

# BOUCAN

HOTEL & RESTAURANT SAINT LUCIA

PRICES SHOWN IN US DOLLARS, INCLUSIVE OF GOVERNMENT  
10% VAT TAX.

WE DO NOT APPLY A 10% SERVICE CHARGE TO YOUR FINAL  
BILL BECAUSE OF OUR CUSTOMER SERVICE POLICY.

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

#### DIETARY & ALLERGENS

Please let us know if you have allergies we haven't highlighted in the menu.

(v) Vegetarian (gf) Gluten-free (df) Dairy-free

**NUTS** We work with nuts in our kitchen so there may  
be traces in all dishes even if nuts are not an ingredient.

We can adjust some of our dishes to meet your dietary requirements, please ask.

## *A dinner menu of* **CACAO CUISINE**

Our healthy menu draws on  
the rare cacao we grow here

*The fresh, tangy cacao pulp* – surrounds the beans  
can be found in our cocktails, sorbets and ice creams.

*The roasted cacao nibs* – play a key role as a spice  
- an infuser of toasty/nutty flavour.

*Our award winning bitter dark Saint Lucian  
chocolate* – harmoniously balancing dressings, dips and,  
of course, our desserts!

# STARTERS

## Scotch Egg v \$12

Local hen's egg, cloaked in wild mushroom risotto, roast cacao nib crust, butternut squash puree, calaloo (spinach).

## Plantation Pork \$15

Hand chopped pork terrine with Saint Lucian rum chutney and toasted walnut bread.

## Kingfish Ceviche \$19

Kingfish fillet "cooked" in cacao pulp, coconut milk, chilli and lime pickle, served with cacao nib flatbread. *Gluten free option available.*

## Chilled Soup v \$11

Almond, garlic and scotch bonnet soup with honeyed cacao nib oil.

## Carpaccio Rabot gf \$22

Salted cacao-cured beef tenderloin, 100% pure cacao tuile, shaved parmesan and peppery local organic salad leaves.

## Endive & Green Papaya Salad v \$14

Crunchy endive, local watercress, and estate green papaya with creole spiced almonds, grain mustard and Boucan-conched chocolate dressing. *Gluten free option available.*

## Cacao Beer Jerked Tuna \$19

Loin of tuna jerked in cacao beer then rare-seared, sweet potato gnocchi, chilli-balsamic dressing.

## Vegetables 'Ti Jardin v \$12

Marinated nearly raw seasonal vegetables, served with dipping pots of cacao pesto, cacao aioli, white chocolate horseradish and a soft boiled egg.

*Gluten free option available.*

## Citrus Organic Leaf Salad v \$12

Locally grown organic leaves, estate citrus fruit contrasting with white chocolate and coconut dressing, cacao nib croutons and garden herbs. *Gluten free option available.*

## Cacao Tortellini v \$18 starter \$26 main

Handmade with our savoury cacao pasta, filled with goat's cheese and spinach with toasted almonds, butternut squash puree, cacao nib balsamic brown butter.

## Cacao Gazpacho v \$11

Refreshing chilled aromatic soup of tomatoes, peppers and cucumber with finely ground cacao nibs and toasted croutons. *Gluten free option available.*

## Rabot Risotto gf, v \$18 starter \$25 main

Creamy risotto with pan seared Portobello mushroom served with cacao nib oil and organic micro-herb leaves.

# MAINS

## Poached Kingfish gf \$36

Fillet of Kingfish in a light cacao nib spiced escabeche bouillon and nursery herbs.

## Trini Platter v \$28

A tasting platter of three distinct spiced classics - fragrant eggplant/aubergine, sweet potato and cauliflower; red bean dahl. Served with cacao crisp bread, cacao nib rice and cooling raita. *Gluten free option available.*

## Confit of Mahi-Mahi Salad gf \$34

Tender fish fillet confit-style, with green coconut jelly, local pickled cucumber; flowering herbs, limed cacao nib oil dressing and crème fraîche (served cool).

## Pork Tenderloin gf \$38

Wrapped in local smoked bacon, with yam and cheese gratin, cacao glazed shallots, cacao nib mint sauce.  
*Please specify traditional well-done or medium cooked.*

## Creole Fish gf \$38

Best catch of the day with cacao and creole spices, almond purée, wilted local greens and sweet potatoes.

