and produce offerings will depend on what the chef is able to get)

<p><b>HIGH TIDE COURTYARD (30th St.)</b> (Virginia Parks) 242-828-8551          ~ Private dining and catering ~ Private courtyard for your special event/dinner          ~ Will also prep, cook, serve your fresh catch          ~ ginparks69@gmail.com; Reservations required, and she books up well in advance!</p>
<p><b>HE-BREWS CATERING SERVICES BY VERNESSA</b> (Vernessa Cates) 242-554-6061          ~ Private chef services ~ Healthy cuisine; Keto friendly offerings ~ Will deliver to your house          ~ Fresh party platters: fruit, cheese, vegetables, chicken wings, seafood, sushi, salad, sandwiches, etc.          ~ Photos of offerings on FB (He-Brews Catering Services:By Vernessa)</p>
<p><b>SHANTEL DUNNAM</b> 242-470-2915          ~ Specializing in Bahamian home cooked meals ~ Will prepare and deliver to your house</p>
<p><b>THE SCATTERED PLATTER</b> (Janine Wilson) 242-806-1019 ~ jwluckytuna@gmail.com          ~ Charcuterie boards, seafood platters, breakfast platters, rum punch ~ Will also prep and cook your fresh catch</p>
<p><b>FREEZER FRIENDLY</b> (Russell Island, right past Nu 2 U (Will typically deliver to your house) (Loretta Pinder, Brooke Pinder)          ~ Freezer friendly dips/appetizers; Lobster dip, blackened shrimp dip, Rotel cheese dip, cracked cheese and bacon dip, bacon stuffed mushrooms, stuffed jalapenos, etc; Bake when you're ready 242-470-8176, 242-470-4320</p>
<p><b>TIDE THE KNOT</b> (Pinky Walker, Ashlay Johnson) 242-551-0932 / 242-805-9051          ~ Event Planners (Catering, Weddings, Vow Renewals, Parties, etc)          ~ TideTheKnot@outlook.com ~ FB &amp; Instagram: Tide The Knot</p>

## GROCERY

(... Jen suggests: Bring your own grocery bags, and bring cash to tip anyone who bags your groceries!)

<p><b>FOOD FAIR</b> (Main St @ 18th St) (credit cards accepted)          Monday - Saturday, 8am - 5pm          242-333-4675 (pharmacy 242-333-4676)          Closed on Sundays ~ <b>ATM on premises</b></p>	<p><b>ISLAND MART</b> (Main St @ 10th St) (*cash only)          Open every day, 8am - 8pm          ~ Open on all holidays, incl Christmas Day          242-699-6299 ~ <b>ATM on premises</b></p>
<p><b>PINDER'S SUPERMARKET</b> (South St @ 7th St)          Monday - Friday, 8am - 5pm; Saturday 8am-5pm          242-333-4068 <b>Closed on Sundays</b></p>	

## LIQUOR STORES

<p><b>BUDDA'S WINES AND SPIRITS #1</b> (credit cards accepted)          (12th St @ Budda's Snack Shack)          Monday - Saturday, 9am - 8pm; Sunday 10am-6pm          242-333-4222</p>	<p><b>BUDDA'S WINES &amp; SPIRITS #2</b> (credit cards accepted)          (Main St @ 13th St)          Monday - Saturday, 9am - 7pm          242-333-4333 <b>Closed on Sundays</b></p>
<p><b>VALUE LIQUOR</b> (Main St @ 12th St) (*cash only)          Monday - Thursday, 9am - 8pm          Friday - Saturday 9am - 9pm          Sunday 9am - 4:30pm</p>	<p>Value Liquor also provides deliveries.          Free delivery if on Spanish Wells, \$5 charge if on Russell Island          Ginger 242-470-0975, Timmy 242-815-7768</p>

## DRINKING WATER (5-gallon bottles/refills)

<p><b>HIGGS WATER</b> (28th St, south of Main St) (formerly Spanish Wells Choice) (*cash or local check)          (call/message to make arrangements if arriving on island on an off day)          Typically open 8am - 5pm Monday, Wednesday, Friday (Jen suggests: bring a lid!)          ~ Delivery available ~ WhatsApp 242-817-8839          ~ 5g empty bottles: \$20 to buy; or \$20 rental deposit, \$15 back upon return; 1g empty bottles also available          ~ Water: \$1/gal sanitized refill; \$0.50/gal unsanitized refill (Jen says: prices could change without me knowing!)</p>
<p><b>RONALD'S SEAFOOD/SERVICE CENTER</b> (3rd St @ South St) (*cash only)          (... Jen suggests: pull up to side of building, they'll see you and come to you, don't forget to tip :) and bring your own lid!)          Monday - Friday, 8am - 12pm, 1pm-5pm; Saturday 8am - 12pm 242-809-4143</p>