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A Taste of Bal Harbour
MEET THE ST. REGIS CULINARY MASTERMINDS

Raising the Bar
SIPS AND SELECTIONS AT THE ST. REGIS BAR & WINE VAULT
Wine and Dine

After spending the day out and about in Bal Harbour, Bean recommends guests escape to one of his favorite restaurants for a winning combination of fine dining and ambiance. “James Beard Award-winning chef Norman Van Aken’s ninth floor Miami restaurant, Tuyo, offers floor-to-ceiling views of downtown Miami and Biscayne Bay,” Bean says. “Add in a full-wall fireplace and you have one of the area’s most romantic restaurants.” On top of the incredible views, Tuyo follows farm-to-table practices to ensure that their food is flavorful as possible, offering innovative dishes like molasses marinated duck breast and foie gras and cornbread-stuffed quail. (305-237-3200, tuyomiami.com)

Another equally breathtaking date night restaurant is CASA TUA, where each dining experience is designed to satisfy not only your sense of taste, but also of sight, sound, smell and touch. Bean says that the Mediterranean villa’s art-filled interior and candle-lit patio are both ideal for an evening with a loved one. The northern Italian menu includes highlights like pappardelle pasta with lamb ragu and a pistachio crumble, and pineapple panna cotta with guava sauce. (305-673-1010; casatualifestyle.com)

Sweet Endings

To top off the quintessential Bal Harbour day, Bean steers guests toward the city’s top pastry shops—one of which is conveniently located at the resort. “Wherever you may be in THE ST. REGIS BAL HARBOUR RESORT, you should try the city’s most exquisite desserts by Executive Pastry Chef Antonio Bachour,” Bean says. Bachour, who honed his pastry talents in Puerto Rico, creates a variety of sweet sensations ranging from a cool mango sorbet to coconut arroz con leche. Don’t miss the opportunity to try a creation from one of the Top 10 Pastry Chefs in America, as named by Dessert Professional.

Just down the road in South Beach is a restaurant with such legendary baked goods that even Oprah Winfrey claimed they make the best cakes in America (her favorite is the Chocolate Delight). In addition to its world-famous, all-natural cakes, ICEBOX CAFE offers a full menu with subtle international twists. If you can’t make it to the restaurant, you can always stop by the location in Miami International Airport on your way in or out of town. (305-538-8448; iceboxcafe.com)