

# APSARA SERVICIONAL DE LA CONTRACTA DE LA CONTR

TROU AU DIABLE
RESTAURANT

A culinary fusion of St. Lucia and India

# **STARTERS**

	US
Apsara Jhinga (GF) King Prawn in a Coconut, Farm Herb and Chickpea Batter, Caribbean Mojo, Roasted Chili-onion Pickle	21
Lucian Fish Tikki Spiced fish cakes, Cucumber Slaw, Creole Raita, Local Root Chips	22
Subz Ke Samose (V) Local Ground Provision, Roasted Cashew Nut and Raisin Samosas with Chunky Mango-Ginger Sauce	12
Paani Puri (V) Puffed Dough stuffed with Potato and Cilantro Salad, Tamarind Sauce, Chili, and Mint Water	12
Punjabi Chicken Tukare (GF) Chicken Thigh, Kashmiri Chile, Cilantro, Chaat Masala, Mango Chutney	18
Tandoor Breads	
Hand Made Naan Bread (V) Garlic, Chilli, Cumin, Farm Herbs, Chaat	7
Peshwari Naan (v) Almonds, Coconut, Raisins	8
Aloo Paratta (V) Cumin, Potato-stuffed Whole Wheat Bread	7
Malai Naan Stuffed with Cheese, Chili, Onion	8
TANDOORI	
Tandoor Roasted Subz (V) Market Vegetable Roasted in Tandoori, Cashew Paste, Garam Masala Tamarind Sauce	28
Eggplant Tandoori Baingan (VEG/GF) Ginger, Garlic, Yogurt, Garam Marsala, Toasted Cashew Nuts and Mint chutney	28
Hariyali Machli MahiMahi (GF) Tandoori Roasted, sustainably caught MahiMahi, Emerald Farm Fine Herb Ghee, Souscaille	32
Day Boat Catch Of The Day (GF) Masala Marinated Fish Roasted in Tandoor, Saffron sauce	32
Jumbo Prawns Masala (GF) *(Surcharge US 2 Tandoori Roasted, with Grilled Emerald Farm Vegetables, Lime Rice, Tropical Fruit Souscaille	1) 48
Tandoori Murgh (GF) Tandoori Roasted Chicken Leg Quarters, Black salt, Mustard, Yogurt, Chili	30
Malai Murgh Shish-Kabob (GF) Chicken Breast, Ginger, Garlic, Cream, Green Chiles, Methi, Fenugreek Leaves	32
New York Beef Strip Steak Tikka (GF) Tandoori Roasted Beef Tikka, Curd, Black pepper, cumin, Dried chilies, Herb powder, Turmeric	40
Southern Lamb Chop Tandoori Chettinad (GF) Curry leaf, Dried Chile, Coriander Seeds, Coconut, Aravai Spice Masala	57
Jugal Bandhi (MIXED PLATTER) (GF) Mixed platter of Tandoori Roasted Lamb Chop, Emerald Farm Herb Marinated Shrimp, Malai Chicken Tikka	45 1

SERVED WITH RICE & SEASONAL VEGETABLE OF THE DAY TO SHARE

CURRIES		SIDES	
	US		US
Butter Chicken Masala (GF) Tandoori Roasted Chicken Thighs, Silky Tomatoes Cream,		Dal Tadka (v) Stewed Mixed Lentils	12
Methi Leaves, Cashew Malai  Green Fig and Vegetable Curry (GF/V)  Market available Vegetables Cooked in Coconut, Fennel,	26	Aloo Gobi (GF/V) Stir-fry cauliflower, potato, cumin, and Turmeric	10
Mint, Onion, Cinnamon, and Cardamom		Steamed Basmati Rice (v)	6
Kerala Fish Curry (GF) Masala Marinated Catch of The Day, Coriander, Chili, Fenugreek, Tamarind Pulp, Garlic	32 I-	Kesar Pulao (V) Basmati Rice, Saffron, Cardamom	7
Caribbean Goat Vindaloo (GF) St Lucian Pickled Goat, Extra Hot Chilies and Garlic	32	Raita (VEG/GF) Yogurt with Cucumber, Tomato and Toasted Cumin	6

#### INDIAN FEAST TASTING MENU

Masala Papadum (V)-Gf) Lentil Crackers, Green Chili Lime Tomato Salsa Dahi Puri (VEG) Tangy and Sweet Puris, Pomegranate, Mango Powder Samosa Chaat (V) Crumbled Samosa, Tamarind Chutney, Sev Chili Paneer (VEG-GF) Homemade Cottage Cheese, Ginger, Dried Chili

