

TREE-TO-BEAN

Follow the journey of the bean, harvesting to chocolate making.

Want to see where chocolate is born? As cocoa growers and chocolatiers our Tree-to-Bar experience follows the bean from harvest. Stroll our dappled cocoa groves, select sun-ripened cacao pods cut from the tree, then make your own chocolate bar from roasted beans. The roots of cocoa farming include our seedling nursery, fermenting room, sun-drying station, grinding, mixing and finally tasting!

Available Monday to Friday (with the exception of public holidays).

Monday, Tuesday, Thursday, Friday
09.00 – 10.00 Tree-to-Bean
10.30 – 11.30 Bean-to-Bar

Monday & Wednesday & Friday
13.00 – 14.00 Tree-to-Bean
14.30 – 15.30 Bean-to-Bar

\$88.00pp for external guests (Inclusive of 10% VAT)
Items to remember: camera & green fingers!

BOUCAN

HOTEL & RESTAURANT SAINT LUCIA

Grown in Saint Lucia.
Welcome to 'cacao cuisine'

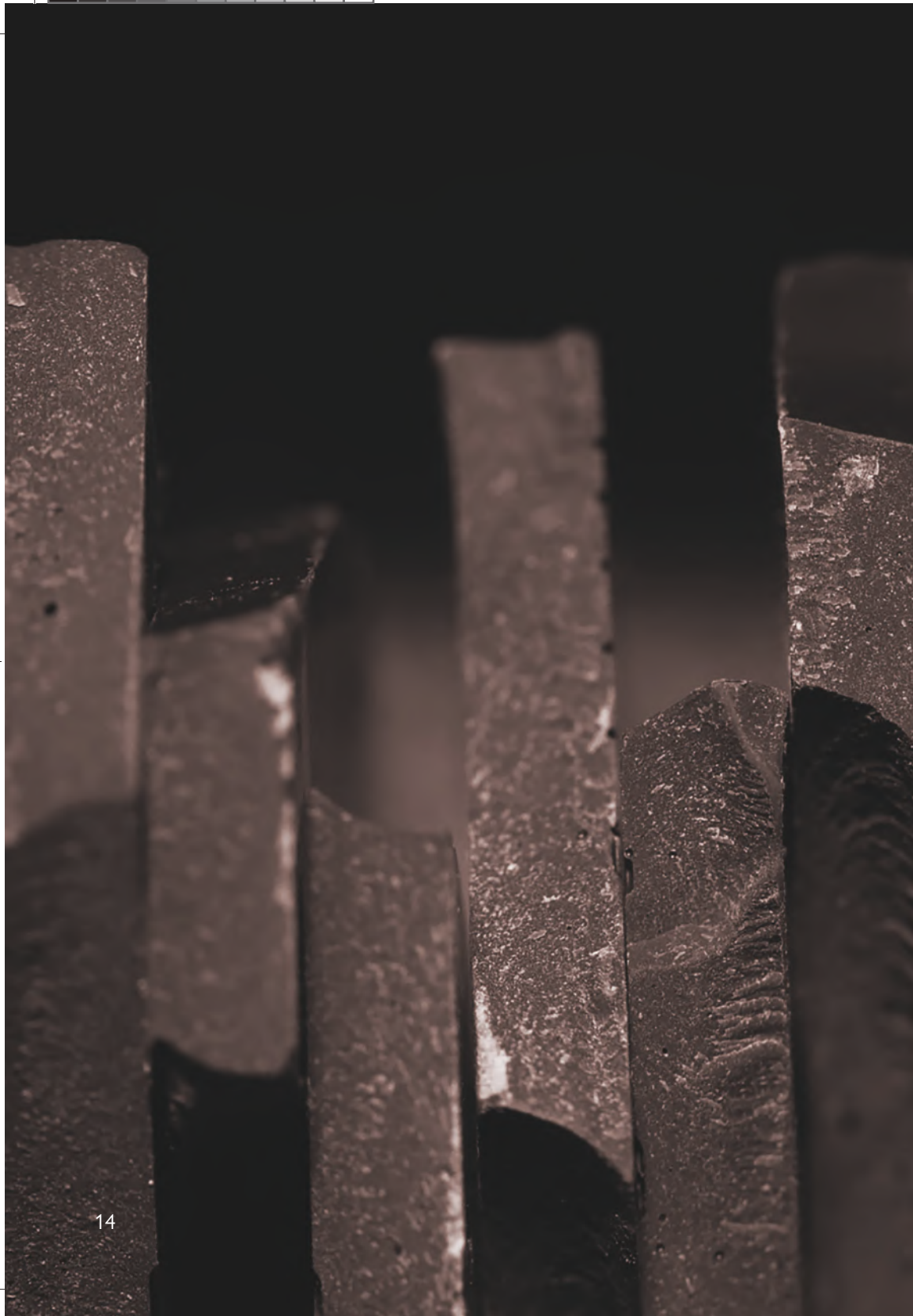
January 2019



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

Our flourishing cocoa 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).



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

Fig. 3 Cocoa 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: cocoa 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 COCOA

Fig. 1
Whole Cocoa Pod



Fig. 2
Cut Cocoa 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 \$14
Ti' Jardin (little garden in Saint Lucian creole) is a terroir within our cocoa estate, a short scenic stroll from Boucan. 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 \$14
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 \$14
Soft goat's cheese whipped with a floral edge of cocoa 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 \$17
Marinated with cacao, seared and basted in a cacao-citrus sauce. Local spice-infused dressing with fresh spinach. (WD, WW, SF)

Beef Flank with Savoury Profiterole \$15
Rare seared cacao-spiced beef, marinated in a handful of spices – ginger, coriander, mustard and cacao nibs. Paired with white chocolate mash and cacao red wine gravy. A marriage made in heaven. (A)

Cacao Gazpacho \$13
Refreshing chilled aromatic soup of tomatoes, peppers and cucumber with finely ground cacao nibs and toasted croutons.
No Gluten option available. (V, WW)

Sharing Platter \$22
Cacao Gazpacho shots
Cacao Gin Cured Mahi-Mahi
Pulled Pork Piton
Sweet Potato Strips
(A)

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 \$37

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

Cacao Beer Pork Tenderloin \$38

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

Ti' Scallops \$38

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 / \$40

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 \$38

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

Duck Confit \$37

