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Back Flip Beach Bar at Plunge Beach Hotel

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Back Flip Beach Bar at Plunge Beach Hotel, a Hidden Gem for Locals

South Florida's new favorite hangout for locals is the **Back Flip Beach Bar** at the Plunge Beach Hotel in Lauderdale-By-The-Sea. With a lively food menu, spirited bar selection and live music every Friday night from 6-9 p.m. and Sunday afternoon from noon until 3 p.m.



Located at 4660 El Mar Drive east of A1A, the Back Flip Beach Bar is the only true toes-in-the-sand beach bar in Lauderdale-By-The-Sea. Guests and locals alike are welcome to kick back in this playful and social beachfront setting. Valet parking is only \$5.

With direct beach access, guests can enjoy a dip in the ocean, a competitive game of beach volleyball or an invigorating scuba dive or snorkeling trip to the off-shore reef, just steps away from the Back Flip Bar. Plunge Beach Hotel Food and Beverage Director Will Silbernagel added a playful and modern twist to some of the innovative signature mixed drinks which pay tribute to iconic sea-loving movie slogans such as Bigger Boat Needed, Tweet Me Ishmael, There Was Room For Two, Phantom Signal and Sharkbait. Traditional favorite cocktails such as the Hemingway Daiquiri, El Diablo and Pimm's Cup are served along with a wide selection of canned imported and domestic beers plus a rotating selection of the latest and greatest micro-brews on tap. "We are psyched to bring back to life what was once a beloved beachfront haunt back in the day," said Tom Mulroy, general manager of Plunge Beach Hotel. "Locals may fondly recall the former beach bar when it was a Howard Johnson's many years ago. We invested a lot of time and energy putting a modern and quirky spin on the property so both our guests and locals can step out of the ordinary and authentically experience old Florida in a beachy, laid back and fun party scene."

With al fresco seating, guests can opt to sit the bar, at high top tables or poolside whether barefoot or in a bikini. Back Flip's blackboard of food options stays true to Plunge's edgy flair and appetite for fun. An assortment of tacos for \$10 and under includes garlic shrimp, crispy pork belly, fresh fish catch of the day, grilled steak, cauliflower and chickpea and spiced chicken. Grilled steak sandwiches, hamburgers, fried fish catch of the day and spicy chicken sandwiches range from \$10-\$12 with a selection of salads all under \$9. A variety of easy-to-nibbles such as house fried chips topped with salsa, guacamole or queso, chicharonnes with lime salt and roasted Jalapeno cream, yucca fries with chipotle peppers and cilantro and fresh homemade ceviche with charred corn and plantain chips round out the inspired snack menu.

Managed by Hospitality Ventures Management Group, Plunge Beach Hotel is a 163-room oceanfront hotel complex with amenities including a beachfront swimming pool with spectacular ocean views, free WiFi, a 24-hour fitness center and ample street level parking and just 1.4 miles from Commercial Blvd and Anglin's Pier.

For additional information or to book a reservation visit plungebeachhotel.com, call 754-312-5775 or email info@plungebeachhotel.com

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