

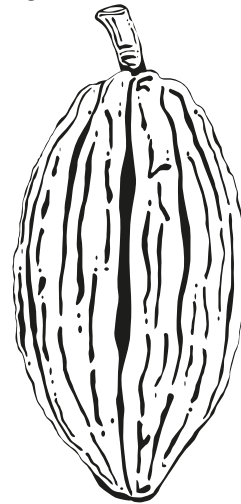
The Anatomy of Cacao

We've long adhered to the Japanese principle of *mottainai*: the elegance in producing as little waste as possible and using the full value of everything. The cacao bean is no exception. While other chocolate-makers often discard everything but the nib, we've discovered the potential of every part.

This practice is part of our Planet Pledge: a commitment to minimising our environmental impact by reducing energy, plastic and food waste, as well as food miles.

hotelchocolat.com/planetpledge

fig. 1



The Cacao Pod

fig. 2

fig. 2.1 The Pulp

Flavours of lychee.
We use for: sorbets, cocktails and marinades.

fig. 2.2 The Bean

Needs to be fermented and sun dried, then delicious. See fig. 3.

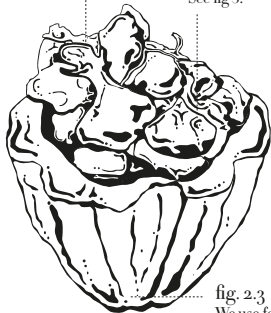


fig. 2.3 The Husk

We use for: organic composting.

Cut Cacao Pod

fig. 3

fig. 3.1 The Shell

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



fig. 3.2 The Nib

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

Cacao Bean



**RABOT
RESTAURANT**
SAINT LUCIA
FROM HOTEL CHOCOLAT

WELCOME TO 'CACAO CUISINE'



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.

We make our fine flavour, micro-batch chocolate directly from our estate-grown cacao beans, right here.

At Rabot Hotel we believe in doing what we can to protect our planet. All our dishes on the menu are created using local, high quality meat and vegetables to minimise the need for imported foods, while also supporting our local communities here in Saint Lucia.



PROJECT CHOCOLAT: THE TREE TO BAR EXPERIENCE

Building on a decade of success, we have transformed our famous Tree to Bar experience across a six-acre site at Rabot Estate in Saint Lucia. Project Chocolat connects ethical cacao-growing with chocolate-lovers in a uniquely immersive agri-tourism experience.

Here, you'll find out how cacao grows. Plunge into the rainforest for a tour of the cacao groves, and learn how to graft a tree before hand-crafting your very own chocolate bar. You will discover cacao cuisine, served street-food style, cocktails and more – all enjoyed looking out over a UNESCO World Heritage Site. Finish by treating yourself (or your loved ones) to cacao alcohols, cacao beauty products and - of course - more chocolate!

Speak to a member of the team to book your tour.

**YOU'LL NEVER THINK ABOUT CHOCOLATE
THE SAME WAY AGAIN.**



DESSERTS

Rabot Chocolate Lava \$20

Chocolate sponge dome with molten chocolate interior, all made from our estate cacao beans, served with homemade coconut milk sorbet. Inspired by the Soufrière volcano in the valley behind us. (V)

The Magnificent Piton \$17

A dramatic soft meringue peak, surrounded by estate chocolate sauce. Flambé, caramelised bananas, flaked coconut and caramel drizzle. Our homage to the big view. (V, WW, A)

Citrus Groves \$16

Passionfruit curd hand piped onto a Brittany shortbread base with meringue shards. Locally grown, juicy caramelised banana provide the perfect pairing - an elegant sorbet accompanies. Finished with praline pieces. (N)

Chocolate Genesis \$21

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

Chocolate Panna cotta \$16

A marriage of two tropical flavours. Rabot Estate 72% dark chocolate meets fresh coconut. Pumpkin spiced crumble and coconut sorbet. (VE, DF)

Homemade Sorbets \$14

A scoop of each: coconut watermelon, cacao pulp and soursop, caramelised banana. (VE, WW, WD)

Mousse au Chocolat \$16

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 it's served up as a smooth mousse, with Rabot Estate ice cream. (N)

So Creole \$17

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)

The Story Of Chocolate, In Ice \$15

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; 1) cacao pulp sorbet. 2) cacao nib-infused ice cream. 3) estate chocolate ice cream. (V, WW)

