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APSARA
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AT
TROU AU DIABLE
RESTAURANT

A culinary fusion of St. Lucia and India

APPETIZERS

| | |
|---|---------------------|
| Do Dal Ka Tadka (V) St Lucian Two Peas Soup, Tempered with Cumin Seeds, Garlic and Coriander | US 9.00 EC 24.30 |
| Apsara Jhinga King Prawns in a Coconut, Chadon Bener and Chick-Pea Batter with a Caribbean Mojo and Roasted Chili-Onion Pickle | US 20.00 EC 54.00 |
| Chatpati Crab Ki Tikki Tangy Spiced Potatoes and Caribbean Crab with Sweet Yoghurt | US 14.00 EC 37.80 |
| Murgh Ki Khurchan Shredded Chicken Tikka Stir-Fried with Coriander Seeds, Onion and Bell Peppers served with a Baby Garlic Naan | US 14.00 EC 37.80 |
| Paneer Imilli Tikka (V) Tandoori Chat Masala Spiced Paneer served with Tamarind Sauce and Kacumber Salad | US 12.00 EC 32.40 |
| Ajwaini Bhed Ajwain Crushed Lamb Cutlet with Spiced Chick Peas and Garlic Pickle | US 16.00 EC 43.20 |
| Subz Ke Samose (V) Local Ground Provision, Roasted Cashew Nut and Raisin Samosas with Chunky Mango-Ginger Sauce | US 12.00 EC 32.40 |

SIDE ORDERS

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| Gobhi Aloo Stir-Fried Cauliflower and Potatoes with Cumin and Turmeric | US 7.00 EC 18.90 |
| Steamed Basmati Rice | US 6.00 EC 16.20 |
| Plain Naan | US 5.00 EC 13.50 |
| Kesar Pulao Basmati Rice cooked with Saffron and Cardamom | US 7.00 EC 18.90 |
| Malai Naan Naan Bread stuffed with Cheese, Onion, Chili | US 7.00 EC 18.90 |
| Peshawri Naan Almonds, Coconut, Raisins | US 7.00 EC 18.90 |
| Wholewheat Puri | US 5.00 EC 13.50 |
| Raita Yoghurt with Cucumber and Spices | US 6.00 EC 16.20 |
| Dal Tadka Stewed Split Peas | US 6.00 EC 16.20 |

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

ENTREES

Tandoori Murgh Makhan Wala

Tandoori Roast Chicken Leg, Cheesy Chicken Breast marinated with Fenu Greek and served with Kesar Pulao

US 26.00 | EC 70.20

Salmon Gulnar

Tandoori Roast Fillet of Salmon, Potato-Wild Ginger Masala Mash, Urad Sal Sauce

US 30.00 | EC 81.00

Machli Chat

Mahi Mahi marinated in Mango Pickle cooked in Tandoor, served with Fennel Seed Crushed Potatoes

US 26.00 | EC 70.20

Jugal Bandhi

A mixed platter of Fire Roasted Lamb Chop, Cumin-Mustard King Prawn, Cajun Tandoori Chicken with Lime Rice

US 30.00 | EC 81.00

Caribbean Goat Vindaloo

St Lucian Pickled Goat, Extra Hot Chillies and Garlic
(try with a bowl of Basmati Rice or a Plain Naan)

US 26.00 | EC 70.20

Tikhi Jhingli Machli

Catch of the Day marinated in Ginger and Chili served with Pumpkin and Mint Crush, Yoghurt Sauce

US 26.00 | EC 70.20

Cottage Cheese and Cornmeal Sambhar (V) (LD)

St Lucian Ground Provision with Tempered Cottage Cheese, Green Pea and Cornmeal Dumplings

US 24.00 | EC 64.80

Haryali Batakh

Tamarind Roasted Duck Breast, Cumin Crushed Breadfruit and Curried Soya, Coriander

US 32.00 | EC 86.40

Chatpati Tofu Chat (V)

Chat Masala Flavoured Grilled Tofu, Cajun Spiced Sweet Potato Fries, Bashed Pumpkin, Ginger Sauce

US 22.00 | EC 59.40

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 | | |
| *De Vilmont, Premier Cru, France (Not included in AI Plan) | NV | 25 |
| SPARKLING WINE | | |
| Prosecco, Valdobbiadene, Terra Serena, Italy | NV | 14 |
| WHITE WINES | | |
| Chardonnay, Montes, Central Valley, Chile | 2015 | 12 |
| Riesling Kabinett, Weingut Selbach-Oster, Mosel, Germany | 2013 | 14 |
| Pinot Grigio, Cantina Valdadige, Italy | 2017 | 14 |
| Sauvignon Blanc, Matua, Marlborough, New Zealand | 2016 | 14 |
| RED WINES | | |
| Pinot Noir, The Naked Grape, California, USA | 2016 | 12 |
| Merlot, Montes, Casablanca, Chile | 2015 | 12 |
| Malbec, Trivento Tribu, Mendoza, Argentina | 2016 | 14 |
| Cabernet Sauvignon/Refosco, Rondover Rosso Delle Venezie, Italy | 2015 | 14 |
| ROSÉ WINE | | |
| M de Minuty, Côtes de Provence, France | 2017 | 14 |
| DESSERT WINE | | |
| Carta Vieja, Late Harvest, Chile | 2013 | 14 |

