



# Tropical Hideaway Licensed shop

At  
Supermarket  
prices



Cereals  
Cheese  
Snacks  
Bread  
Meat  
Fish



Soft drinks  
Champagne  
Spirits  
Wines  
Beers  
Milk



# Wines and Champagne



An excellent selection of quality wines chosen by us (Martin and Julie) for our guests at Tropical Hideaway. All offer consistent quality, are excellent value for money and are stored at Tropical Hideaway in a chilled environment ready for your immediate enjoyment. Most importantly our wine selection is based on local shop prices, allowing you to enjoy the convenience of a hotel, but with prices of a local supermarket.

*“These wines are what we enjoy, regularly drink and share with our friends (sometimes a little too often)”*

We provide this service as we find one of the first priorities of guests is to fill their fridge with a few cold beers, a few bottles of wine and some mixers to go with their favourite tippie. Most people take advantage of this service, but you are very welcome to bring your own selection of wines etc to Tropical Hideaway and enjoy them.

**Our experience of buying wines on Bequia** *“We have often paid a lot more and received a lot less”*

## BAREFOOT WINE and BUBBLY (Californian)

### Pinot Grigio Bubbly

Light-bodied and refreshing. Barefoot Bubbly Pinot Grigio bubbles over with citrus flavors and orange blossom aromas. Fantastic alone or with grilled fish.

### Pinot Grigio

Tart green apple flavors get down with a white peach undertone. Floral blossoms and citrus aromas do the tango. Barefoot's Pinot Grigio is light bodied with a bright finish. Perfect for summertime, and refreshing from head to (bare) toe. Great with poultry, pasta and pizza.

### Merlot

Barefoot Merlot is the perfect combo of cherry, boysenberry, plum and chocolate flavors. Beef, poultry and dessert are just a few of the places this wine can go.

15 US  
(39ec)

11 US  
(28ec)

11 US  
(28ec)



Our margins are extremely small and we are offering this service as a convenience for our guests. Purchases will be added to your room account and you can pay in US or EC cash at the end of your stay. You can also pay by Credit/Debit card (subject to an additional 4% bank charge). All prices include VAT.

# Santa Rita 120

## 120 WINE (Chilean) Sauvignon Blanc

This intense, fragrant and fruity, yellow-green Sauvignon is redolent of peach, apple and pear. It is young, lively and inviting with pleasant acidity and a vibrant finish. Excellent as an aperitif, with seafood or hors d'oeuvres.

13 US  
(34ec)

## Merlot

Ruby with hints of violet, this is a gentle, dry, velvety, fruity wine, offering an elegant yet intense aroma. On the palate, it is balanced, with a medium body and round tannins.

Ideally matched with burgers, pizza, pastas and mild cheeses.

13 US  
(34ec)



[yellow tail]

## YELLOW TAIL WINE (Australian)

### Cabernet Sauvignon

An easy drinking Cabernet Sauvignon known for its elegance. Soft, fruit driven in style with feathery tannins. Expect cassis, violets,

crushed herbs and a long, soft finish with aromas of crushed blackberries with sweet mocha. Goes great with a Sunday roast, family & friends.

### Shiraz

Spicy, full bodied and delicious. Red fruits dominate the nose and mouth, but subtle spice and a hint of dusty tannins join in for good measure. Ripe red berries, smooth & spicy flavour. Great with a good steak.

15 US  
(39ec)

15 US  
(39ec)



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ESTD  1876



# BERINGER®

## BERINGER WINES (Californian)

### Pinot Grigio

Crisp, refreshing and bursting with the aromas and flavors of fresh fruit. Well suited on its own or the perfect complement to a meal.

**13 US**  
(34ec)

### Merlot

Exceptionally smooth and well balanced with aromas of ripe plums, cherry and a hint of vanilla. A medium bodied wine complimenting a wide variety of dishes.

**13 US**  
(34ec)

### Cabernet Sauvignon

Bold and balanced with jammy black fruit flavours and a hint of sweet vanilla. Great with beef or stew and perfect with cheese or a slice of chocolate cake.

**13 US**  
(34ec)



Fine wines at supermarket prices.  
In stock & chilled ready for your  
immediate enjoyment

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# LUIS FELIPE EDWARDS WINES (Chilean)



## Moscato

This crisp and fresh Moscato presents a light floral and fruit scented nose with pineapple and melon flavors in the palate. Serve with fish, sea food and salad.

