



Pizza

1. **John's Of Bleecker St.**¹ (Cheese), New York, NY *With Allie 2023*
2. **Cowabunga** (Pepperoni), Hamilton, ON *With Jordan Spoelstra 2025*
3. **Yellow Sun Pizza & Pints**², Rutherfordton, NC *With Allie & Anya 2021-2024*
4. ***LaFontana**³ (Pepperoni), Niagara Falls, ON *1980s go-to spot with my Mom*
5. **Dune** (Lobster), Paradise Island, Bahamas *With Macgregors 2022 & 2023*
6. **Angelo's Coal Fired Pizza** (Pepperoni), New York, NY *With Allie & Jolanda Carey 2023*
7. **North Of Brooklyn** (Pepperoni), Toronto, ON *With Allie 2023*
8. **Cristino's Coal Oven Pizza** (Pepperoni), Clearwater, FL *Solo 2023*
9. **A Dopo** (Pepperoni), Knoxville, TN *With Allie 2024 (Anya's final meet)*
10. **Cafe Baffico** (Pepperoni), Hamilton, ON *With Anya Boxing Day 2025*

Runner-ups:

Heritage (Pepperoni), Ft. Lauderdale, FL

SoDough Square (#24/Detroit), Orlando, FL

Castelli Mercato (Cheese), Hamilton, ON

Pizzeria Libretto (Pepperoni), Toronto, ON

Badamo's (Pepperoni), Pittsburgh, PA

Green Lantern (Pepperoni/Detroit), Livonia, MI

Sheuermann (Alsatian), Westport, ON

Lazzara's (Cheese), New York, NY

PizzArte (Verace), New York, NY

^Mahogany House (Smoked Salmon), Nassau, Bahamas

Shorty's (White), Hamilton, ON

Mario's Wood Fired Pizza (Pepperoni), Beaver, PA

Corelli's (Pepperoni), Clermont, FL

Pie.Zaa (Pepperoni), Asheville, NC

Pink Octopus (Shrimp), Nassau, Bahamas

Carpaccio (Pazza "Ivana"), Niagara Falls, ON

That's Amore Pizzeria (Meat Lovers), Metairie, LA

John's of Times Square (Pepperoni), New York, NY

Capriccio (Pepperoni), Miami, FL

CIMA (Pepperoni), Hamilton, ON

Turco's Sicilian (Pepperoni), New Castle, PA

Tonino's (Diavola), Nassau, Bahamas

Bardo (Pepperoni), Hamilton, ON

Maker Pizza (Pepperoni), Toronto, ON

Terramia Brick Oven Pizza (Margherita), Lake Mary, FL

Abitino's (Pepperoni), New York, NY

Latitudes (Seafood), Nassau, Bahamas

Pizza Lab at Baha Mar (Cheese), Nassau, Bahamas

La Caverna (Pepperoni), Nassau, Bahamas

Carnegie (Pepperoni/Detroit), New York, NY

*Harbourfront Lounge (Seafood), Nassau, Bahamas

Mama Ricotta's (Pepperoni/Mushroom), Charlotte, NC

HEIST (Margherita), Kingston, ON

Dan's Pizza (Pepperoni), Webster, Texas

Bucket List:

Vice City Pizza, Kendall, FL

Sally's Apizza, New Haven, CT

**Restaurant has closed*

Pequod's, Chicago, IL

Modern Apizza, New Haven, CT

^Rebranded to Mogano

Nolo, New Haven, CT

Frank Pepe Pizzeria, New Haven, CT

¹ The hype is real! Coal fired makes a difference—excellent char and no flop. Ordered half pepperoni and half cheese and it was the latter that I preferred. While in NYC we hit 7 pizza spots in 5 days and John's Of Bleecker St. was the clear winner.

² The crust! Hard to believe I had to go to the small town of Rutherfordton (I think it is pronounced: Ruffered-ton) to have the best pizza crust of my life. The meat lovers pizza is called "King Daddy" and includes pepperoni, bacon and happiness—I mean, shredded pork shoulder. Had the Pimento Cheese & Pickle Pizza in October 2022 & 2023 and it was at least equal to the excellence of the "King Daddy". Had a "cup and char" pepperoni pizza in 2024—incredible!

³ Good memories of Friday night dinners in Niagara Falls. My mom never liked cooking on a Friday and so, more often than not, LaFontana was the answer. I had to wait a very long time (see footnotes 1&2) to find pizza as good as LaFontana's.



Wings

1. **Bar-Bill Tavern**⁴ (Med Hot), Buffalo, NY *With Allie 2023*
2. **Domu**⁵ (Kimchi Butter Sauce), Jacksonville, FL *With Allie 2024*
3. **Duff's Famous Wings** (Med Hot), Buffalo, NY *2021 Pandemic Trip with Allie*
4. **Anchor Bar** (Medium), Buffalo, NY *With Dave Harrigan 2018 & Solo 2024*
5. **92 Chicken** (Spicy Garlic), Orlando, FL *Solo 2024*
6. **Wild Orchids** (Pineapple Habanero), Eleuthera, Bahamas *With Allie 2025*
7. **Wild Thyme** (Goat Pepper & Guava), Nassau, Bahamas *With Robin Brownrigg, Nov. 20, 2021*
8. **St. Louis Bar & Grill**⁶ (Original/Hot), Toronto, ON *With variety of friends*
9. **Seoul Meat Co.** (Spicy BBQ), Charlotte, NC *With Allie 2022*
10. ***Main Street Station** (Hot), Bolton, ON *Go-to spot with Dave Terry 1998-2002*

Runner-ups:

Noble Smoke (Sauce 19), Charlotte, NC
 Harp & Celt Irish Pub (Hot), Orlando, FL
 BJ's Brewhouse, Livonia, MI
 Smokin' Aces (Hot), Plant City, FL
 10 Twenty Five (Mango Habanero), Ft. Myers, FL
 Jack Astor's (Buffalo Hot), Front St., Toronto, ON
 Lionheart Pub (Buffalo Hot), Mississauga, ON
 The Blind Pig (Buffalo Hot), Niagara Falls, ON
 Longhorn Steakhouse, Pompano, FL
 Twisted Lime (Island Goat 🍋), Nassau, Bahamas
 Sanford Brewing Company (Hot), Sanford, FL
 Social House (Asian Spicy), Nassau, Bahamas
 McDonald's ("Mighty Wings"), Nassau, Bahamas
 Webb Custom Kitchen, Gastonia, NC
 Westport Brewing Company (Hot), Westport, ON

