

TREE TO BAR EXPERIENCE

Project Chocolat, Saint Lucia

Unique to the Rabot Estate, this fascinating experience draws on our expertise as a chocolatier as well as a cacao grower. We're one of only very few cacao growing chocolate makers in the world. The Tree-to-Bar tour starts by walking through our cacao groves, selecting ripe cacao pods cut from the tree, and ends with making your own chocolate bars. The tour includes all the key steps along the way – seedling nursery, fermenting room, sun-drying station, grinding, mixing and lots of tasting!

Please speak to our front desk for more information and to confirm tour times during your stay.

PROJECT CHOCOLAT

SAINT LUCIA
FROM HOTEL CHOCOLAT

RABOT RESTAURANT


SAINT LUCIA
FROM HOTEL CHOCOLAT

THE MENU

Grown in Saint Lucia.

Welcome to 'cacao cuisine'

October 2020



We saw the potential. In 2006 we had a mission, to re-establish a thriving, sustainable cacao economy in Saint Lucia. Seeded, harvested, dried, roasted and transformed.

Our flourishing cacao estate provides the ingredient that enhances local catches to molten lava chocolate desserts. Discover the full potential of the cacao bean, shell to nib.


PRICES SHOWN IN US DOLLARS, INCLUSIVE OF GOVERNMENT 10% VAT TAX.
A 10% RESORT FEE / SERVICE CHARGE WILL BE ADDED TO YOUR FINAL BILL.

WE HAVE A 'NO TIP EXPECTED' APPROACH – We plan to give you great service and we pay our team a full wage (however if you receive exceptional service and would really like to leave a tip, that's of course appreciated).

Stay connected.
[@hotelchocolatstlucia](https://www.instagram.com/hotelchocolatstlucia)



Hotelchocolat.com/rabohotel



We also have a unique sister restaurant in London overlooking the bustling Borough Market, where the rough-with-the-smooth charms of St Lucia are transported to the heart of London.

Rabot Estate dates from 1745.
It's the oldest and most beautiful
cacao estate in Saint Lucia set in
a UNESCO site of natural beauty.
Enjoy the view.

Fig. 3 Cacao Bean

Fig. 3.1 The Shell

Flavours of: toast, umami.
We use for: tea infusion drinks,
cooking stock & spice mixes.



Fig. 3.2 The Nib

Flavours of: cacao oak & tannin.
We use for: marinades, sauce
enriching, crusts and grinding
up to make chocolate and
chocolate drinks.

Cacao
Other chocolate makers
discard everything
but the cacao nibs.
We use it all.

THE ANATOMY OF CACAO

Fig. 1
Whole Cacao Pod



Fig. 2
Cut Cacao Pod

Fig. 2.1
The Pulp
Flavours of: lychee/sweet elderflower
We use for: sorbets, cocktails
& marinades.



Fig. 2.2
The Bean
Needs to be fermented
and sun dried, then
delicious.
See fig.3

Fig. 2.3
The Husk
We use
for: organic
composting.

STARTERS

Tuna-Dorado Tartare \$16

Available without croutons (WW, VE)
Super-fresh, locally line-caught. Finely
chopped with capers and scallions,
papaya, mango, red pepper salsa and
cacao nib croutons. (V)

Ti' Jardin \$15

Ti' Jardin (little garden in Saint Lucian creole)
is a terroir within our cacao estate, a short
scenic stroll from Rabot. A medley of
seasonal vegetables unfurl atop a velvet bed
of velvety cacao nib onion purée, finished
with local pickled greens. (VE, WW, WD)

Pulled Pork Piton \$16

Inspired by the magnificent Piton our chefs
can see from their open-air kitchen, they
created a pulled pork version. Spiced, slow-
cooked and tender, with a crisp breadcrumb
and cacao nib coating. Overlooking locally
grown, organic green leaves and a sea of
white cacao nib and sweet chilli sauce.

Goat's Cheese, Black Olive & Rye \$15

Soft goat's cheese whipped with a floral
edge of cacao pulp. Super-smooth meets
bread crunch elevated with mango purée
and homemade coconut marmalade. Cacao
nib, dry black olive and Scandinavian inspired
rye bread textured. Works so well. (V)

Vegetables Pressé \$13

Showcasing Soufriere's fabulous local
vegetables. Slow roasted, herbed
eggplant, tomato, onions in leaf-wrapped
madras rice. (VE, WW, WD)

Sea Scallops \$20

Marinated with cacao, seared and
basted in a cacao-citrus sauce.
Local spice-infused dressing with
fresh spinach. (WD, WW, SF)

Cacao Gazpacho \$15

Refreshing chilled aromatic soup of
tomatoes, peppers and cucumber
with finely ground cacao nibs and
toasted croutons.