**10 US**  
(26ec)

## Carmenere Reserva

Hand picked using premium grapes and aged using French oak to produce a complex wine with a depth of flavour. This soft full bodied Reserva is perfect with beef, lamb and roast vegetables.

**13 US**  
(33ec)



Fine Wines at supermarket prices  
In stock & chilled ready for your immediate enjoyment



## Villa Antinori (Italian)

Blend : 50% Trebbiano and Malvasia Toscani, 35% Pinot Blanc and Pinot Grigio, 15% Rhine Riesling. Straw yellow in color with a floral and elegant nose of acacia flowers and jasmine. On the palate it is supple and tasty with a fine persistence and finish with an aftertaste of yellow fruit.

**16 US**  
(42ec)

## Campogrande (Italian)

Blend: 40% Procanico 40% Grechetto 15% Verdello 5% Drupeggio. Light and Crisp and straw yellow in



color. The bouquet opens with luscious fruity-floral aromas reminiscent of lemon zest and white flowers. Soft and well-balanced on the palate, with lingering flavors of fresh citrus on the finish.

**16 US**  
(42ec)



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**ROSEMOUNT**  
ESTATE



**18 US**  
(47ec)

## Rosemount Estate (Australian) Chardonnay

This World renowned Diamond Label Chardonnay has concentrated mouth filling flavors of peachy tropical fruit and melon with a hint of fresh, lively citrus and a subtle oak finish.



**Barton & Guestier**  
DEPUIS 1725

## Barton & Guestier Rose D'Anjou

With an aromatic nose of sweet red fruits and spices, this French wine is tender and mellow, a real delight on the palate. Best served as an aperitif or with salads, Asian food and spicy dishes.

**13 US**  
(34ec)

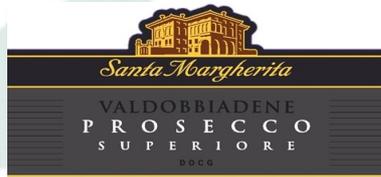


FONDÉ EN 1743  
**MOËT & CHANDON**  
CHAMPAGNE  
★  
ICE IMPÉRIAL



**70 US**  
(187ec)

## Santa Margherita Valdobbiadene



### Prosecco Superiore

The Valdobbiadene region. A most wonderful wine growing area awarded with the highest quality level given for an Italian wine. 100% hand-harvested and crafted into the prized Santa Margherita Prosecco DOCG. This fresh and balanced sparkling wine has peach and apple aromas and fine perlage with a refreshing finish. Excellent as an aperitif, with seafood dishes and after meals with light desserts.



**25 US**  
(65ec)

Fine Wines at supermarket prices.  
In stock & chilled ready for your  
immediate enjoyment

## Moët & Chandon Ice Imperial Champagne

The only champagne created to be enjoyed over ice. A new champagne experience combining fun, fresh and free sensations while remaining true to the Moët & Chandon style. Distinguished by its bright fruitiness, seductive palate and its elegant maturity.



## Vodka

### Smirnoff

750ml bottle 12us 32ec

### Grey Goose

750ml bottle 42us 112ec

### Absolut

750ml bottle 18us 48ec

### Finlandia

750ml bottle 17us 46ec



Beers and Spirits at  
supermarket prices.  
In stock & chilled  
ready for your  
immediate enjoyment

**Absolut**  
**18 US**  
(48ec)

**Gordon's**  
**15 US**  
(40ec)

## Whiskey

**Dewar's 12 year**

750ml bottle 23us 60ec

**Glenfiddich 12 year**

750ml bottle 41us 106ec

**The Famous Grouse**

750ml bottle 24us 63ec



## Bourbon

**Jim Beam**

750ml bottle 20us 53ec

**Jim Beam**  
**20 US**  
(53ec)

## Gin

**Gordon's**

750ml bottle 15us 40ec

**Bombay Sapphire**

750ml bottle 19us 49ec

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**MOUNT GAY RUM**  
BARBADOS

**Mount Gay Rum (Barbados)**

**17 US**  
(45ec)



**Eclipse**

A hand crafted rum made and blended by the worlds oldest rum producer.

1 litre bottle 45ec  
1.75 litre bottle 71ec

**Black Barrel**

A smooth hand crafted blend, aged in charred Bourbon oak barrels.