Five Little Birds (Buffalo Hot), Charlotte, NC
 Piedmont Brewery (Smoked), Macon, GA
 Thrive (Mochi Wangz), Orlando, FL
 Latitudes (Thai), Nassau, Bahamas
 Gator's Dockside (Hot), Orlando, FL
 Aroma a Mexico (Habanero 🔥), Hamilton, ON
 The London (Goat Pepper & Guava), Nassau, Bahamas
 Potter's Field, Buffalo, NY
 Big Ditch Brewing Co. (Maple Bacon), Buffalo, NY
 Manuelo's (Guava BBQ), Nassau, Bahamas
 The Squire (Hot), Hamilton, ON
 Lazzara's, New York, NY
 Red Beard's (Signature), Pittsburgh, PA
 Rock Bottom Brewery, Highlands Ranch, CO
 The Keg Steakhouse, Toronto, ON

**Restaurant has closed*

⁴ It is difficult for me to rank between *Bar-Bill* and *Duff's*—in the moment, each are my “favourite wings”. Allie has offered to assist me with a blind taste test the next time we visit Buffalo to settle this once and for all.

⁵ The best cooked wings I have ever had—mega crunchy “roaster wings” without the meat being even slightly dry. I couldn't bring myself to make Domu #1 on my list because I have a bias towards Buffalo style/flavour wings. The Kimchi butter sauce is excellent...it's just not my preferred flavour.

⁶ The unique flavour of *St. Louis B&G* wings remains among my favourites. The wing size seems to vary from location to location, but the taste is always consistently great. Many good memories here with Allie & Anya, my cousin Ken & Sue, and friends Darren Miles and Dave Terry.



Chicken Sandwich

- | | |
|---|--|
| 1. oddBird ⁷ (Nashville), St. Catharines, ON | <i>With Cole MacPhail & Allie 2021</i> |
| 2. Counterpart Brewing ⁸ , Niagara Falls, ON | <i>With Alex MacPhail 2024</i> |
| 3. Belong , Sharbot Lake, ON | <i>Solo 2025</i> |
| 4. Wild Thyme , Nassau, Bahamas | <i>With Robin Brownrigg 2021</i> |
| 5. Kelsey's ⁹ (Nashville Hot), Huntsville, ON | <i>With Allie & Anya May 7, 2023</i> |
| 6. Yellowbell/Island House , Nassau, Bahamas | <i>With Chris Stewart 2025</i> |
| 7. *Orlando Meats , Winter Park, FL | <i>With Gavin, Gabe & Barrett 2022</i> |
| 8. Bricktown Brewery Restaurant , Shawnee, OK | <i>Visiting Anya at OBU 2020</i> |
| 9. Ocean Club Golf Course , Paradise Island, Bahamas | <i>With Robin Brownrigg 2024</i> |
| 10. The EI (Club) , Cobourg, ON | <i>With Ed Kamerman, 2023</i> |

Runner-ups:

The London, Nassau, Bahamas

Popeye's¹⁰

Abaco Beach Resort, Marsh Harbour, Bahamas

Mr. Mike's (Nashville), St. Catharines, ON

The Cove Inn, Westport, ON

Solemar, Nassau, Bahamas

Johnny Canoe Café, Nassau, Bahamas

Manuelo's, Nassau, Bahamas

Viola's, Paradise Island, Bahamas

Latitudes, Nassau, Bahamas

Shima, Nassau, Bahamas

Chick-fil-A

Turners Kitchen + Bar, Leesburg, FL

The Poop Deck (East), Nassau, Bahamas

Sportsnet Gill (in Roger's Centre Hotel), Toronto, ON

Buxton Chicken Palace, Asheville, NC

Le Petit Gourmet, Nassau, Bahamas

Bucket List:

Haven Hot Chicken, New Haven, CT

Ghost Chicken, Toronto, ON

Tokyo Hot Fried Chicken, Toronto, ON

The Heart Break Chef, Toronto, ON

**Restaurant has closed*

⁷ With several chicken sandwiches to choose from, I defaulted to the sandwich that promised the most heat. The “Nashville” is cooked in cayenne oil—I had never heard of that technique! We met my nephew Cole there, and I can see this being a go-to spot for us when visiting St. Catharines.

⁸ B&B pickles, jalapeño slaw, sriracha mayo—incredible! Great meal with my nephew Alex.

⁹ The quality of the chicken sandwich at *Kelsey's* totally shocked me. My expectations of franchise restaurants are typically lower (unless chicken sandwiches are your specialty). From the bun, to the coleslaw base, to the pickles, to the crispy 2 pieces of chicken thigh—I can't think of any deficiency in this sandwich—impressed!

¹⁰ I never really liked *Popeye's*... Until this sandwich came along. The size of the chicken, and quality of the sandwich, must be putting pressure on restaurants that charge \$15+. If there is a “Best Sandwich For Under \$10” category, *Popeye's* is the Champion.



Hamburger

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|--|---|
| 1. Chefs On The Run ¹¹ (Cheese), Homestead, FL | <i>2017 Road Trip (Miami to Key West)</i> |
| 2. Emmy Squared (Le Big Matt + bacon), Nashville, TN | <i>Solo 2024</i> |
| 3. The Cowfish ¹² (Jalapeño Popper), Charlotte, NC | <i>With Allie 2021</i> |
| 4. Kyma (Truffle), Nassau, Bahamas | <i>With Macgregors & Allie 2023</i> |
| 5. Schnipper's (Bacon/Cheese), New York, NY | <i>With Allie 2023</i> |
| 6. The Place (Cheeseburger), Buffalo, NY | <i>Solo 2024</i> |
| 7. Berc's Steakhouse (Bacon/Cheese), Peterborough, ON | <i>With Allie 2024</i> |
| 8. Old Fort Club (Wagyu w/ Bacon), Nassau, Bahamas | <i>With Allie and Stanja 2025</i> |
| 9. *Fat Cat Burgers (Bacon/Cheese), Charlotte, NC | <i>With Allie 2023</i> |
| 10. Harper's Burger Bar (Smokehouse), Kingston, ON | <i>With Ralph & Judy 2023</i> |

