

Five

Things to Know About: Bahama Grill

WHERE: 7619 STATE ROAD 7, PARKLAND

PHONE: 954.500.4745

WEBSITE: BAHAMAGRILL.COM

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IN-HOUSE: All of the menu items were developed by the Gibsons, using recipes passed down from their parents. "This is the way we cooked at home, using those recipes," Eric says. It's Bahamian comfort food: barbecue-like dishes recognized by Americans, but enhanced with bold seasonings common to the island's palate.



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FROM THE SEA: Conch is common on the menu, coming in several forms: conch chowder, open- or foil-grilled, fried, ground in a conch burger or in the popular conch balls appetizer (Bahama Grill's take on conch fritters). All seafood—including lobster—comes from the Bahamas.

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LOCAL INFLUENCE: Before Eric Gibson opened Bahama Grill in Nassau in 2009, he spent 25 years in finance, with a side gig as a nightclub owner. (His father, King Eric, a renowned musician in the Bahamas, was the originator.) When his children finished college, he and his wife, Lynn, who relished traveling and dining where the locals did, decided to open a restaurant dedicated to traditional Bahamian food. In August, they expanded to Parkland.

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FAMILY-SIZED: Bahama Grill offers family meals that feed four to five people: a whole chicken or ribs (or a combination of the two) with three sides, such as the popular macaroni and cheese—which, per Bahamian tradition, is served like a casserole with onions, celery and sweet peppers.

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PARTY ON: A steel-drum band performs Thursdays-Sundays. Drinks—including the tropical cocktails commonly sipped in the Bahamas, such as daiquiris and piña coladas—are half-price Mondays-Fridays, 4-7 p.m.