No Gluten option available. (V, WW)

Citrus Organic Leaf Salad \$15

Locally grown organic leaf, cashew
nut and estate citrus fruit salad, white
chocolate coconut dressing, cacao nib
croutons. (V, N)

Sharing Platter \$25

Goat's Cheese, Black Olive & Rye
Pulled Pork piton
Sweet Potato Strips
Cacao Gazpacho Shots

DIETARY & ALLERGENS

Please let us know if you have allergies we haven't highlighted in the menu.
(V) Vegetarian (WW) Without Wheat (WD) Without Dairy (A) Alcohol (N) Nuts
(SF) Shellfish (VE) Vegan

All of our dishes may contain traces of allergens.

For full allergen information please ask a member of staff.

We are part of Hotel Chocolat, the British luxury chocolatiers and it was co-founders Angus Thirlwell and Peter Harris who discovered Rabot Estate.

MAINS

Market Fish Fricassé \$39

Locally caught fish fillet, paired with scallions, spring onion and roasted pineapple. Fresh coconut milk & cacao butter sauce. (WD, WW)

Cacao Beer Pork Tenderloin \$40

Garlic mash, roasted seasonal vegetables, cacao nib garden mint sauce. Please specify traditional well-done or medium. (A, WW)

Ti' Scallops \$40

Pan-seared cacao nib marinated scallops, basted in a citrus sauce. Served with a medley of seasonal vegetables atop a bed of velvety cacao nib onion purée. (WD, WW, SF)

Beef Fillet / Ribeye \$46 / \$42

Aberdeen Angus 48 hour marinated in freshly roasted cacao. Sautéed local mushrooms, roast potatoes, pumpkin-carrot mash, red wine and dark chocolate gravy. (A, WW)

Yellow Fin Tuna \$39

Line-caught locally, seared with a cacao nib crust, roasted garlic cacao butter sauce, sweet potato carrot mash, seasonal local vegetables. (WW)

Homemade Sorbets \$13

A scoop of each: cacao pulp with soursop, mango and guava. (VE, WW, WD)

The Story Of Chocolate, In Ice \$13

Connects our cacao-growing and chocolate-making in the most delicious way. A trio of homemade ices charting the progression from pod to chocolate in three stages; (V, WW)

- 1) cacao pulp sorbet
- 2) cacao nib-infused ice cream
- 3) estate chocolate ice cream

Citrus Groves \$14

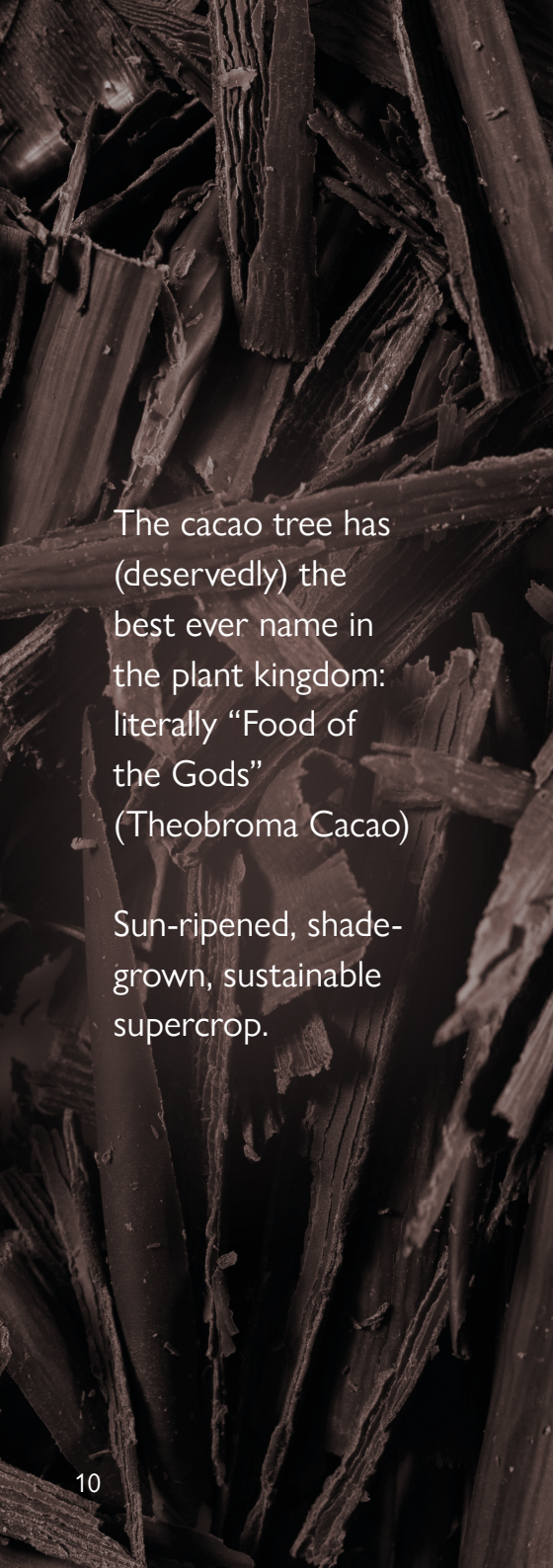
White chocolate lemon curd hand-piped onto a Brittany shortbread base with meringue shards. Locally grown, juicy mangoes provide the perfect pairing - an elegant sorbet accompanies. Finished with dark chocolate praline pieces. (N)