Runner-ups:

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|---|--|
| Bardo (Umami), Hamilton, ON | 101 Ocean (Kobe), Lauderdale by the Sea |
| Pinky's Westside Grill (Bacon), Charlotte, NC | Wild Thyme (Bacon & Cheese), Nassau, Bahamas |
| The Jib Room (Bacon & Cheese), Marsh Harbour, Bahamas | Legends Tavern (Bacon & Cheese), Pompano, FL |
| Twisted Lime (Outlaw BBQ), Nassau, Bahamas | Lake House Restaurant (Great Canadian), Vineland, ON |
| Balter Beerworks (Bacon & Cheese), Knoxville, TN | Fox On John (Bacon & Cheese), Toronto, ON |
| Burnt Tongue (Bacon & Cheese), Hamilton, ON | West Town B&G (Bacon & Cheese), Hamilton, ON |
| Moxies (Bacon & Cheese), Richmond Hill, ON | The Keg Steakhouse (Bacon & Cheese), Toronto, ON |
| Delirious Burger (Bacon & Cheese), Hamilton, ON | Thrive (Truffle Bag Boys), Orlando, FL |
| Amara/Goldwynn Resort, (Cheese), Nassau, Bahamas | The Frog And Monkey (Bacon & Cheese), Mt. Dora, FL |
| Wild Thyme (Lamb), Nassau, Bahamas | Latitudes (Bacon & Cheese), Nassau, Bahamas |
| Le Petit Gourmet (D'Italiano), Nassau, Bahamas | Beach Club (Bacon & Cheese), Paradise Island, Bahamas |
| Meze Grill, Nassau, Bahamas | Clubhouse Restaurant & Bar (Bacon & Cheese), PI, Bahamas |
| The Edison, Tallahassee, FL | Westport Brewing Co. (Bacon & Cheese), Westport, ON |
| In-N-Out Burger (Animal Style), Los Angeles, CA | Fatburger (Bacon & Cheese), Aurora, CO |
| Jimmy P's Charred (Wagyu + Pulled Pork), Naples, FL | Acropolis (Bacon & Cheese), Nassau, Bahamas |

Bucket List:

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|---------------------------------|--------------------------------------|------------------------------------|
| 335 On The Ridge, Ridgeway, ON | Hambgr, St. Catharines, ON | Keen's Steakhouse, New York, NY |
| Black Iron Burger, New York, NY | Boston Burger Company, Cambridge, MA | Prime 16, New Haven, CT |
| Timothy O'Toole's, Chicago, IL | Publican Quality Meats, Chicago, IL | Growler's Pourhouse, Charlotte, NC |

**Restaurant has closed*

¹¹ What my favourite burgers have in common are fresh ingredients, a brioche bun, and a special homemade sauce. From bacon jam, to jalapeño-infused cream cheese, to garlic aioli—these are the kind of elements that take a burger to next level status. Most of my favourite burgers include bacon (hint, hint).

¹² The “Jalapeño Popper Show Stopper” lives up to the lofty expectations suggested by its name. Half-pound burger topped with fried jalapeño peppers, fresh jalapeño peppers, jalapeño-infused cream cheese, jalapeño citrus aioli and jalapeño bacon! The “Show Stopper” was also a “Meal Stopper”—I was so full that I barely made a dent in my fries.



Misc. Sandwich

1. **STIR** (Roast Beef Melt/Sourdough), Knoxville, TN *With Allie & Jami Jann 2024*
2. **Tide & Vine Oyster House** (Lobster Roll), Niagara Falls, ON *With Alex & Arianne 2024*
3. **Prescott's Provisions** (Lobster Roll), Tonawanda, NY *With Anya 2025*
4. **Veranda Café** (Bavarian Pretzel Club), Black Mountain, NC *With Allie 2022*
5. **Artie's** (Soppressata), Hamilton, ON *With Allie & Anya 2025*
6. **Reuben's Deli**¹³ (Reuben Sandwich), Montreal, QC *2014 World Masters with Allie*
7. **What The Fish Rolls**¹⁴ (Lobster Roll), Tavernier, FL *2017 Road Trip (MIA to Key West)*
8. **Junior's** (Pastrami Reuben), New York, NY *With Allie 2023*
9. ***The Kitchen Deli**¹⁵ (Pastrami Sandwich), Nassau Bahamas *Solo/Take away*
10. **Stae Café** (Poké Toast), Markham, ON *With Allie & Anya 2024*

Runner-ups:

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|---|---|
| Sumilicious (Smoked Meat), Toronto, ON | The London (Conch Burger), Nassau, Bahamas |
| Bardo (Roast Beef), Hamilton, ON | Wild Thyme (Short Rib Grilled Cheese), Nassau, Bahamas |
| Eaton St. Seafood Market (Lobster Roll), Key West, FL | Duo Café (Smoked Salmon), Richmond Hill, ON |
| Cardinal Café, (Cheese Steak), Sharbot Lake, ON | Duo Café (Roast Beef), Richmond Hill, ON |
| Cardinal Café (Ham & Swiss), Sharbot Lake, ON | Stae Café (Spicy Italian), Markham, ON |
| Stae Café (Steak Sandwich), Markham, ON | Le Petit Gourmet (Smoked Ham Club), Nassau, Bahamas |
| Cardinal Café, (Chicken BLT), Sharbot Lake, ON | Old Forte Club (Lobster Roll), Nassau, Bahamas |
| Primanti Brothers (Pastrami), Beaver, PA | Social House (Honey Pepper Chicken), Nassau, Bahamas |
| Mi & B's Deli & Bistro (Steak Sandwich), Nassau, Bahamas | Le Petit Gourmet (Peppercorn Steak), Nassau, Bahamas |
| Clubhouse Restaurant & Bar (Cracked Lobster), PI, Bahamas | The New Duff (Jerk Chicken Stuffed Bun), Nassau Bahamas |
| Oku Sushi Bar (Pork Belly Bao Bun), Nassau, Bahamas | 2Storeys Catering (Seafood Burger), Nassau, Bahamas |
| The Green Parrot (Conch Po'Boy), Nassau, Bahamas | Acropolis Café (Club Sandwich), Nassau, Bahamas |

Bucket List:

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|------------------------------------|---------------------------|------------------------------|
| Bagelsaurus, Cambridge, MA | Pauli's, Boston, MA | Red's Eats, Portland, ME |
| Growler's Pourhouse, Charlotte, NC | The Optimist, Atlanta, GA | Kenny & Ziggy's, Houston, TX |
| Katz's, New York, NY | Schwabl's, Buffalo, NY | Brawler's Deli, Buffalo, NY |
| Fat Bob's Smokehouse, Buffalo, NY | | |

**Restaurant has closed*

¹³ I'm not even a huge fan of corned beef, but there was something uniquely satisfying about the Reuben Sandwich at *Reuben's Deli* in Montreal. The generous portion of meat also helps!

