

## *Food and Drink*



Food and drink are two of the best things about Jamaica. Along with the sun. And the beaches. And the people. And the music. And the ... wait, where were we? Yes, food and drink.

## ***Food at Three Little Birds***



You will have a personal chef during your stay. We know that tastes vary from person to person, so rest assured that Chef will take care of your dietary preferences, spice thresholds, allergies, etc. You can try the range from full island authentic (ackee and saltfish) to full western (buttermilk pancakes), or anywhere along the continuum (think mango marinated BBQ chicken).



Before you leave home, you should select your first two or three meals (usually lunch/dinner on first day and breakfast for second day). Once



you arrive you can work with Chef to plan out the remainder of your stay.



You may also want to consider whether you need three meals each day. Between the size of the meals and drinks and snacks in between, we've often found ourselves remarking "We just had breakfast/lunch, is it lunch/dinner time already?" Play it by ear, but feel free to tell Chef that you want to skip a meal or go light.



These pictures should give you a sense of what awaits you, but it is by no means exhaustive, and Chef is always excited to try new and interesting twists on old favorites. You can also leave it up to Chef to decide on the

menu, informed by your preferences, and dislikes.



Once you've selected your menu, the staff will do the shopping for you in town and bring back to the house. Michael will retain the receipt and you can settle up with us after your stay. You can probably expect food to cost about US\$30 per person per day, though there is a lot of range in there.



You are also welcome to have your driver take you into town to go shopping. Progressive Market in Montego Bay is the closest thing to a U.S. supermarket and has a wide selection of local and western provisions. On certain days you can also visit the meat, fish, and produce markets for specialty items. Be prepared for a significant mark up on US brands and be open to trying the Jamaican alternatives, which are often as good if not better.

The butler will also make the mixed drinks and smoothies of your choice. The trip from the airport to the house is a good opportunity to pick up the wines, beers, and spirits, and mixers of your choice. You can also hit the duty free shop after clearing immigration. (There will always be complimentary Red Stripe at the house)



## ***Food Away from Three Little Birds***

You'll find tons of outside eating options in MoBay, the first literally steps away.

### ***Sugar Mill Restaurant***



Steps from the gate leading into our community is the Sugar Mill Restaurant, which is [according to Trip Advisor the best restaurant in Montego Bay](#). We haven't been yet, so can't vouch, but have heard good things. The walk down the hill to the restaurant will take no more than five minutes from the bottom gate. The walk back up, given the incline and your likely inebriation, will take about twice that. The staff can give you a flashlight for the walk back up – or you can use your phone. The restaurant is part of the Half Moon Resort and you'll want to call the front desk to make reservations.

## Scotchies



No trip to Jamaica is complete without some jerk chicken – which is really a *style* of cooking over pimento wood, not just a spice. There are two Scotchies restaurants about 5 minutes from the house by car. The original is a thatched roofed set of shanties near the roadside. The buildings are nothing to write home about, but the food is outstanding. The second Scotchies is located in a small, high-end open air mall near the house. The food is just as good as at the original, and generally less crowded, if a little more tourist-focused.





## ***Pier One***



If you are in the mood for some waterside dining, [Pier One in Montego Bay](#) is just what you need. This Montego Bay mainstay is where we had our wedding rehearsal dinner in 2007 and the restaurant has recently undergone a substantial renovation, with an extended pier. The food is good – if a bit unimaginative – and you’ll want to make a reservation. On Friday nights Pier One hosts its weekly Pier Pressure party which starts around 10:00. So go early for the food and views and stay late for the dancing.



## ***Delmare***



Another Half Moon standout is [Delmare](#), which is across the road at the resort. Just call over to the Half Moon front desk let them know you are staying at Three Little Birds and they will set up a reservation.

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### ***Other Half Moon Bars and Restaurants***

Three Little Birds is a member of the Half Moon Golf Club and as a Golf Club member, you will also have access to the various resort bars and restaurants at Half Moon. The golf membership does not include Half Moon beach/pool access, but there are plenty of nearby and not nearby beaches (see below). Half Moon is across the street from the golf course, which is a five minute walk from the house, but you will need to have your driver take you over.