Paalak Ki Subji (V-GF) Callaloo, Mint, Chado Beni and Garden Vegetables Kadai Chicken (GF) Aromatic Chicken, Sweet Pepper, Chives, Toasted Cumin Ghee & Seasoning Pepper Roast Prawn (GF) Ghee, Tiger Shrimp, House Ground Masala Chettinadu Lamb Masala (GF) Curry Leaves, Ginger, Coconut, Dhania

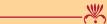
Kashmiri Pulao (GF) Basmati Rice, Saffron, Dried Fruits & Nuts Apsara Special Naan (VEG) Butter, Malai, Herbs, Cumin, Garlic, Spiced Oil Tandoori Ananas Tandoori Roasted Chat Marinated Pineapple, Kashmiri Chili Caramel, Passionfruit Sorbet

#### US\$95.00 per person

Guests on a MAP Plan US\$30.00 per person. All prices are subject to 10% VAT and 10% Service Charge.

# **APSARA**

Apsara is the name for a Hindu deity best described as a celestial courtesan, a divine beauty entertaining the gods. Our Helen of the West meets the Angel of the East.



#### A little bit of history to digest...

St. Lucia's society today is an exotic melange of many different ethnic origins, including also East Indian.

With the ending of slavery in 1838 ahead of them, planters everywhere in the West Indies began to look for another source of affordable labour to work their estates. They found this in south-east Asia.

Between 1845 and 1917, hundreds of thousands of indentured workers sailed from India to the Caribbean. Most went to Guyana, Trinidad and Jamaica - but some six thousand set foot on shore in St. Lucia. Just over 1,600 people arrived here between 1856 and 1865 and another 4,427 East Indians sailed to St. Lucia between 1878 and 1893. They probably came from the regions of Bihar and Uttar Pradesh in Northern India.

By 1891, there were some 2,500 East Indians in St. Lucia, in a total population of 42,220. By 1897, the last Indians finished their labour contracts. Some chose to return to India, others remained in St. Lucia, either by their free will or out of necessity.

By the turn of the century, St. Lucia had a free East Indian population of 2,560 persons.

Migration of indentured labourers to St. Lucia was never very great but due to the island's low population density and their uneven distribution throughout the island, East Indians gained a fairly high profile in the ethnic make-up of the island. Indian communities sprang up primarily around the central sugar factories that dominated St. Lucia's economy until the 1950's.

Music, rites such as the Festival of Lights (Divali) and some culinary and cultural traditions remain today at a time when East Indians are already seven generations or more removed from the place where their ancestors originated from.

Welcome to Apsara - our culinary fusion of St. Lucia and India.

Freely adapted from Jolien Harmsen. Jolien Harmsen holds a Ph.D in Caribbean History. She is the author of 'Sugar, slavery and settlement. A social history of Vieux Fort, St. Lucia, from the Amerindians to the present" (St. Lucia National Trust, 1999).

# Wines by the Glass

\*Information for our guests on an All Inclusive (AI) plan: Unless otherwise noted, wines by the glass are included on the All Inclusive (AI) plan. Please note that champagne by the glass is not included in the AI plan, but the sparkling wine is.

	VINTAGE	US/GLASS-
CHAMPAGNE		
*Laurent-Perrier, La Cuvée (Not included in Al Plan)	NV	30
SPARKLING WINE		
Prosecco Valdobbiadene, Terra Serena, Italy	NV	16
Spumante Rose, Pizzolato, Italy	NV	16
WHITE WINE		
Monterey County, Chardonnay, Hess Select, USA	2024	16
Pinot Grigio delle Venezie, Cantina Valdadige, Italy	2023	16
Marlborough, Sauvignon Blanc, Matua, New Zealand	2023	16
Alsace, Sylvaner, Bott Freres, France	2021	16
Vin de France, Mon Chenin, Alexandre Monmousseau, France	2023	16
ROSÉ WINE		
IGP Mediterannee, Studio by Miraval, Miraval	2024	14
RED WINE		
Vin de France, Le Braque Petite Syrah, Coudoulet	2021	16
IGT Trevenezie, Rondover Rosso, Cantina San Simone, Italy (CabSa <mark>uv. B</mark> lend)	2019	16
Bourgogne, Pinot Noir, Millebuis, France	2022	16
Rioja, Carbonique Maceracion, Dominio de Berzal, Spain	2024	16
Mendoza, Malbec, Catena, Argentina	2022	16
DESSERT WINE		
Port Reserve, Six Grapes, Graham's.	NV	16
Late Harvest, Carta Vieja Limited Release Reserva, Loncomilla, Chile	2021	16