¹⁴ I love fresh lobster. *What The Fish Rolls* lets the lobster shine by not overdoing it with the mayo/sauce mixture. Nothing but the freshest of ingredients—almost a perfect sandwich!

¹⁵ What sets *The Kitchen Deli's* Pastrami Sandwich apart is the homemade bread. Also, they will customize the sandwich for you—I get mine with mustard (no mayo), swiss cheese, lettuce & tomato. Sadly, *The Kitchen Deli* closed on Nov. 30, 2021.



Steak

1. **Lonesome Dove**¹⁶ (Filet), Knoxville, TN *With Allie 2024 (Anya's final meet)*
2. **The Cellar At Duckworth's**¹⁷ (NY STRIP), Charlotte, NC *With Allie 2022 & 2023*
3. **Old Hickory Steakhouse** (NY Strip), Denver, CO *With Earla Bethel 2023*
4. **Bern's Steakhouse** (Filet Au Poivre), Tampa, FL *With Gavin Collins & Jude Vilma 2025*
5. **Shima** (Pad Kra Pao), Nassau, Bahamas *With Allie, Chilcutts & Pomeroy's 2024-25*
6. **Del Frisco's**¹⁸ (Filet), Charlotte, NC *With Allie & Olshefskis 2021*
7. **Ruth's Chris Steakhouse**¹⁹ (Filet) *Go-to spot with Allie*
8. **Marcus at Baha Mar**²⁰ (Filet), Nassau, Bahamas *With Allie 2024 (30th anniversary)*
9. **The Capital Grille** (Bone-In Filet), Ft. Myers, FL *With Case Thorpe 2025*
10. **Webb Custom Kitchen** (CAB Filet), Gastonia, NC *With Allie & Anya 2022-2024*

Runner-ups:

Chop (Filet), Mississauga, ON

Prime One Steakhouse (CAB Filet), Nassau, Bahamas

Kres Chophouse (Filet), Orlando, FL

*Andy's Bistro, Metairie, LA

Butch's Chophouse (Filet), Sandals, Barbados

Fleming's (Filet), Livonia, MI

Darfon's (Filet), Nashville, TN

Bouchon (Steak Au Poivre), Asheville, NC

Flame + Smith (NY Strip), Bloomfield, ON

Bardo (Sliced Flat Iron), Guelph, ON

Prescott's Provisions (Ribeye), Tonawanda, NY

Days On Front, Kingston, ON (Sirloin)

Kyma (Sliced Filet on Risotto), Nassau, Bahamas

*Restaurant has closed

Cappuccino's²¹ (Filet), Freeport, Bahamas

Graycliff (Filet), Nassau, Bahamas

The Keg Steakhouse & Bar, Toronto, ON

Bacchus Wine Bar (Pinot Demi-Glace), Buffalo, NY

Gordon's On The Pier (Filet), Sandals, Nassau, Bahamas

Carna, Baha Mar, Nassau, Bahamas

Tam O'Shanter (Prime Rib), Los Angeles, CA

Saint & Second (Flat Iron Au Poivre), Los Angeles, CA

The Fig Tree (NY Strip), Eleuthera, Bahamas

Bistro 214 (Filet Marsala), Shelby, NC

Wild Thyme (Sliced steak on risotto), Nassau, Bahamas

JWB Prime Steak & Seafood, Nassau, Bahamas

The Oak Barrel, Valley View, OH

¹⁶ 9oz Filet stuffed with a garlic clove prior to cooking. The spice rub was other-worldly on a perfectly seared medium rare. Iron Chef Tim Love has a great thing going in Knoxville, TN!

¹⁷ 50-Day, dry-aged, NY Strip cooked in an 1800 degree broiler!

¹⁸ I ordered the "Filet Trio"—three 4oz filets, each with a different topping. Each steak was cooked perfectly medium-rare. The toppings included blue cheese crumbles, shrimp, and something I described as "magic sauce" (Can't recall what it actually was!). Allie ordered the same and I think I ate close to half of her steak.

¹⁹ Baton Rouge, LA in 2016 (Road trip with Allie & Anya), Charlotte, NC in 2021 and Toronto, ON in 2024 with Allie.

²⁰ I preferred the Filet over the NY Strip at Marcus. I highly recommend adding the green peppercorn sauce!

²¹ Steak lovers rightly focus on the cut of meat and how it is cooked (medium rare!), but I've come to appreciate how the right kind of sauce can elevate the dish. Cappuccino's usually have a couple of options in this regard—I'm partial to their peppercorn sauce. I'm grateful to Sean Donahue who introduced me to this restaurant in 2007.



Misc. Protein

1. “Alabama Chicken”²², **The Strand**, Orlando, FL *With Gavin Collins 2024*
2. Jerk Chicken²³, **Cafe Channing Noelle**, Nassau, Bahamas *With Roger Seivright 2021*
3. Beef Stroganoff w Risotto, **Kamoosh Bistro**, Waterdown, ON *With Allie & Anya 2025*
4. Mushroom Risotto with Chicken, **Wild Thyme**, Nassau Bahamas *With Peter Bates 2023*
5. Chicken entrée²⁴, **Mahogany House**, Nassau, Bahamas *With Allie*
6. Chicken Supreme ‘Claudia’, **Carpaccio**, Niagara Falls, ON *With Alex MacPhail 2024*
7. Beef Brisket, **Noble Smoke**, Charlotte, NC *With Allie, Gabe & Jan Swing 2024*
8. Poulet Cordon Bleu, **Bouchon**, Asheville, NC *With Allie 2021 & 2022*
9. Lamb Chops, **Events By Alexandra**, Nassau, Bahamas *Robin Brownrigg’s birthday party 2019*
10. Lamb Chops, **Dolphin Cove**, Freeport, Bahamas *Lucaya PC Session 2025*