Sommelier's Bottle Selection

Please also review our complete wine list

| | VINTAGE | US/BOTTLE |
|---|---------|-----------|
| WHITE WINES | | |
| 257 Chardonnay, Two Vines, Columbia Valley, WA, USA | 2012 | 45 |
| 128 Mâcon Villages, Clos de Mont-Rachet, Burgundy, France | 2015 | 50 |
| 116 Sauvignon Blanc, Attitude, Pascal Jolivet, Loire, France | 2014 | 70 |
| 129 Sancerre, Les Baronnes, Henri Bourgeois, Loire, France | 2015 | 80 |
| 155 Stoa, Cantina Tramin, Alto Adige, Italy | 2014 | 85 |
| 219 Chardonnay, Mer Soleil, Monterey County, CA, USA | 2013 | 125 |
| RED WINES | | |
| 756 Pinot Noir, Nottage Hill, Hardy's, Australia | 2013 | 50 |
| 548 Côtes du Rhône Réserve, Château Mont-Redon, Rhone, France | 2015 | 55 |
| 514 Château du Cartillon, Bordeaux, France | 2012 | 70 |
| 701 Three Vineyards, Row Eleven, CA, USA | 2015 | 80 |
| 652 Marqués de Cáceres, Gran Reserva, Rioja, Spain | 2009 | 90 |
| 611 Sito Moresco, Langhe, Gaja, Piedmont, Italy | 2014 | 135 |

PLEASE ASK FOR OUR COMPLETE WINE LIST

Information for our guests on an all inclusive plan: Wines ordered by the bottle are not included in our All-Inclusive plan. If guests on the all inclusive plan order a bottle of wine, they will receive a 20% reduction. All prices are subject to 10% service charge and 10% VAT.

TROU AU DIABLE
From the Grill

STARTERS

| | US | EC |
|---|-------|-------|
| Emerald Garden Root Vegetable Salad Arugula, Watermelon, Beets, Goats Cheese, Basil Bud Vinaigrette | 12.00 | 32.40 |
| Caesar Salad Romain Leaves, Garlic Croutons, Parmasan Cheese | 14.00 | 37.80 |
| Smoked Fish Dip Rustic Garlic Crostini, Red Onion Relish, Olive-Herb Tapenade | 20.00 | 54.00 |

MAIN COURSES

| | US | EC |
|---|-------|-------|
| Double Cut Pork Chop Caribbean Chutney, Ground Provision and Spinach Hash, Tamarind Emulsion | 32.00 | 86.40 |
| Miso Barbeque Grilled Salmon Jasmine Rice, Baby Bok Choy, Crispy Shallots | 32.00 | 86.40 |
| Ribeye Steak Blue Cheese Baked Potato, Grilled Onion, Peppercorn Butter (Supplemental Charge of US 12 For MAP/FAP/AI Guests) | 35.00 | 94.50 |
| Chili Beef Pepper Pot Potato, Organic Carrot, Seasoning Peppers, Scallions | 34.00 | 91.80 |
| Mojo Grilled Chicken Breast Taro Root Champ, Grilled Vegetable Carpaccio, Grilled Local Lime | 30.00 | 81.00 |

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

DESSERTS

Sticky Toffee Pudding USD 14.00 | EC 37.80

Baked Pudding, Caraway Toffee Sauce, Cashew Ice Cream,
Plantain Chip, Caramel Popcorn

Mango Kulfi USD 14.00 | EC 37.80

Local Mango, Melon, White Chocolate Powder,
Passionfruit Sorbet, Coconut Chips

Banana Cake USD 14.00 | EC 37.80

Banana Bread, Caramelized Bananas, Rum Raisin Ice Cream,
Salted Caramel Gel, Chocolate Soil

Chocolate Decadence USD 14.00 | EC 37.80

Emerald Estate Chocolate Layered Cake, Cocoa Nib Soil,
Coffee Ice Cream, Cardamom White Chocolate Sauce

Coconut Falooda USD 14.00 | EC 37.80

Mango Jelly, Chia Seeds, Coconut & Lemongrass Rice Noodles,
Coconut Sorbet, Mango Sauce, Pistachios

House Made Ice Cream USD 10.00 | EC 27.00

Ask for Daily Flavors!

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