A balanced spice and oaky vanilla taste with a long finish

1 litre bottle 80ec

**Silver**

From the oldest rum house in the world. Perfect in Mojito's or with your favourite mixer

1 litre bottle 40ec



**10 US**  
(26ec)

**MALIBU**

**Malibu Rum**

The Original coconut rum made in Barbados. A refreshing blend of white rum & coconut.

.75 litre bottle 35ec  
1 litre bottle 42ec

**Bacardi Rum**

.75 litre bottle 42ec

**Sunset & Sparrow's Rum**

(Our very own local rum made in St Vincent)

Sparrows premium rum .75 litre 26ec  
Sunset EXTRA strong rum .75 litre 30ec



**30 US**  
(80ec)

**El Dora-**

**15 year Special Reserve**

Matured for at least 15 years in oak casks this fine Guyanese rum of great distinction is blended to achieve its exquisitely smooth, award winning character.

1 litre bottle 80ec

**Golden Rum Cream Liquor**

An enchanting fusion of carefully selected, aged Demerara rums with full dairy cream and a blend of natural flavours and spices. A combination of strength, flavour and smoothness.

1 litre bottle 40ec



# Shhhhhhhh ! Don't tell anyone. Martin's secret Rum Punch recipe



- 1 litre Mount Gay Rum
- 1 litre orange juice
- 1 litre pineapple juice
- 1/2 litre Malibu coconut rum
- 1/2 litre freshly squeezed lime juice
- 10 drops of Angostura Bitters
- 1/2 cup of Grenadine Syrup

(The above will make 3.5 litres.  
You can scale down to make less)



Mix everything together adding the 1/2 cup of Grenadine Syrup to taste. The syrup gives the rum punch it's sweetness so don't add too much. Keep in the fridge and serve in a glass of ice. Garnish with fresh orange and pineapple slices and grate some nutmeg over the Rum Punch for that real 'Caribbean' effect.

You can buy the ingredients here to make this lovely rum punch. Enough to make a whopping 3.5 litres

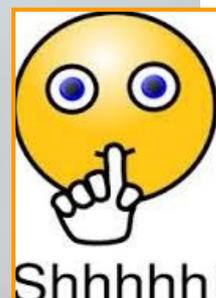
- 1 litre Mount Gay Rum
- 1 litre orange juice
- 1 litre pineapple juice
- 1 litre Malibu coconut rum
- 1 litre freshly squeezed lime juice
- 1 litre Grenadine Syrup
- Angostura Bitters & Nutmeg

57 US  
(150ec)

Or (Help yourself from the pool bar) buy a 1 litre bottle of Martin's very own 'Home Made Rum Punch' for only

(Please note fresh fruit garnishing is not included)

25 US  
(65ec)



**All bottles on this page are recycled & reused**



**Carib Beer** 275ml  
 Each chilled bottle 4ec  
 Pack of 6 22ec  
 Box of 24 78ec

Beers and Soft drinks at supermarket prices  
 In stock ready for your immediate enjoyment



**from 3.25ec**



**Carib Shandy**

A tropical light alcoholic beverage (1.2% alc) bursting with natural flavours of root ginger, sorrel or lime. 275ml

Each chilled bottle 4ec  
 Pack of 6 22ec  
 Box of 24 78ec

**Pick & Mix any 24 Carib beers or shandy's for the same price**



**Hairoun**

**from 3.25ec**

**Hairoun Beer** 280ml  
 Each chilled bottle 4ec  
 Pack of 6 22ec  
 Crate of 24 78ec

**Heineken Beer** 250ml  
 Each chilled bottle 6ec  
 Pack of 6 28ec  
 Box of 24 90ec

**from 3.75ec**



**All bottles on this page are returned to the brewery for cleaning and re-use.**  
 We totally support this policy and ask that all Carib & Heineken bottles, their outer cardboard boxes, and all Hairoun beer & soft drink bottles are not thrown away. We are charged for these items and our prices are based on a return and reuse basis.

# All Hairoun bottles are recycled & reused

Beers and Soft drinks at supermarket prices  
In stock ready for your enjoyment

## CocaCola Diet Sprite

Each chilled can 5ec  
Pack of 6 25ec  
Pack of 24 90ec



355ml

## Island Mixers



**Hairoun Soft** 280ml  
Choose from the following

Tonic Water, Bitter Lemon, Ginger Ale, Lemon Lime, Soda Water, Orange, Fruit Cocktail.