Runner-ups:

OIA/Goldwynn (Korean Short Ribs), Nassau, Bahamas
 Le Petit Gourmet, Nassau, Bahamas (Sweet Chili Chicken)
 Sapodilla, Nassau, Bahamas (Pullet & Mushrooms)
 Latitudes, Nassau, Bahamas (Baby Back Ribs)
 Queenston Heights, N-O-T-L, ON (Short Ribs)
 Webb Custom Kitchen, Gastonia, NC (Short Ribs)
 Syra, Nassau, Bahamas (Pork Roulade)
 Webb Custom Kitchen, Gastonia, NC (Lamb Chops)

Bistro 214 (Chicken entree), Shelby, NC
 The London (Guava BBQ Short Rib), Nassau, Bahamas
 Dune, Paradise Island, Bahamas (Lamb Chops)
 *Summer Palace, Nassau, Bahamas (Peking Duck)
 Smash Kitchen, Markham, ON (Fried Chicken & Mac&Cheese)
 Bun Intended, Asheville, NC (Spicy Curry Bowl With Chicken)
 Wild Thyme, Nassau, Bahamas (Pork Chop)
 Sapodilla Restaurant, Nassau, Bahamas (Lamb Chops)

Bucket List:

Sun Wah BBQ, Chicago, IL

The Reserve, Chagrin Falls, OH

**Restaurant has closed*

^Rebranded to Mogano

²² I need to return to The Strand! Every menu item I tasted was an A+. The “Alabama Chicken” was cooked perfectly, with an incredible dry rub and a white sauce drizzled on top. The accompanying deep-fried Mac & Cheese is what caused me to settle on this entrée amid a myriad of great choices—and it did not disappoint.

²³ I’m still trying to figure this one out. The best jerk chicken I have ever eaten is from a tea & cookie café in Nassau, Bahamas. Huh? The only thing that makes sense in this is that I was brought here by my Jamaican friend, Roger Seivright. He must have known something.

²⁴ What impressed me most about the chicken entrée at Mahogany House was how seemingly simple the dish was. Chicken set on a medley of vegetables and roasted potatoes. Simple, yet perfectly executed. Crispy skin, juicy chicken, and perfectly seasoned. **Note: I do not recommend the chicken entrée at Mogano—it’s decent, but nothing near the caliber of the Mahogany House entrée.**



Appetizers, Small Plates & Soups

1. Tuna Ceviche²⁵, **Flame + Smith**, Bloomfield, ON *With Allie 2025*
2. Coconut Curried Conch Chowder²⁶, ***Van Breugel's**, Nassau, Bahamas *With variety of friends*
3. Beef Tartare Caesar, **The Standard**, Hamilton, ON *With Allie 2025*
4. Seafood Ceviche, **Wild Thyme**, Nassau, Bahamas *With variety of friends*
5. Smoked Salmon Carpaccio, **Kamoosh Bistro**, Waterdown, ON *With Allie & Anya 2025*
6. "Ms. G's Conch Salad", **Marcus at Baha Mar**, Nassau, Bahamas *With Allie 2024 (30th anniversary)*
7. Shrimp Ceviche, **The London**, Nassau, Bahamas *With Allie & Turnquests 2024*
8. Curry Ramen, **Domu**, Jacksonville, FL *With Allie 2024*
9. Pork & Prawn Dumplings, **Shima**, Nassau, Bahamas *With Chilcutts & Pomeroy's 2024*
10. Bacon Elevated²⁷, **Broadway 10**, OKC, OK *Visiting Anya at OBU 2020*

Runner-ups:

Montreal Poutine (Poutine), Montreal, QC
 The Fig Tree/Potlatch Club (Conch Chowder), Eleuthera, BAH
 Social House (Curry Conch Chowder), Nassau, Bahamas
 Days On Front, Kingston, ON (Scallops with Bacon Jam)
 Burnt Tongue (Clam Chowder), Hamilton, ON
 The Squire (Gyoza Dumplings), Hamilton, ON
 Domu, Jacksonville, FL ("Tokyo" Ramen)
 Tide & Vine Oyster House, NF, ON (Chef's Saucy Fries)
 Marcus at Baha Mar, Nassau, Bahamas (Wagyu Beef Crudo)
 Tide & Vine Oyster House, NF, ON (Kat's Seafood Chowder)
 Sapodilla Restaurant, Nassau, Bahamas (Conch Bisque)
 Wild Thyme, Nassau, Bahamas (Seafood Chowder)
 Latitudes, Nassau, Bahamas (Short Rib Dumplings)
 Wild Thyme, Nassau, Bahamas (Lobster Bisque)
 Chestnut, Asheville, NC (Lobster Bisque)
 Belong (Shrimp Bisque), Sharbot Lake, ON

**Restaurant has closed*

Le Petit Gourmet (Shrimp & Lobster Chowder), Nassau, Bah
 Ruth's Chris, Toronto, ON (Ahi Tuna with Mustard-Beer Sauce)
 Flame + Smith (Roasted Peach), Bloomfield, ON
 Dune, Paradise Island (Steamed Shrimp Salad)
 Belong (Scallops on Corn Puree), Sharbot Lake, ON
 Wild Orchids (Conch Salad), Eleuthera, Bahamas
 East Izakaya, Niagara Falls, ON (Pork & Cabbage Dumplings)
 Oku Sushi, Nassau, Bahamas (Udon Noodles w Filet Mignon)
 The Cellar At Duckworth's, CLT, NC (Candied Jalapeno Bacon)
 Old Hickory Steakhouse, Denver, CO (Lobster Bisque)
 Solemar, Nassau, Bahamas (Shrimp Ceviche)
 Cafe Matisse, Nassau, Bahamas (Lobster & Passion Fruit)
 The Strand, Orlando, FL (Guava Pork Belly)
 *Harbourfront Lounge, Nassau, BAH (Conch Cakes)
 Bouchon, Asheville, NC (Escargot)
 Sapodilla Restaurant, Nassau, Bahamas (Escargot)

²⁵ Fresh tuna, roasted corn, jalapeno, radish, with creme fraiche on a salted hard tortilla chip. A+++!

