

BARBADOS

Foodie

FROM SURF TO SAKÉ

*Chef Scott Ames has set
the bar for Asian-fusion
cuisine in Barbados.*



ISSUE 14

IT'S ALWAYS THE RIGHT TIME AT THE ROCKLEY

It's *ALWAYS* the *RIGHT* time... *at The Rockley*



The Rockley celebrates Barbados, its food, its art and its people.



Across from Rockley Beach, The Rockley has become a welcome fixture on the south coast. The boutique hotel, restaurant, and bar offers a relaxed setting for locals and visitors to gather, eat, and unwind.

Opened in March 2024, The Rockley blends hospitality, local culture and design with a light touch. It celebrates Barbados without being showy, creating a space that feels both contemporary and familiar.

Whether you're staying overnight or just stopping by, everyone's welcome at the restaurant and bar. Guests can cool off by the pool with infused water or try one of the 18 signature cocktails, including the De Guavaa, a nod to The Mighty Gabby's song about

Bridgetown. Local beers, mocktails with sorrel or tamarind, and classic rum punches round out the list. Two daily happy hours keep the atmosphere lively.

The restaurant, beside the pool, offers both terrace seating and an air-conditioned indoor option. A visit isn't complete without a look at the colourful mural; see if you can spot the chicken playing dominoes. Breakfast is complimentary for hotel guests but open to non-residents, while the all-day and dinner menus serve familiar favourites such as burgers, ribs, mac and cheese, tacos and small plates like sliders, fish cakes and seasoned fries. The Ital is Vital veggie burger and fresh salads round out the menu for those seeking lighter or plant-based options.

Evenings bring a mix of food and music. Saturdays feature traditional Pudding and Souse. Sundays mean Bajan Sunday Lunch followed by karaoke. Tuesdays host Pasta Night with live pan or acoustic sets, while Fridays start with pool games and finish with a DJ-driven lime.

The décor feels distinctly local, from hand-painted murals and Bajan-lingo cushions to artwork by Michelle Bowe, whose signature “bus stop” style appears throughout the property and on souvenirs.

Suites include kitchenettes and balconies overlooking the coast.

What stands out most is the team. Staff members are warm, approachable and genuinely proud of the place. On Thursdays, guests can join them for an island tour that stretches from the rugged east coast to tucked-away village spots, a thoughtful way to share a more personal view of Barbados.

The Rockley welcomes locals as much as visitors. Day passes (BB\$80 with

a BB\$30 food and drink credit) offer pool access, and private events can be hosted indoors or by the pool.

The Rockley stays true to its purpose: to celebrate Barbados, its food, its art and its people. Whether it's a cocktail at sunset or Sunday Lunch with friends, it always feels like the right time to be there.



Junior Suite lounge area at The Rockley