Each chilled bottle 2.5ec  
Pack of 6 mixed 15ec  
Crate of 24 mixed 48ec

**Pick & Mix any 24 Hairoun soft drinks for the same price**

from 2ec

\*\*\* Also available in season \*\*\*  
**Freshly squeezed lime juice and Freshly squeezed coconut water**

1 litre lime juice around 30ec  
1 1/2 litre coconut water around 15ec



Island Flavors

## Mountain Top Spring water (St Vincent)

1.5 litre bottle 5ec  
1/2 litre bottle 3ec



Please wash & return the 1.5 litre water bottles as they are used for the coconut water

## Perrier Water

750ml bottle 13ec

## Pinehill

Orange or Pineapple juice (no added sugar)

1 litre carton 8ec

2% reduced fat milk

1 litre carton 6ec

*Pinehill may be substituted for other brands if not available*



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# Fresh from the Freezer

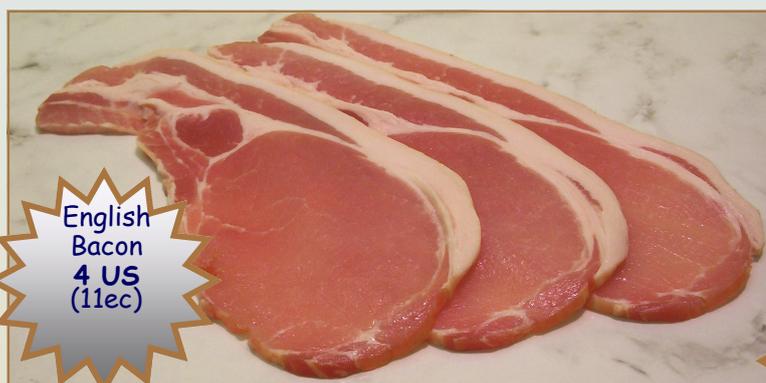
Fresh from the freezer allows guests to buy quality food at local supermarket prices with the convenience of having them on site for immediate use.



Smoked fish using traditional methods and recipes passed down from previous generations. Fabio catches, smokes and vacuum packs the sliced Kingfish. Simply thaw, add a little fresh lime and enjoy.

Smoked Kingfish  
11 US pack  
(30ec 1lb pk)

Top quality English bacon. 220gm packs typically containing 5 rashers. See following pages for eggs



English Bacon  
4 US  
(11ec)

We buy our bread direct from a small family bakery in St Vincent and are happy to offer these frozen breads to our guests.



Pack of 2 extra large burger buns with seeds \$4ec  
Multi 12 grain bread (unsliced) \$8ec  
Multi 12 grain bread (sliced) \$8ec  
Pack of 4 multi grain cobs \$8ec  
Large 20" - 22" French stick \$8ec  
14oz white pan loaf \$5ec



Large French stick  
3 US  
8ec



Locally produced chicken and mushroom pasty's. Hand made with quality ingredients and no preservatives.

Chicken & Mushroom Pasty  
5 US 13ec



# and ready for the Barbecue

Many people ask "Where can we buy fish?" Bequia has two fish markets, Port Elizabeth (*behind the vegetable market*) and Paget Farm (*on the way to the airport*). You may get lucky and find some fresh fish, but usually the good fish have gone by the time you arrive. We buy the best, freshly caught tuna and swordfish from St Vincent, individually wrap them and store them in our freezer. Simply thaw, then marinade them in fresh lime juice, olive oil, garlic and soy sauce for an hour. Absolutely delicious cooked on the barbecue.



Tuna fillets  
10 US 1lb  
(26ec 1lb)

**Tuna steaks**  
**Tuna fillets** 18ec lb  
(best cut & no bones) 26ec lb  
**Swordfish & Marlin steaks** 30ec lb  
30ec lb



Richard and Joe were born in St Vincent and settled in the UK in the 1960's. They worked for several years at the well known Dewhurst butcher group before opening up a small chain of butcher shops in the UK. They have now moved back to St Vincent and we are very lucky to have them supplying Tropical Hideaway with a range of quality meat products. They are

passionate about their job and use only the best local ingredients. Try their burgers and sausages. Absolutely delicious cooked on the barbecue.



Full flavoured sausages  
6 US 1lb  
(16ec)

They aren't packed with preservatives and won't shrink and ooze loads of fat, a sure sign of quality.