²⁶ I don't really like coconut and I don't very much care for curry, but I LOVE Coconut Curried Conch Chowder (CCCC)! For me, the mark of a great chef is taking ingredients that I don't care for and combining them in a manner that wins me over. Freddy Van Breugel's CCCC is the best soup/chowder I have ever eaten. I once suggested he make a risotto with the same ingredients. Thirty minutes later Freddy returned with that risotto! Of all the Nassau restaurants that have closed in the last few years, Van Breugel's is the one I am missing the most.

²⁷ In a ranking system based upon my personal tastes, it is hard for other foods to compete against bacon. Five strips of Oscar Mayer is a quality side dish in my opinion. *Broadway 10* is overachieving with their appetizer, "Bacon Elevated". Perfectly cooked, and a winsome mixture of sweet, spicy, and savory strips of bacon-awesomeness. During dinner Allie said something to the effect, "I wish you would look at me the way you look at that bacon."



Fish & Chips

1. **Herbert's Fisheries** (Perch), Killarney, ON *2001 Church trip with Jim Allan*
2. ***Fine Kettle O Fish**, Niagara Falls, ON *1980s Go-to spot with Mom*
3. **Nobu** (Chilean Sea Bass), Paradise Island, Bahamas *2024 Birthday Dinner with Allie*
4. **Kingsway Fish & Chips** (Halibut), Etobicoke, ON *Go-to spot with Heather Carver*
5. **The London** (Grouper), Nassau, Bahamas *With Peter Bates 2022*
6. ***Montagu Gardens**²⁸ (Grouper Fingers), Nassau, Bahamas *With Allie & Anya*
7. **Wild Thyme** (Cracked Conch), Nassau, Bahamas *With Roger Seivright*
8. **The Merry Monkey English Pub, Sandals**, Barbados *With Allie 2015 & 2019*
9. **Hutch's On The Beach** (Haddock), Hamilton, ON *With Liam Kamerman 2025*
10. **10 Twenty Five**, Fort Myers, FL *With Case Thorp, Presbytery 2022*

Runner-ups:

Union Jack's (Halibut), St. Catharines, ON
Viola's, Paradise Island, Bahamas
Smokin Fins (Halibut), Highlands Ranch, CO
The Elgin (Cod), New York, NY
Twisted Lime, Nassau, Bahamas
The Poop Deck (Grouper), Nassau, Bahamas

The Squire (Haddock), Hamilton, ON
Cedric's at Biltmore Estate, Asheville, NC
The Blind Pig, Niagara Falls, ON
The Edison, Tallahassee, FL
Syrah, Nassau, Bahamas
Smugglers, Nassau, Bahamas

**Restaurant has closed*

²⁸ I really miss Montagu Gardens. My go-to meal there begins with a cup of conch chowder, Caesar salad (both amazing) and the most addictive garlic bread in the history of garlic bread (I've eaten a whole basket before). Since it's not socially acceptable to make the free garlic bread your main course, my usual entrée was the grouper fingers—the most perfectly battered/fried fish I've had in The Bahamas.



Seafood Entrée

1. Shellfish Risotto²⁹, ^**Mahogany House**, Nassau, Bahamas *With Allie & Anya*
2. Lobster Ravioli³⁰, **Bouchon**, Asheville, NC *With Allie 2021 & 2022*
3. Seafood Risotto, **Prime One Steakhouse**, Nassau, Bahamas *With Allie 2024*
4. Risotto w Lobster, **CIMA**, Hamilton, ON *With Allie, Ralph & Judy 2026*
5. Grouper w Habanero-Lime Sauce, **Ocean Club**, PI, Bahamas *With Macgregors 2022*
6. Lobster Mac & Cheese³¹, **The Lake House**, St. Catharines, ON *With Bonnie MacPhail 2018*
7. Lobster & Shrimp Risotto, **The Fig Tree**, Eleuthera, Bahamas *With Allie 2025*
8. Grouper a la Nassuvian, **Sapodilla**, Nassau, Bahamas *With Allie, Nov. 26, 2021*
9. Seafood Risotto, **Ulele**, Tampa, FL *With Earla, Gavin, Barrett 2023*
10. Mahi Risotto, **1648 / French Leave Resort**, Eleuthera, Bahamas *With Allie 2025*

Runner-ups:

| | |
|--|--|
| Wild Thyme (Seafood Risotto), Nassau, Bahamas | Social House (Panko Butter Scallops), Nassau, Bahamas |
| Mogano (Mussels Risotto), Nassau, Bahamas | The Standard (Prawn & Chorizo Paella), Hamilton, ON |
| Kyma (Bamboo Wrapped Sea Bass), Nassau, Bahamas | Belong (Cornmeal Dredged Pickerel), Sharbot Lake, ON |
| Meze Gill (Seafood Alfredo), Nassau, Bahamas | Webb Custom Kitchen, Gastonia, NC (Scallops & Shrimp Udon) |
| Wild Thyme, Nassau, Bahamas (Shrimp Fettuccini Alfredo) | Ciao Hound, Islamorada, FL (Lobster Ravioli) |
| The Capital Grille (Lobster Mac & Cheese), Ft. Myers, FL | The Stoned Crab (Red Thai Lobster), Freeport, Bahamas |
| Cork & Olive Bistro (Lobster Ravioli), Lake Mary, FL | Cantoro Trattoria (Lobster Ravioli), Plymouth, MI |
| Bistro 214 (Scallops & Risotto), Shelby, NC | Lockkeepers (Seafood Risotto), Valley View, OH |
| Athena Café, (Blackened Mahi), Nassau, Bahamas | Social House (Mahi Mahi Jalapeño), Nassau, Bahamas |
| Chestnut (Smoked Trout Ravioli), Asheville, NC | Syrah (Blackened Salmon/Vodka Penne), Nassau, Bahamas |
| Oku Sushi Bar (Lobster Fried Rice), Nassau, Bahamas | Latitudes (Lobster Mac & Cheese), Nassau, Bahamas |
| Café Matisse (Seafood Risotto), Nassau, Bahamas | JWB Prime Steak & SF (Paella Del Mar), Nassau, Bahamas |

**Restaurant has closed*

^Rebranded to Mogano

²⁹ I haven't seen the shellfish risotto on the Mahogany House menu for a few years now. Risotto is one of my preferred "comfort foods", and this dish was near perfect.

