

## Lauderdale-By-The-Sea's Backflip Beach Bar and Kitchen delivers tasty fare to hungry sun seekers; Take the plunge



By Malcolm McClintock

FOOD WRITER

**Backflip Beach Bar & Kitchen**  
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Situated directly on the beach at the newly opened Plunge Hotel, the friendly Backflip eatery is eager to welcome tourists and locals alike to experience high quality interpretations of certain traditional bar food staples.

"We took our inspiration

Blackened shrimp abound on the healthy Bibb salad with avocado and charred corn.

from the Latin food truck concept," asserts Food & Beverage Director Will Silbernagel, an Executive Chef from Atlanta who is now in charge of opening multiple eateries throughout the property. "This is why we offer such items as chicharonnes (fried pork rinds), yucca fries and tacos."

Indeed, the succinct menu features a mouthwatering selection of south-of-the-border specialties that are sure to please even the most risk averse diner.

From classic house fried chips with salsa, guacamole or queso to lemon marinated fish ceviche, patrons will swoon with delight at the sight of various flavorsome creations.

To wit, the star of the show is an eye-popping array of sophisticated tacos. These delectable beauties are prepared with a quality and elegance that belies the casual vibe of the venue.

For example, the crispy pork belly taco is smothered in Napa slaw, pickled jalapeño, avocado and citrus habanero salsa while the grilled steak version comes loaded with charred onions, cilantro, Cotija cheese and salsa verde.

Vegetarians will appreciate the cauliflower and chickpea taco while seafood lovers can indulge in the vibrant flavors of garlic shrimp with roasted corn and jalapeño crema or the highly addictive deep-fried catch of the day with Bibb lettuce, Pico de Gallo and lime cream.

"We usually have Corvina or flounder for our fish tacos but it depends on availability," says Will. "We try to offer fish that can't be found in other restaurants and, of course, freshness is our primary concern."

Salad aficionados will find joy in the grilled romaine with goat cheese and tangy citrus vinaigrette, the spinach with feta in a Green Goddess dressing or the Bibb lettuce with bacon, tomato, egg, avocado, queso fresco and corn with zesty roasted tomato vinaigrette.

Of course, all salads can accommodate extra pleasures such as blackened shrimp or chicken.

On the sandwich front, Backflip offers a few noteworthy entries such as the grilled steak, spicy chicken or fried catch of the day. "People rave about our fresh handmade burgers," says Will

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# Backflip

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with a knowing smile. “They are cooked to one’s liking and topped with Colby-Jack cheese, Applewood bacon, lettuce, avocado, Pico de Gallo and chimichurri mayo.”

A large variety of wines, craft beers and colorful mixed drinks are just a few of the options available to thirsty patrons.

The \$5 a drink happy hour runs from 4 to 6 p.m. and 8 to 10 p.m. daily.

Plunge hotel is putting the final touches on its indoor restaurants. Those seeking casual fine dining will find solace in the eclectic American offerings of the “Octopus” trattoria while the coffee and sandwich crowd can swing by the “Bean & Barnacle” for a quick grab n’ go meal.

**-Enjoy!**

*Malcolm McClintock holds an MBA and has lived in Thailand, Spain, France, Mexico, Canada and the US where he has developed a deep appreciation for world gastronomy.*



[Top] Plunge Hotel Food & Beverage Director Will Silbernagel shows off the fish tacos flanked by the lovely Backflip bartenders.

The deep fried fresh fish tacos are a house specialty.

