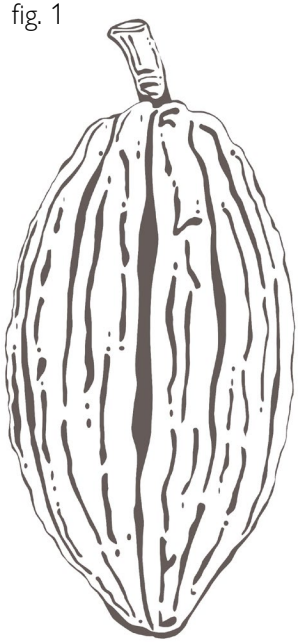
THE ANATOMY OF CACAO

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. 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 predominantly local, high quality meat and vegetables to minimise the need for imported foods, while also supporting our local communities here in Saint Lucia.

Discover the full potential of the cacao bean, shell to nib.

fig. 1

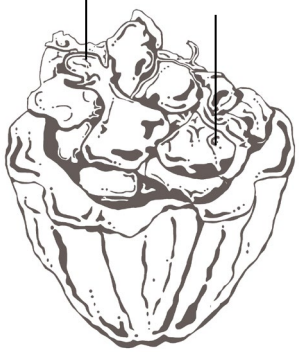


The Cacao Pod

fig. 2

fig 2.1 **The Pulp**
Flavours of lychee.
We use for: sorbets, cocktails and marinades.

fig 2.1 **The Bean**
Needs to be fermented and sun dried, then delicious.
See fig 3.



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.

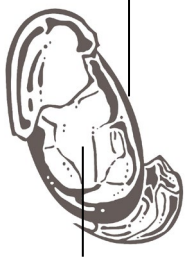


fig 3.2 **The Nib**
Flavours of: cacao, oak and tannins.
We use for: marinades, sauce enriching crusts and grinding up to make chocolate and chocolate drinks.

Cacao Bean

RABOT RESTAURANT

SAINT LUCIA

FROM HOTEL CHOCOLAT

DINNER MENU

Welcome to Cacao Cuisine: Cocoa is at the heart of everything we do. Grown sustainably on our Rabot Estate, alongside coffee, herbs, eggs, honey, vinegar and handcrafted ricotta, our cacao isn't just for chocolate—it's a culinary ingredient that enhances and deepens flavours. Our **Cocoa Cuisine** is about balance, using cacao in unexpected ways to bring richness, depth, and harmony to every dish, without overpowering. A true taste of our farm, crafted with sustainability and passion.

STARTERS

The Rabot Dinner Experience
Choose **two courses - $65** or **three courses - $75**

Roast Farm Pumpkin Soup (V, VE)
Preserved tomato & toasted cocoa.
Add scotch quail egg W

Terrine of Local Chicken Liver Parfait (A) D, W
Cacao nib & chairman's reserve jelly, toasted cocoa butter brioche.

Local Avocado, Mango & Lucian Blue Claws Prawns SF
Passionfruit dressing and fennel.

Farm Watermelon & Homemade Ricotta Salad (V) D
Mint, basil, roasted fresh pumpkin seeds & Rabot organic honey and cacao vinegar.

Cacao Ravioli & Smoked Pimento Sauce (V) D, W
Stuffed with homemade ricotta and local spinach.

Cured Local Fish & Conch Ceviche SF
Torched and pickled in cacao vinegar, avocado and green banana.

Potato & Cacao Gnocchi (V, VE) W
Caper & cherry tomato sauce with shallot confit, kale and peppers.

Seared Scallops, Breadfruit Puree and Pan Fried Green Banana * SF
Passion fruit, caper and brown butter dressing.
*Add $5 supplement

Prices shown in US dollars, inclusive of 10% tax. A 15% service charge will be added to your final bill.
DIETARY & ALLERGENS Please let us know if you have allergies. For full allergen information please speak to a member of staff.
Dietary- (A) Alcohol (V) Suitable for Vegetarians (VE) Suitable for Vegans
Allergens- Contains (W) Wheat (D) Dairy (N) Nuts (SF) Shellfish. All our dishes may contain traces of allergens.

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 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.

DESSERT WINES

	GLASS	BOTTLE
CHAMPAGNE		
	125ml	750ml
Moet et Chandon Brut Imperial Champagne, France	**$26****	**$150**
		375ml
Billecart Salmon Brut Reserve Champagne, France		**$100**
SWEET WINES		
	125ml	750ml
F. E. Trimbach, Gewurtztraminer Alsace, France,	**$15**	**$85**
Chateau L'Ecole Sauternes, France	**$15**	**$85**
		375ml
Cadillac Monbazilliac, France		**$50**
	70ml	500ml
Hetszolo Aszu 5 Puttonyos Tokajo, Hungary	**$20***	**$100**

All-inclusive surcharge - (*) US $5 (**) US $10 (***) US $30

MAINS

RABOT CLASSICS

12 Hour "Bois Bande" Chicken (A) D
Braised with local spices, white chocolate mash and cacao infused rum.

Chargrilled Yellow Fin Tuna
Ratatouille and rabot cacao dressing.

Grilled Cacao Marinaded Local Pork Skewer D
Pineapple, smoked pork and sweet potato.

Rabot Estate Eggplant (V) D, N
Grilled over charcoal, cacao nib pesto, melted onions & mole.

Mahi Mahi baked in Rosemary Cacao Butter
Spiced lentils, local pork sausages and ground provisions.

FROM THE GRILL

Black Angus Ribeye or Fillet*
Red wine and cacao sauce.
*Add $10 supplement.

Market Fish ala Plancha
Smoked paprika mayonnaise.

Charcoal Grilled Estate vegetable selection of the Day (V, VE)
Cacao and tomato salsa.

All grill selections served with:
Grilled citrus, farm leaves with passion fruit dressing, wilted greens and fries.

SIDES $5

Rabot Estate Farm Salad

Herbal Clay Pot Rice

Steamed Vegetables From The Farm

Sweet Potato Fries

White Chocolate Mash

DESSERTS

The Rabot Dinner Experience
Choose **two courses - $65** or **three courses - $75**

Rabot Chocolat Lava (V) D, N, W
Melting chocolate pudding with coconut milk sorbet.

Mousse au Chocolat (V) D, N
Rabot Estate ice cream.

Cacao Nib Crème Brûlée (V) D
Caramelised cacao infused custard.

Rabot Estate Tiramisu (A, V) D, W
Made with home grown chocolate and coffee.

Baked Cheesecake with white, milk and dark chocolate (V) D
Basque style cheesecake with three chocolate sauces.

Organic Pineapple Carpaccio (A,VE)
With cacao pulp jelly and lime & rum syrup

Homemade Sorbets (V, VE) N
Caramelised banana, mango, cacao pulp, soursop or guava

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FORTIFIED WINES

	GLASS	BOTTLE
MADEIRA		
Blandy's 5 year old Malmsey	70ml **$25****	
Blandy's 10 year old Boal	70ml **$35****	
SHERRY		
Dry Olorosso, Don Nuno, Lustau Bodegas Jerez, Spain	125ml **$15**	
Berry's own Amontillado Jerez Spain	125ml **$15**	
PORT		
Quinta Da Colmaca LBC 2005 Porto, Portugal	125ml **$15**	750ml **$80**
Dow's Vintage Port 1985	125ml **$50*****	750ml **$300**
ARMANGAC		
Armangac D'Orange, Chateau Belle Brise Armangac, France	50ml **$25****	

All-inclusive surcharge - (*) US $5 (**) US $10 (***) US $30