³⁰ Date night in downtown Asheville was fantastic. The upper floor of the Bouchon is beautifully rustic. The lobster ravioli was one of the best dishes I have ever eaten. I asked for more bread just so I could consume every last drop of the lobster sauce.

³¹ I had no way of knowing this would be the last time I would eat out at a restaurant with my sister, Bonnie. It was a wonderful evening together—meaningful discussions and great food.



Sushi, Tartare

1. ***Summer Palace³²** (Tuna Tartare), Nassau, Bahamas *With Roger Seivright 2019*
2. **Nobu**, Paradise Island, Bahamas *2024 Birthday Dinner with Allie*
3. **The Cowfish³³**, Charlotte, NC *With Allie 2021*
4. **Sushi On The Sand, Sandals**, Whitehouse, Jamaica *With Allie 2020*
5. **Marcus At Baha Mar³⁴** (Tuna Tartare), Nassau, Bahamas *With Olshefskis 2025*
6. **Kyma** (Tuna Tartare), Nassau, Bahamas *With Earla & Allie 2026*
7. **1648 / French Leave** (Tuna Tartare), Eleuthera, Bahamas *With Allie 2025*
8. **Oku Sushi Bar**, Nassau, Bahamas *With variety of friends 2024*
9. **Seasons 52** (Tuna Tartare), Orlando, FL *With Allie 2014*
10. **Dune** (Crispy Salmon), Paradise Island, Bahamas *With Macgregors 2022*

Runner-ups:

Latitudes, Nassau, Bahamas

Smokin Fins (El Diablo), Highlands Ranch, CO

The Capital Grille (Tuna Tartare) Ft. Myers, FL

The Oak Barrel (Tuna Tartare), Valley View, OH

Ichiban, Nassau, Bahamas

Wind Japanese & Thai, Niagara Falls, ON

JWB Prime Steak & Seafood, Nassau, Bahamas

Social House, Nassau, Bahamas

East Izakaya, Niagara Falls, ON

OIA/Goldwynn (Tuna Tartare), Nassau, Bahamas

Bahamian Bistro/Coco Modos, Nassau, Bahamas

Seafront Sushi, Nassau, Bahamas

**Restaurant has closed*

³² With the closure of *Summer Palace*, Nassau lost arguably its best sushi option. My favourite small plate was their raw tuna dish, which has a middle layer of avocado, and then is topped with caviar and a quail egg. The side sauces were pretty great too. Fond memories of great food and meaningful conversation with my good friend, Roger Seivright.

³³ With a fusion of sushi and hamburger ingredients, *The Cowfish* presents Burgushi®! I sometimes feel that “fusion” dishes are forced and poorly executed, but this marriage of sushi and a Big Mac is absolutely brilliant. I can’t wait to get back to Charlotte to try another one of the clever creations at *The Cowfish*.

³⁴ Marcus brilliantly pairs Tuna Tartare with fried plantain strips. Served with wasabi on the side.



Italian

1. Parmesan Risotto³⁵, **The Metro Wine Bar & Bistro**, OKC, OK *Visiting Anya at OBU 2020*
2. Chicken & Penne with Marsala, **La Strega Bistro**, DeBary, FL *Solo 2024*
3. Italian Platter³⁶, ***Isabella's**, Beeton, ON *With Mom & Gerry, Allie 1998-2002*
4. Gnocchi Sorrentina, **Mogano**, Nassau, Bahamas *With Allie & Anya 2021*
5. Gnocchi Ricotta Salata, **Frankie Primo's +39**, Buffalo, NY *With Chris Jhu 2023*
6. Chicken Parmesan, **Latitudes**, Nassau, Bahamas *With Allie & Anya*
7. Tour of Italy, **Corelli's**, Clermont, FL *2014 Swim camp trip with Allie*
8. Lasagna, **Mama Ricotta's**, Charlotte, NC *With Allie 2022*
9. Lasagna, ***Luna Rosa**, Greenville, SC *With Allie 2021*
10. Lasagna, **Esposito's Pizza**, Plant City, FL *With Robert Olszewski 2021*

Runner-ups:

HEIST (Chicken Parmigiana), Kingston, ON
La Caverna (Lasagna), Nassau, Bahamas
Le Petite Gourmet (Lasagna), Nassau, Bahamas
Tonino's (Chicken Parmigiana), Nassau, Bahamas

Le Petite Gourmet (Chicken Parmesan), Nassau, Bahamas
Mogano (Cannelloni Ricotta e Spinaci), Nassau, Bahamas
Anthony's Runway 84 (Italian Feast), Ft. Lauderdale, FL

**Restaurant has closed*

³⁵ I've consulted *Trip Advisor* enough to know that it isn't always the best predictor of top restaurants. With *The Metro Wine Bar & Bistro*, however, their number one rating in Oklahoma City is entirely deserved. Their Parmesan Risotto was one of the best entrées I have ever eaten. The beef tenderloin tips were a great addition for this elevated comfort food.

³⁶ As a 20-something year-old pastor on a modest stipend, dining out was a luxury rarely indulged. Thankfully, when my mom and step-father Gerry visited they always wanted to eat out. During those days, *Isabella's* was the best restaurant in town. Since dining out was so rare for us, I felt obliged to order the entrée that was really 3 entrées in one—the "Italian Platter"—chicken parmesan, lasagna, and fettuccini alfredo. This was basically "the greatest hits" of Italian food for me.



