



—  —
APSARA
—  —

AT
TROU AU DIABLE
RESTAURANT

A culinary fusion of St. Lucia and India

STARTERS

Apsara Jhinga (GF)	US
King Prawn in a Coconut, Farm Herb and Chickpea Batter, Caribbean Mojo, Roasted Chili-onion Pickle	21
Lucian Fish Tikki	22
Spiced fish cakes, Cucumber Slaw, Creole Raita, Local Root Chips	
Subz Ke Samose (V)	12
Local Ground Provision, Roasted Cashew Nut and Raisin Samosas with Chunky Mango-Ginger Sauce	
Paani Puri (V)	12
Puffed Dough stuffed with Potato and Cilantro Salad, Tamarind Sauce, Chili, and Mint Water	
Channa Chaat (VEG)	12
Green Chillies, Lemon, Cilantro, Cherry Tomatoes, Cucumber, Crispy Sev	
Punjabi Chicken Tukare (GF)	18
Chicken Thigh, Kashmiri Chile, Cilantro, Chaat Masala, Mango Chutney	

Tandoor Breads

Hand Made Naan Bread (V)	7
Garlic, Chilli, Cumin, Farm Herbs, Chaat	
Peshwari Naan (V)	8
Almonds, Coconut, Raisins	
Aloo Paratta (V)	7
Cumin, Potato-stuffed Whole Wheat Bread	
Malai Naan	8
Stuffed with Cheese, Chili, Onion	

CURRIES

Butter Chicken Masala (GF)	30
Tandoori Roasted Chicken Thighs, Silky Tomatoes Cream, Methi Leaves, Cashew Malai	
Mirchi Diye Chor Chori (V)	26
Seasonal Vegetables, Milagai, Tempered Spices, Tangy Curry	
Kerala Fish Curry (GF)	32
Masala Marinated Catch of The Day, Coriander, Chili, Fenugreek, Tamarind Pulp, Garlic	
Caribbean Goat Vindaloo (GF)	32
St Lucian Pickled Goat, Extra Hot Chillies and Garlic	
Chettinadu Pepper Chicken Masala	30
Curry Leaves, Dried Chillies, Ginger, Coriander, Coconut & House Spice	

SIDES

Dal Tadka (V)	12
Stewed Mixed Lentils	
Aloo Gobi (GF/V)	10
Stir-fry Cauliflower, Potato, Cumin, and Turmeric	
Steamed Basmati Rice (V)	6
Kesar Pulao (V)	7
Basmati Rice, Saffron, Cardamom	
Raita (VEG/GF)	6
Yogurt with Cucumber, Tomato and Toasted Cumin	

*Surcharges apply where indicated for guests on MAP, FAP and AI meal plans

VEG = Vegetarian | V = Vegan | GF = Gluten Free

All prices subject to 10% service charge and 10% VAT.

CARIBBEAN LOBSTER

Tandoori Lobster – Kashmir Saffron Butter Sauce
Curry Lobster Masala – Coconut Milk, Coriander, Curry Leaf
Charcoal Grilled Lobster – Lemon-Garlic Butter

(Served with Rice and Seasonal Vegetables)

Whole lobster \$75 (or \$41 surcharge MAP/ FAP/ AI)

Half lobster \$48 (or \$25 surcharge MAP/FAP/AI)

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
Apsara Fish Hot Toss (GF) Marinated Fish Bites, Green Chilies, Farm Herbs, Sweet Onion & Peppers	32
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 SERVED WITH RICE & SEASONAL VEGETABLE OF THE DAY TO SHARE	45

*Surcharges apply where indicated for guests on MAP, FAP and AI meal plans

VEG = Vegetarian | V = Vegan | GF = Gluten Free

All prices subject to 10% service charge and 10% VAT.

INDIAN FEAST TASTING MENU

Served family style for the table

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

Surcharge for guests on an MAP, FAP and All-Inclusive Plan US\$45.00 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).

The Grill

TROU AU DIABLE

BEACH GRILL STARTERS

US

Caribbean Seafood Salad (GF)

Herb and Citrus catch of The Day, Shrimp, Squid, Red Onion, Local Limes, Passionfruit, Dasheen Crips

21

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 Pumpkin Seed, Lime Dressing

14

Caesar Wedge Salad

Romaine Lettuce Hearts, Shaved Parmesan, Caesar Dressing, Grilled Garlic Bread Croutons

16

WOODFIRE GRILL

Emerald Farm Caribbean Seasonal Vegetable Risotto (V/GF)

Grilled Vegetables, Garlic, Ginger, Scallion, Seasoning Pepper Pesto

25

Organic Vegetable Pasta Primavera (VEG)

Pasta of The Day, Sautéed Seasonal Vegetables in Olive Oil, Tomato Sauce and Herbs from the Farm

26

Day Boat Catch Of The Day (GF)

West Indian Pumpkin Purée, Souscaille, Organic Leafy Greens

32

Rack Of Lamb (GF)

Emerald Farm Cocoa Nib crusted Lamb Chops

57

Black Angus Striploin Steak (GF)

8oz 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

*Surcharges apply where indicated for guests on MAP, FAP and AI meal plans
VEG = Vegetarian | V = Vegan | GF = Gluten Free
All prices subject to 10% service charge and 10% VAT.

DESSERTS

US 15

Gulab Jamun

Mango Kulfi, Saffron Tuille, Mango Jelly

Sticky Toffee Pudding

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

Chocolate Semi Freddo (GF)

Cocoa Nib Sponge, Coffee Gel, Raspberry Sorbet

Haba Tonka Cheesecake

Burnt Meringue, Passion Fruit, Mint

Organic Dark Chocolate Terrine (V/GF)

Fresh Strawberry, Cinnamon Gelato, Emerald Estate Award Winning
Dark Chocolate

Tropical Fruit Bowl

Seasonal Local and Exotic Fruits, Mint Syrup, Guava Sorbet

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.