Mousse au Chocolat \$13

The simplest chocolate dessert recipe there is. Perfect for showcasing some of the best cacao on the planet. We can get a bit emotional about our cacao as we care for it from fresh cacao pod to smooth chocolate (a total of seven stages). Here its served up as a smooth mousse, with our Ice Cream of the Gods (cacao nib infused ice cream). (N)

Chocolate Genesis \$20

Taste the epic story of chocolate in a 9-stage tasting plate made from our Rabot Estate Fine Cacao. (V, WW, N)



The cacao tree has (deservedly) the best ever name in the plant kingdom: literally “Food of the Gods” (Theobroma Cacao)

Sun-ripened, shade-grown, sustainable supercrop.

DESSERTS

We make our chocolate directly from our estate grown cacao beans, right here. Take a look at our conche at the end of the restaurant.

Rabot Chocolate Lava \$15

Chocolate sponge dome with molten chocolate interior, all made from our estate cacao beans, served with cacao nib-infused ivory-toned ice cream. Inspired by the Soufriere volcano in the valley behind us. (V)

The Magnificent Piton \$13

A dramatic soft meringue peak, surrounded by estate chocolate sauce with sliced bananas, flaked almonds and caramel drizzle. Our homage to the big view. (V, WW N)

Rum Baba & Cacao Whipped Cream \$15

Rum Baba cake soaked in Chairman's Reserve rum and served with cacao-infused whipped cream. (A, V)

Rabot Marquise \$15

72% Rabot Estate chocolate and cream marquise atop a decadent crunchy cacao base, served with pecan and almond nougatine. Creamy dark chocolate hit will take you to new heights. (N)

So Creole \$15

Pieces of caramelised rum pineapple served with lashings of Creole vanilla cream. Accompanied with a coconut cocoa sponge, devilishly good rum and raisin ice-cream and hand-piped chocolate lattice-work. (A, N)

12-hour Marinated “Bois Bandé” Chicken \$39

Bois Bandé (pronounced Bwah Bonday), or West Indian “bush magic” rum has been loved for centuries by Lucians. A riot of spice and sweetness, with notes of cinnamon, star anise and nutmeg and one special ingredient – the bark of tropical tree Richeria Grandis. According to local folklore, it has magical, invigorating properties. It also goes spectacularly well with chicken. Served with creamy white chocolate and pumpkin mash with cacao nib rum jus. (A, WW)

Lightly Spiced Coconut Curry & Cacao Chicken \$37

Chicken breast in a creamed spiced coconut-cacao nib casserole, cacao nib rice, cucumber raita. Homemade cacao nib naan bread, papaya chutney. (VWD)

Cacao Linguine \$32

Ribbons of our handmade cacao pasta curl up with julienned carrots, pumpkins, courgettes and bell peppers before being tossed in a fragrant tomato and basil sauce. Earthy, energising and entirely plant-powered. (V)

Mahi Mahi and Vegetable Pressé \$39

When the local mahi-mahi fish is this good, you don't need to do much. We marinate ours in a simple cacao nib condiment before flame-grilling. Served alongside our vegetable pressé – leaf-wrapped madras rice atop a tower of slow-roasted eggplant, tomato and onion. (WVD, WW)

The Boucanier's Fish & Chips \$30

Local fish fillet of the moment in Piton beer and cacao tempura, potato fries, mushy peas and homemade condiments. (A)

Cacao Pod Hamburger \$30

A burger of ground beef and a twist of our cacao, gruyere cheese, local smoked bacon, cacao beer onions, potato fries. Served in a cacao pod shaped, home made, bread bun. (A)

The Club Caesar \$25

Cacao lends a malty note to marinated chicken breast. Served with local romaine lettuce, ground cacao nib caesar dressing, croutons, soft boiled eggs, sweet potato and Gruyère cheese.

Cacao Cannelloni \$32

Our chefs knead fresh dough for our famed cacao pasta every morning. Then they roll it into sheets and fill them with a tomato-based medley of Soufrière's finest local vegetables for our twist on the traditional cannelloni. Served with a bell pepper coulis. (V)

Ti' Jardin \$23

Ti' Jardin (little garden in Saint Lucian creole) is a terroir within our cacao estate, a short scenic stroll from Rabot. A medley of seasonal vegetables unfurl atop a velvet bed of velvety cacao nib onion purée, finished with local pickled greens. (VE, WW, WD)



Engaged Ethics is the name we coined for our direct program to create sustainable cacao growing. It's a roll-up the-sleeves, takes risks, long term approach, which has led to a remarkable set of results so far.

SIDES \$7

White Chocolate Mash
Shouldn't work, but it does.
Addictive (WW, V)

**Local Tomato,
Beetroot Organic Salad**
(VE, WW, WD)

**Coconut Spiced Calaloo and
Green Banana**
(WW, V)

Warm Cacao Spiced Eggplant
(WW, V)

Cacao Nib Rice
(VE, WW, WD)