Tacos, Fajitas

1. Patagonia Steak, **Willy Taco**, Spartanburg, SC *MacPhails & Clarks 2022*
2. Flock Style, **Willy Taco**, Spartanburg, SC *MacPhails & Clarks 2022*
3. Steak Fajita, **Lupe Tortilla**, Houston, TX *2016 Road Trip (Miami to Houston)*
4. Tuna-Tokyo³⁷, **White Duck Taco Shop**, Asheville, NC *With Allie, Anya & Chris G. 2021*
5. Crispy Pork Belly, **White Duck Taco Shop**, Asheville, NC *With Allie, Anya & Chris G. 2021*
6. Grilled Shrimp, **Fuzzy's Taco Shop**, Oklahoma City, OK *Visiting Anya at OBU 2020*
7. Tuna Tartare, **Blue Sail**, Nassau, Bahamas *With Allie & Anya*
8. Mahi Taco, **Costa/Baha Mar**, Nassau, Bahamas *With Olshefskis 2026*
9. Mahi Taco, **Wild Thyme**, Nassau, Bahamas *With Peter Bates 2023*
10. Fat Brisket Bulgogi, **Seoul Meat Co.**, Charlotte, NC *With Allie 2022*

Runner-ups:

The London (Tuna Tartare), Nassau, Bahamas

Wild Orchids (Blackened Fish), Eleuthera, Bahamas

Beach Club (Mahi), Paradise Island, Bahamas

El Acapulco (Chicken Fajita), Boiling Springs, NC

Snappa's Bar & Grill (Mahi), Marsh Harbour, Bahamas

Viola's (Cracked Conch), PI, Bahamas

Bucket List:

Antique Taco, Chicago, IL

Butcher & The Brewer, Cleveland, OH

Latin House Grill, Miami, FL

Big Star, Chicago, IL

Guy Fieri's Tequila Cocina, Boston, MA

City Pork, Baton Rouge, LA

³⁷ I'm late to the game when it comes to tacos. My challenge is that most places that serve tacos also serve wings, pizza, and burgers—which are my decided preferences. Recently, however, I've been introduced to places that specialize in tacos and I'm seeing this traditional "street food" in a whole new light. I'm grateful to my cousin, Chris Grimwood, who introduced me to *White Duck Taco Shop* in Asheville, NC. The food was terrific and the MacPhails thoroughly enjoyed our picnic table outdoor dining experience along the French Broad River.



Desserts

1. Quadruple Chocolate Cheesecake, **Days On Front**, Kingston, ON *Allie, Anya, Ralph & Judy 2024*
2. Crème Brûlée, **Bouchon**, Asheville, NC *With Allie 2022*
3. Apple Crumble, **Bern's Steakhouse**, Tampa, FL *With Gavin & Jude 2025*
4. Key Lime Pie, **Blond Giraffe**, Tavernier, FL *With Allie & Anya 2017*
5. Key Lime Cheesecake, **Ulele**, Tampa, FL *With Earla, Gavin, Barrett 2023*
6. Strawberry Rhubarb Cheesecake, **Bardo**, Hamilton, ON *With Allie & Anya & Bri 2025*
7. Brûlée Cheesecake, **Broadway Lounge**, New York, NY *With Allie 2023*
8. Switcha Tart, **Marcus at Baha Mar**, Nassau, Bahamas *With Allie 2024 (30th anniversary)*
9. White Chocolate Cheesecake, **Shima**, Nassau, Bahamas *With Chilcutts & Pomeroy's 2024*
10. Guava Cheesecake, **Marcus at Baha Mar**, Nassau, Bahamas *With Olshefkis 2025*

Runner-ups:

Flame + Smith (Brownie w/ mascarpone, raspberry foam & hazelnut ice cream), Bloomfield, ON
Duo Café ("Fei"), Richmond Hill, ON
Webb Custom Kitchen (Cheesecake), Gastonia, NC
Old Hickory Steakhouse, Denver, CO (Crème Brûlée)
The Capital Grille (Crème Brûlée), Ft. Myers, FL
Graycliff, Nassau, Bahamas (Strawberry Cheesecake)
Dolphin Cove, Freeport, Bahamas (Apple Pie Pastry)
Kamoosh Bistro (Berry Cheesecake), Waterdown, ON
Donut Monster (Cherry Lime), Hamilton, ON
Bardo (Salted Honey Cherry Cheesecake), Guelph, ON
Craig's Cookies (Sour Patch Cookie), Hamilton, ON
Pulpy, Nassau, Bahamas, (Lucky Charms infused Ice Cream with Rum Sauce & Cheesecake)
Key Lime Pie Bakery, Key West, FL (Key Lime Pie)
Maker Pizza, Toronto, ON (Burnt Marshmallow Cookie)
HEIST (Chocolate Mousse w Candied Pecans), Kingston, ON
Lonesome Dove, Knoxville, TN (Ancho Chili Chocolate Cake)
Webb Custom, Gastonia, NC (Cookie Butter Cheesecake)
Days On Front, Kingston, ON (Crème Brûlée)
The Stoned Crab, Freeport, Bahamas (Crème Brûlée)
Webb Custom Kitchen, Gastonia, NC (Crème Brûlée)
Kres Chophouse, Orlando, FL (Crème Brûlée)
Prescott's Provisions (Straw/Rhubarb Tart), Tonawanda, NY
Lockkeepers, Valley View, OH (Crème Brûlée)
Broadway Lounge, New York, NY (Lemon Tart)

Duo Café ("Raspberry Rose"), Richmond Hill, ON
Apple Crumble, Marcus at Baha Mar, Nassau, Bahamas
CIMA (Italian Cinnamon Donut), Hamilton, ON
Duo Café, Markham, ON ("Avery" Raspberry mousse cake)
Costa/Baha Mar (Pastel de Cocoa), Nassau, Bahamas
Duo Café, Richmond Hill, ON (Apple Danish)
Amara/Goldwynn Resort, Nassau, Bah (Berry Cheesecake)
Wild Orchids (Guava Duff), Eleuthera, Bahamas
Beechwood Doughnuts, St. Catharines, ON (Straw/Rhub Fritter)
The Strand, Orlando, FL (Kladdaka)
The Standard (Chou a la Creme), Hamilton, ON
Turners (White Choc. Bread Pudding), Leesburg, FL
Bakehouse, Nassau, Bahamas (Strawberry Cheesecake Donut)
Darfons (Key Lime w Raspberry sauce), Nashville, TN
The Pie Plate, N-O-T-L, ON (Cherry Pie)
Junior's, New York, NY (Raspberry Swirl Cheesecake)
Solemar, Nassau, Bahamas (Chocolate Banana Cake)
Sapodilla (Crème Brûlée), Nassau, Bahamas
Belong (Crème Brûlée), Sharbot Lake, ON
Latitudes, Nassau, Bahamas (Crème Brûlée)
La Caverna, Nassau, Bahamas (Apple Tart)