



For the best choice in necessities such as groceries, beverages, and pharmacy items (sunscreen, etc.), stop at the stores on your way to the villa from the airport.

If you can't get supplies on the way to the villa or you need supplies later, the local village of Soufriere has supplies, too, although a smaller selection.

Prices quoted were gathered in May 2022 from websites or our best estimate basis what we've paid in the past or heard or read and

may not be accurate for your visit. Drive times are approximate. Italics designate descriptions from websites or other reviewers' comments.



Website



Email



Review on TripAdvisor



Facebook

Massy Grocery Soufriere

(758) 457-2345

Drive time from the villa: About 10 minutes.

Driver Zone and Location: Zone 1. In Soufriere near Cool Breeze (Sir Arthur Lewis Street).

The newest grocery near the villa.

This is the new main grocery in Soufriere. It's larger than the other groceries and less crowded. Has a deli and a fairly large frozen foods selection (including decent frozen ground beef from the US) and a wine and spirits aisle. A reasonable amount of produce is available if you don't want to go to the open-air market. Overall, selection is decent but still limited compared to large supermarkets in the United States.

Check the expiration dates on items you purchase, especially on imported brand-name products.

Be sure to take the reusable grocery bags – Doxie can locate them for you.

Hours: Monday – Saturday 7 AM to 7 PM. Sunday 7 AM to 1 PM

Massy Minimart (previously Eroline's)



(758) 459-7125

Drive time from the villa: A little over 5 minutes.

Driver Zone and Location: Zone 1. In Soufriere on Church Street.

The closest grocery to the villa

Eroline's was the main grocery in Soufriere until the Massy opened in early 2021. Massy purchased Eroline's and is converting it to a "mini mart". But it was still reasonably well stocked on our last visit in May 2022, and it was fine for beverages and snacks and wine and spirits and pantry items. They also carry personal items such as sunscreen and insect repellent.

Check the expiration dates on items you purchase, especially on imported brand-name products. Be sure to take the reusable grocery bags – Doxie can locate them for you.

Hours: No official listing on the Massy website. Probably 7 AM – 7 PM daily except Sunday, when it is 7 AM to 1 PM. Doxie will know – check with her if you plan on shopping before 8 AM or after 7 PM.

Soufriere Open-Air Market

Drive time from the villa: A little over 5 minutes.

Driver Zone and Location: Zone 1. In Soufriere, behind the bus stop along Bridge street.

Get fresh fruits and vegetables and fish

There is an open-air market in Soufriere every day, with several vendors carrying whatever is in season. We frequently meet Doxie there in the mornings and take her advice on purchasing fruits and vegetables and fish – she knows everyone and will help you make good selections.

We bought a mahi-mahi from the fish vendor here and had him clean it for us and cut it into steaks. The man cleaning the fish spent a good 15 minutes and did an excellent job, and we tipped him a few \$US for his efforts.

Be sure to take the reusable grocery bags for your purchases – Doxie can locate them for you.

Hours: early morning, with the best selection before 10 AM. Saturdays are busier with more vendors (including fresh meat) and shoppers.

Excelsior Plaza (Soufriere Mall)

Drive time from the villa: A little over 5 minutes.

Driver Zone and Location: Zone 1. In Soufriere. The lower level of the Downtown Hotel.

A few shops that might be helpful for non-grocery items

There are a few shops in the “mall” in downtown Soufriere. A pharmacy (MC Drugstore), a Digicell store (for a local SIM card), an ice-cream parlor, and a store with a few clothes, along with a few other small shops.

You’ll also find the streets around the plaza lined with street vendors.

Hours vary depending on the store.

Butcher Shop

Drive time from the villa: A little over 5 minutes.

Driver Zone and Location: Zone 1. In Soufriere, just to the left of Massy Mini Mart (when facing Massy).

Doxie’s recommended butcher shop

Most of the meat here is frozen, but the prices are reasonable. Doxie purchases most of her meat here. The prices are posted on the blackboard. Note the prices are in EC\$ and are usually per kilogram so you might be fooled into thinking the meat and poultry is very expensive! For instance – something that shows as \$25 EC per kilogram is really just over \$4 US per pound.

Be sure to take the reusable grocery bags for your purchases – Doxie can locate them for you. We paid in EC the last time we were there. We don’t know if they accept US currency (they probably do, but at a poorer exchange rate than the bank) or credit cards (they probably don’t).

Massy La Tourney Grocery Store



(758) 457-2316

Drive time from the villa: About 45 minutes – but only about 10 minutes from the airport and on the way to the villa.

Driver Zone and Location: Zone 3. Vieux Fort area.

Stop here on the way to the villa from the airport for the best grocery selection

Massy La Tourney is a larger grocery than any in Soufriere - less cramped and has a better selection. There are farmers selling their produce outside the store. If you have EC cash, they usually have better produce and lower prices than inside the store.

If you use our driver service to pick you up at the airport, the driver will stop here at no extra charge to let you shop. He'll also help you shop, as he's quite familiar with the store. If you aren't particular about your wines and spirits, you can just pick them up here instead of stopping at Uptowns Liquor.

When buying frozen items keep in mind it's a 40+ minute drive to the villa from here.

Hours: Mon - Thurs: 7 AM-8 PM Fri - Sat: 7 AM-9 PM Sun/Holidays: 7 AM-1 PM

Uptown's Liquor Store



(758) 454-3082 or (758) 454-6081

Drive time from the villa: About 50 minutes – but around 5 minutes from the airport and on the way to the villa.

Driver Zone and Location: Zone 3. Vieux Fort, near the airport.

Stop here for the best selection of wines and spirits

Uptowns is the place to shop for wines and spirits on the south end of the island. They have a large selection, good prices (for St Lucia – imported alcohol carries a hefty duty on it and the prices reflect that). Note that the prices on their Facebook page and in the store are in \$EC and include the taxes. If you've always wanted real Cuban rum, they carry it here.

We're careful about buying expensive wines here. The store is not well air-conditioned, and it's quite possible the wines have been exposed to warm storage conditions. In general, we bring a few bottles of good wine with us (either in our luggage or purchased at the duty-free before we leave the US).

They also carry some groceries. If you are just looking for some snacks and sodas and juice, buying them here would save you a stop at the grocery store.

If you use our driver service, the driver will stop here at no extra charge to let you shop. He'll also help you shop, as he's quite familiar with the store.

Hours: Mon-Thurs 8 AM to 6 PM. Fri-Sat: 8 AM to 8 PM. Sun 8 AM to noon