Rabot Marquise \$16

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

STARTERS

Vegetables Pressé \$15

Showcasing our fabulous local vegetables. Slow roasted, herbed eggplant, tomato, butternut squash topped with leaf-wrapped Madras rice. (VE, WW, WD)

Three Quinoa Bowl \$16

White, black & red quinoa with raisins and freshly squeezed citrus juice, topped with cacao confit tomato, pumpkin and local green leaves. (VE)

Citrus Organic Leaf Salad \$16

Light and refreshing starter. Locally grown organic leaf, cashew nut and estate citrus segment, smoothed with white chocolate coconut dressing. (V, N)

Pulled Pork Piton \$20

Inspired by the magnificent Piton and locally grown pork, our chefs created a pulled pork version. Spiced, slowcooked 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.

We source all we can from our cacao groves and gardens, where we pick and prepare our own fruit, vegetables and herbs.

Sea Scallops \$22

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

Yellow Fin Tuna Tartare \$20

Super-fresh, locally line-caught. Finely chopped with fragrant estate garden herbs, Soufriere salsa and homemade cacao nib croutons. Available without croutons. (WW)

Spiced Roasted Pumpkin Soup \$17

Choiseul caramelised pumpkin roasted to perfection with cacao nibs giving malty notes. Sun-ripe tomatoes confit and soft plantains. (VE)

Cacao Cannelloni \$17

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 roasted pumpkin puree. (V)

Sharing Platter \$27

Yellow Fin Tuna Tartare, Pulled Pork Piton, Sweet Potato Strips, Spiced roasted pumpkin soup.

MAINS

Ti Scallop \$48

Pan-seared cacao nib marinated scallops, basted in a cacao-citrus sauce. Served with a roasted pumpkin puree, cacao nib and local plantain. (WD, WW, SF)

Cacao Cannelloni \$35

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Cacao Braised Local Pork \$42

From Dennery down the road. Lightly smoked and slow-cooked for hours until perfect tenderness. This local pork is to die for. Sticky braised reduction, pickled red cabbage and smoothed sweet potato. (A, WW)

Mahi Mahi and

Vegetable Pressé \$44

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 – leafwrapped madras rice atop a tower of slow-roasted eggplant and tomato. (WD, WW)

Beef Fillet / Ribeye \$65 / \$60

Black Angus, 48-hour-marinated in freshly roasted cacao. Sauteed local mushrooms, callaloo (local spinach), handcut potato fries, red wine and dark chocolate gravy. (A, WW)

Market Fish \$44

Freshly caught by our fishermen. (Ask your waiter our fish selection). Served over a sweet pineapple, tangy scallions, and potato base, glazed with coconut & cacao butter sauce. (WW)

Cacao Linguine \$35

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

The Club Caesar \$33

With our Caribbean twist. Cacao lends a malty note to marinated local chicken breast. Served with crunchy romaine lettuce and roasted ground cacao nib. Homemade caesar dressing, croutons, soft boiled eggs and sweet potato. (SF)

Yellow Fin Tuna \$44

Line-caught locally, seared with a cacao nib crust, fresh spring onions and cacao butter sauce, sweet potato mash, seasonal local vegetables. (WW)

Spinach & Mushroom Wellington \$42

Plant-based. Spiced green figs, beans and local mushroom rolled in the local spinach (callaloo). Baked in a light vegan pastry dough, cacao nib sprinkled. Served with a smoky eggplant & pimento sauce. (VE)

Eastern Caribbean Sea JackFish \$39

24 hours infused with Rabot Estate cacao nibs for maltiness, just lightly pan seared. Pumpkin duo, roasted and mashed, finished with sweet and sour ginger reduction.

Cacao Pod In & Out \$36

Homage to the emblematic fruit of Rabot Estate. A choice of either juicy shredded local pork or chicken. Lightly spiced papaya chutney to cut through. Cacao pod shaped homemade bread bun, rosemary hand-cut potato fries.

Local 12-hour Marinated "Bois Bandé" Chicken \$43

Bois Bandé (pronounced Bwah Bunday), 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, 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)

The Boucanier's Fish & Chips \$36

Local fish fillet of the moment enrobed in cacao nib Piton beer tempura. Hand-cut potato fries, and homemade condiments. (A)

SIDES \$8.5

White Chocolate Mash

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

Warm Cacao Spiced Eggplant

(WW, V)

Cacao Nib Rice

(VE, WW, WD)

Local Tomatoes and Christophene Organic Salad

(VE, WW, WD)

Coconut Spiced Calaloo and Green Banana

(WW, V)