



lifestyle + lodge • bathsheba, barbados



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## THE LODGE

Tucked away on the hills overlooking the dramatic seascape of the east coast, ECO Lifestyle + Lodge is the realized dream of New York natives Kyle & Maryam, who traded the hustle of city life for a slower, more meaningful pace when they moved to Barbados several years ago.

ECO has ten quaint rooms overlooking the Atlantic Ocean and a gastronomic fare that is guaranteed to impress at our famous ECO Lodge Restaurant. The core of ECO's philosophy will always remain true- to continue to make environmentally sustainable choices and treat our guests and staff with the utmost genuine care.

## ROOMS

- 10 rooms, 7 in the main house and 3 in the detached cottage
- ocean views with patio space
- kitchen or kitchenette options
- air conditioning
- locally sourced dishes and decor

## OUR LAND

- yoga deck overlooking the ocean
- 3 saltwater dipping tubs plus deck
- cob wood burning sauna
- gully with built in platforms
- waterfall from natural spring to be completed by late 2021

## DINING AT THE LODGE

Our executive chef, Alisha Dawn Stoute, has made quite a name for herself, both locally and internationally, with her exquisitely prepared dishes. Chef Alisha has taken on the role to bring tantalizing meals rich in locally grown, organic provisions, and seafood which has been sustainably caught by our local fisherfolk. True to our principle, we have chosen to abstain from meat on our menu due to the environmental implications related to the meat industry and give our guests an exciting journey in the world of fresh, nutritious foods with little to no processing.

Dining options open during season for hotel guests and outside guests by emailing Chef @Ecolifestylelodge.com for a reservation.

## SAMPLE MENU

Omelette du Jour | 3 local free-range eggs, cooked in classic French style. Chef's selection of the day.

ECO Green Smoothie Bowl | Local Bajan Seasonal fruit and greens, superfood toppings

Bajanzuelan Arepas | English Cheddar, guasacaca (dressing made from local avocados) tomato & ECO pepper sauce.

Lobster Eggs Benedict | Heaped Caribbean lobster from Bajan waters, fresh bread, Bajan farmed rocket, red onion, and tomato, perfectly poached local free range egg, herb hollandaise.

Tuna Tartare Nicoise | Local Yellowfin, green bean, cage free egg, briney sea purslane, crispy onions, with breadfruit crisps

Plant based Moqueca | plantains & peppers, tomato, onion, turmeric coconut milk, farofa

ECO harvest of the week salad | wild foraged greens and edibles, ECO signature dressing, charcoal soil

Crispy or grilled fish tacos | cassava tortilla, seasonal ECO pico, chili lime slaw, chadon beni yogurt



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## ECO IN THE PRESS

### **Telegraph UK**

<https://www.telegraph.co.uk/luxury/travel/escaped-wfh-battersea-barbados-never-looked-back/>

<https://www.telegraph.co.uk/travel/destinations/caribbean/barbados/bathsheba/hotels/eco-lifestyle-lodge-hotel/>

### **Conde Nast**

<https://www.cntraveler.com/sponsored/story/the-boundless-charm-of-barbados>

### **National Geographic**

<https://www.nationalgeographic.co.uk/travel/2019/04/where-stay-barbados>

### **NY Times**

Buy Now, Check In Later - The New York Times ([nytimes.com](https://www.nytimes.com))

### **Menu Barbados**

<https://menubarbados.com/restaurants/eco-lifestyle-lodge>

### **Islands Magazine**

<https://www.islands.com/7-new-barbados-hotels-to-visit-this-year/#page-5>

### **Living Barbados**

<https://livingbarbados.com/experience-the-eco-lifestyle-and-lodge/>

### **Florum Fashion Magazine**

<http://www.florumfashion.com/barbados/2018/7/18/eco-lifestyle-lodge-bathsheba>

## CONTACT US

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