We use cacao butter to tenderise the duck for eight hours before roasting. Cacao nib citrus sauce, carrot and sweet potato mash. (WW)

Homemade Sorbets \$12

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

The Story Of Chocolate, In Ice \$12

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

Rum Baba &

Cacao Whipped Cream \$14

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

Rabot Marquise \$14

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

Coconut Creme Brûlée \$12

We grate and press local coconuts in our kitchen to make our natural coconut cream, as an alternative to the traditional dairy cream. Served with rum caramelised local pineapple, cassava our cacao stick and mango sorbet. (VE, WD, N)

Citrus Groves \$12

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 \$12

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 \$18

Taste the epic story of chocolate in a 9-stage tasting plate with exquisite truffles, caramels, rare Rabot Estate chocolate and a shot of our drinking chocolate. (V, WW, N)

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.

Robot Chocolate Lava \$14

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 \$12

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)

So Creole \$14

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)

Praline Slice \$12

Chocolate cake followed by a layer of Supermilk* chocolate, topped with almond praline cream, toasted almonds and cacao crumble. As served at the London BAFTA awards dinner. We are proud to be the official BAFTA chocolatier: creativity in chocolate. (V, N)

12-hour Marinated “Bois Bandé” Chicken \$37

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)

Local Dahls ‘Boucan Style’ \$22

Slow-cooked chickpeas with a hint of 65% dark chocolate from beans grown on our estate. Spiced lentil with cacao nib naan bread. Roasted courgettes and carrots. (V)

Lightly Spiced Coconut Curry & Cacao Chicken \$36

Chicken breast in a creamed spiced coconut-cacao nib casserole, cacao nib rice, sweet potato and spinach. Homemade cacao nib naan bread, lime and papaya pickle. (VD)

Cocoa Linguine \$30

Ribbons of our handmade cocoa 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 \$37

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. (VD, WW)

9-hour Lamb Shank \$39

Cooked slowly in a velvety stock until the meat slides off the bone. Served on a bed of green, orange and black lentils, simmered in a cacao nib stock until plump and tender. (VD, WW)

Cocoa Cannelloni \$30

Our chefs knead fresh dough for our famed cocoa 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)

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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.



Engaged Ethics is the name we coined for our direct program to create sustainable cocoa 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 \$5

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)