Quality 1/2 lb  
Beef burgers  
3 US  
(8ec)



1/2lb Beef Burger  
Seasoned Sausages 1lb  
pack 8ec each  
Breakfast size 6 in a pack  
Barbecue size 4 in a pack 16ec lb  
16ec lb

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# Fresh Lobster

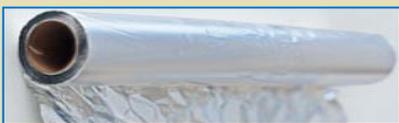
If you want fresh lobster ask Randy's Taxi tel 530 7053. He will take you to the lobster tanks at Paget Farm where you can choose your own. Please kill them humanely. The quickest way is a knife in the head and you may be able to get Randy to do this for you. Prices are very good, around 12-15ec a pound. Do not use our kitchen knives for cutting the shells. We have a special knife for this. Please ask. The lobster season runs from 1st Sept to 30th April



All available here at local shop prices



Please ask about onions, ginger, garlic etc



Clingfilm & foil  
Ecover washing tablets & liquid

Clingfilm 100' x 15" \$7ec  
Aluminium foil 25' x 15" \$7ec

Ecover tablets (1 load) \$4ec  
Ecover liquid 0.75L (10 loads) \$32ec

Anchor cheddar cheese 250g \$12ec  
Tuna chunks in water 100g \$ 6ec  
Sunflower luxury low fat spread 220g \$ 6ec  
Fresh free range eggs (when available) \$5ec (4)  
Fresh free range eggs (when available) \$13ec doz  
Erica's local Hot Pepper Sauce 155ml \$11ec  
Magic Time classic coffee 50g \$ 9ec  
Palermo pure olive oil 250ml \$12ec  
Magic Time deluxe peanuts 340g \$12ec  
Erica's local plantain chips 3.5oz \$ 8ec  
Weetabix Fruit & Fibre 560g \$21ec  
Alpen (no added sugar) 560g \$23ec

Upper Crust  
Bakery

For quality hand made bakery products  
with free delivery to Tropical Hideaway  
Visit [www.theuppercrustbequia.com](http://www.theuppercrustbequia.com) and order direct

# The beautiful Tropical Hideaway calendar

\*\*\*Super quality, Extra large A3 size\*\*\*

\*\*\*30 incredible photographs\*\*\*

\*\*\*13 stunning pages\*\*\*



Only  
**\$20 US**  
(54ec)

Or  
yours for  
**FREE**  
See below

This professional, extra large, A3 size wall calendar has 13 double sided pages, is printed on 250gsm premium card and is spiral bound. This beautiful calendar will look stunning hanging on your wall and will remind you of your holiday in Bequia and of your stay at Tropical Hideaway. Available for only \$20 US each or you can have one for FREE by writing a review for Tropical Hideaway before you leave.

Write a review before you leave and this lovely calendar is yours entirely free. Simply write a TripAdvisor review for Tropical Hideaway, copy it over to the Vrbo HomeAway site and this stunning calendar is yours with our compliments. Just let us know you would like to write a review and we will email you the correct links for the accommodation you are in. Once you have written the review the calendar is yours. We won't even see what you have written as reviews take between one and three weeks to be published.

## Currency exchange for guests at Tropical Hideaway.

Bequia has one bank and one ATM machine for drawing out cash. Queues inside the bank can be long with waiting times often exceeding 1 hour.

US Dollar. The rate is fixed at the local bank to \$2.67 EC dollars for every 1 US dollar given. Typically hotel's, restaurant's, taxi's etc. will give you an exchange rate of 2.50ec to 1 dollar. (*100ec being equivalent to \$40 US*).

**As a service to our guests we offer these very favourable exchange rates.**

**If you are giving us US dollars and need EC dollars in exchange.**

<b>Tropical Hideaway Rate</b>	<b>2.60</b>
Usual Taxi, Hotel, Restaurant Rate	2.50
Bank Rate	2.67 (fixed)

Examples. we give you \$52 EC for every \$20 US  
we give you \$130 EC for every \$50 US  
we give you \$260 EC for every \$100 US  
we give you \$1300 EC for every \$500 US  
we give you \$2600 EC for every \$1000 US

**If you are giving us EC dollars and need US dollars in exchange.**

<b>Tropical Hideaway Rate</b>	<b>2.74</b>
Taxi, Hotel, Restaurant Rate	Not usually available
Bank Rate	2.7169 (fixed)

Please ask for Sterling and Euro exchange rates as these fluctuate on a daily basis.