## Aberdeen Angus Prime Beef gf

### Rib Eye cut \$38 Fillet/Tenderloin cut \$48

Matured and infused with cacao nibs, local spinach, dauphinoise of local ground provisions, cacao-peppercorn jus.

## Cacao Tortellini v \$18 starter \$26 main

Handmade with our savoury cacao pasta, filled with goat's cheese and spinach with toasted almonds, butternut squash puree, cacao nib balsamic brown butter.

## Confit Of Duck gf \$43

Leg and breast of duck confit with a local orange and Rabot Estate bitter dark chocolate sauce, white chocolate mashed potato, plantain crisps, carrots.

## 'Ground Provision' One-Pot v \$28

A mild spiced vegetable curry with pumpkin puree and cacao nib naan bread. 'One pots' are the versatile clay cooking pots used in the villages around Rabot Estate. 'Ground provisions' is the local name for all vegetables that come out of the ground - and the land in this part of Saint Lucia is like The Garden of Eden, with rich deep volcanic soil and plentiful rainforest showers. *Gluten free and dairy free option available.*

## Lightly Curried Coconut & Cacao Chicken \$34

Chicken breast casserole cooked with lightly curry spiced creamed coconut and cacao nibs, served with madras rice, homemade naan bread and organic green leaves. *Gluten free and dairy free option available.*

## Dorado With Creamed Local Cabbage gf \$38

Local dorado fillet on a bed of creamed cabbage, crispy smoked local bacon and port wine and cacao sauce.

## The Boucanier Salad \$36

Local tuna, seared rare, with green leaves and herbs, cacao pesto, green figs, eggs, cherry tomatoes and Gruyère cheese. *Gluten free option available.*

## Lucian Garden Gratin v \$25

Pumpkin, calaloo and roast tomato gratin in a cacao nib crust, with pumpkin puree and roast garlic.

## Rabot Risotto v \$18 starter \$25 main

Creamy risotto with pan seared Portobello mushroom served with cacao nib oil and organic micro-herb leaves.

# DESSERTS

## Rabot Chocolate Lava v \$14

Chocolate sponge dome with molten chocolate interior; all made from our estate cacao beans, served with cacao nib-infused ivory-toned ice cream.

## The Story Of Chocolate, In Ice gf, v \$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; 1) cacao pulp sorbet 2) cacao nib-infused ice cream 3) estate chocolate ice cream.

## Homemade Sorbets df, gf, v \$12

A scoop each of cacao pulp-soursop, mango, and guava.

## Soufriere Cheesecake \$14

Soursop-mascarpone cream, mango jelly, cacao nib-pecan-cinnamon biscuit base, cacao pulp sorbet.

## Panna Cotta Of Coconut Milk & Rum \$12

With fresh mango and papaya salad. *Gluten free option available.*

## Warm Banana & Cacao Bread v \$12

With cacao-infused whipped cream.

## Mojito Fruit Salad v \$12

Seasonal fruits with a kick, white chocolate and yoghurt cream, mango sorbet, dark chocolate granola crumble.

## Cacao Crème Brûlée gf \$14

Classic with a twist - a soursop layer, cacao infused crème, topped with caramelised banana.

## The Magnificent Piton gf, v \$12

A dramatic soft meringue peak, surrounded by estate chocolate soup with sliced bananas, flaked almonds and caramel drizzle. Our homage to the big view.

## Cremeux v \$14

Luscious dark estate chocolate crème, Earl Grey tea whipped cream, flourless biscuit, Earl Grey tea sorbet.

## Sticky Toffee Pudding v \$14

With caramelised banana and Saint Lucian rum toffee sauce.

## Rabot Estate Chocolate Mousse v \$14

Our rare, award-winning chocolate showcased in a super-simple mousse with nut praline and almond dacquoise.

## Rum Baba & Cacao Whipped Cream v \$14

Rum Baba cake soaked in Chairman's Reserve rum and served with cacao-infused whipped cream.

## Rabot Estate Iced Parfait v \$12

Ivory hued ice cream (has the toasty flavours of roast cacao) dipped in estate made Saint Lucian dark chocolate, orange and chocolate ganache.

## Chocolate Genesis gf, v \$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.

## Local Sourcing

Saint Lucia is a natural paradise for market gardening so our vegetables and salads are from local growers.

We also have our own herb garden, located next to our cacao seedling nursery.

Our long-term relationships with local fishermen give them dependable, regular orders for the best catches.