# Sommelier's Bottle Selection

# Please also review our complete wine list

		VINTAGE	US/BOTTLE
CHA	MPAGNE		
7	Benoît Lahaye, Blanc de Noirs Brut	NV	195
1003	Gonet Medeville, Premier Cru, Blanc de Noirs Brut	NV	175
38	Pol Roger, Sir Winston Churchill Brut	2004	690
WHI	TE WINE		
177	Wachau, Gruner-Veltliner Smaragd, FX Pichler	2013	175
2029	IGT Toscana, Vistamare, Gaja Ca'Marcanda	2023	220
2026	Châteauneuf-du-Pape Blanc, Château La Nerthe	2015	230
134	Puligny-Montrachet, Vincent Latour	2021	250
2031	Bolgheri, Bianco, Ornellaia	2018	750
ROS	ÉWINE		
3000	Figari, Rosé, Clos Canarelli	2023	105
RED	WINE		
4015		2021	180
4029		2016	300
419	Silver Oak, Cabernet-Sauvignon, Alexander Valley	2018	320
450	Mendoza, Gran Enemigo, Gualatally, Enemigo Wines	2018	325
341	Échezeaux Grand Cru, Domaine des Perdrix	2020	560
421	Stags Leap Artemis, Napa Valley	2020	660

## PLEASE ASK FOR OUR COMPLETE WINE LIST



# **BEACH GRILL STARTERS**

	US
Caribbean Seafood Salad (GF) Herb and Citrus catch of The Day, Shrimp, Squid, Red Onion, Local Limes, Passionfruit, Dasheen Cr	<b>21</b> rips
Black Angus Beef Carpaccio (GF) Angus Beef Carpaccio, Parmesan, Aged Balsamic, Arugula, Crispy Capers	21
Emerald Farmer Vegetable Salad (V/GF) Cucumber, Tomato, Beetroot, Carrot, Seasoning Peppers, Hand-Picked Farm Greens, Onion, Toasted Pumkin seed, Lime Dressing	14
Caesar Wedge Salad Romaine Lettuce Hearts, Shaved Parmesan, Caesar Dressing, Grilled Garlic Bread Croutons	16 (b)()()()()()
WOODFIRE GRILL	
Emerald Farm Caribbean Seasonal Vegetable Risotto (V/GF) Grilled Vegetables, Garlic, Ginger, Scallion, Seasoning Pepper Pesto	25
Jerk Grilled Jumbo Prawns (GF) Wood Fire Grilled, Emerald Farm Vegetables, Lime Rice, Tropical Fruit Souscaille	*(Surcharge US 21) <b>48</b>
Organic Vegetable Pasta Primavera (VEG) Pasta of TheDay, Sautéed Seasonal Vegetables in Olive Oil, Tomato Sauce and Herbs from the Farm	<b>26</b>
Day Boat Catch Of The Day (GF) West Indian Pumpkin Puree, Souscaille, Organic Leafy Greens	32
Rack Of Lamb (GF) Emerald Farm Cocoa Nib crusted Lamb Chops	57
Black Angus Striploin Steak (GF) 80z grilled Strip Steak, Red Wine Reduction	40
Char Grilled Chicken (GF)  Jerk Spices, Lemon, Ginger, Seasoning Peppers, Scallions	32
St Lucian Spiced Pork Ribs (GF) Smoked BBQ Pork Ribs, Hot Honey and Chili Glaze	34
SERVED WITH LOCAL PROVISION & SEASONAL VEGETABLES OF THE DAY TO SHARE	
SIDES Sweet Potato Fries (v) Chili Flakes, Mango Powder	7
Caribbean Coleslaw (VEG) Cabbage, Creole Aioli, Raisins, and Local Herbs	6
Vegetables Du Jour (v) Sautéed Seasonal Vegetables with Olive Oil and Garlic	7
Baked Plantains with Local Spice (v)	6

# DESSERTS US 15

#### Gulab Jamun

Mango Kulfi, Saffron Tuille, Mango Jelly

## Vanilla Lassi Panna Cotta (GF)

Lemon Chai Tea Sorbet, Carrot Cardamom Sponge, Spiced Walnut

## Sticky Toffee Pudding

Cinnamon Toffee, Baked Pudding, Banana Ice Cream, Plantain Chips

## Emerald Farm Five Layer Chocolate Cake

70% Chocolate Ganache, Kahlua Whipped Cream

#### Haba Tonka Cheesecake

Burnt Meringue, Passion Fruit, Mint

## Organic Dark Chocolate Terrine (V/GF)

Fresh Strawberry, Cinnamon Gelato, Emerald Estate Award Winning

Dark Chocolate

# Locally Made Ice Cream and Sorbets Per Scoop 6

Our Rich and Creamy Ice Creams Are Crafted with The Finest Ingredients, While Our Refreshing Sorbets Burst With Vibrant, Seasonal Fruit Flavors.

V - Vegan | GF - Gluten Free All prices subject to 10% service charge and 10% VAT.