



**RABOT
RESTAURANT**
LONDON
FROM HOTEL CHOCOLAT

ALL DAY SUNDAY MENU

The Anatomy of Cacao

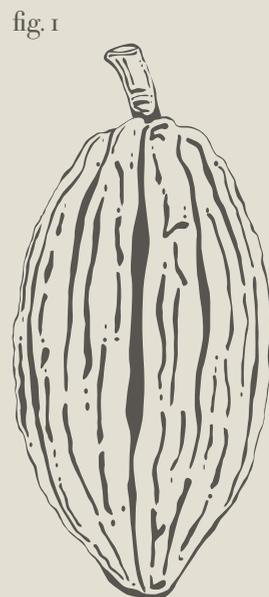


fig. 1

The Cacao Pod

We've long adhered to the Japanese principle of *mottainai*: the elegance in producing as little waste as possible and using the full value of everything. The cacao bean is no exception. While other chocolate-makers often discard everything but the nib, we've discovered the potential of every part.

This practice is part of our Planet Pledge: a commitment to minimising our environmental impact by reducing energy, plastic and food waste, as well as food miles.

hotelchocolat.com/planetpledge

fig. 2

fig. 2.1 The Pulp

Flavours of lychee. We use for: sorbets, cocktails and marinades.

fig. 2.2 The Bean

Needs to be fermented and sun dried, then delicious. See fig. 3.

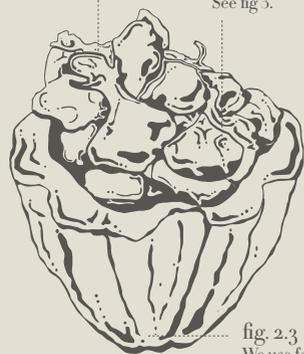


fig. 2.3 The Husk

We use for: organic composting.

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

BRUNCH 9.30am - 1pm

Fruit Platter £9.50

Start the day the right way. Rustic Market-ripe fruit, cut à la minute for freshness. Revitalising cacao pulp sorbet with nibs. Breakfast for one or a side for two. (V) 191kcal

Coconut & Cacao Smoothie Bowl £5.75

Things that grow together, go together, and these two thrive side-by-side on our Saint Lucia cacao farm. Pineapple adds zing, banana brings texture and there's spinach for your well-being. Inspired by breakfast at our hotel, as the Caribbean sun rises over the Piton Mountains. (VE) 224kcal

Banana-Cacao Pancakes £10.50

Smashed Market bananas and cacao nibs in lieu of flour, for a more satisfying pancake. Lightened by yoghurt and cacao pulp sorbet. 70% dark chocolate sauce to drizzle. Tangy raspberry coulis. (V) 566kcal

The Rabot Full English £12.50

Sausages enriched with cacao beer beef stock. Thick-cut, smoked streaky bacon. Fluffy toasted English muffin, poached egg, white chocolate hollandaise. Roasted tomato and Portobello mushroom dusted with cacao nibs. What mornings were made for. (A) 510kcal

Cacao-Avocado, Poached Egg & Sourdough £9.50

Thick-sliced sourdough, smashed avocado and ground nibs. Cacao salsa and zingy lime pickle dressing. 250kcal

Garden Breakfast £10.50

Toasted English muffin, cacao hash, lightly spiced aubergine and Portobello mushroom. Poached egg. Salad of wilted spinach, vine tomatoes and nib-oil tossed rocket. Drizzle of white chocolate hollandaise. (V) 203kcal

Salmon & Scallop £12.50

Scottish salmon slowly cured in our own Cacao Gin. Flash-seared king scallop. Toasted English muffin and a perfectly poached egg. Smattering of cacao nibs and rocket. (SF, A) 324kcal

Sweet Potato & Red Pepper Hash £9.50

Refreshing cacao pulp and malty nibs. Poached egg. Cacao-avocado crush. Crispy sweet potato spirals. (V) 313kcal

Rabot Benedict Breakfast Salad £8.50

Subtly sweet baby spinach and curly frisée lettuce contrast with smoked streaky bacon. Flourish of cacao nibs, sourdough croutons, white chocolate hollandaise. 482kcal

Vegan options available; please ask your server.

STARTERS

British Goat's Cheese & Beetroot £8

Tart British goat's cheese, whipped smooth with delicate, lychee-like cacao pulp. Parkin-spiced soda bread for comfort. Beautifully crisp, paper-fine flatbread for crunch. Earthy beetroot purée. Roasted, ground pumpkin and cacao nib crumb. A lighter starter. (V) 200kcal

NEW Pea & Mint Soup £8

Fresh, warm mint and pea soup, poured over dairy-free cream cheese for richness that deepens with each spoonful. Market petit pois. Cacao pulp for lychee-like lightness. Nibs for subtle savoury spice. (VE) 192kcal

NEW Applewood-Smoked, New-Season Asparagus £10

Fresh British baby asparagus tips, sautéed with cacao butter, flash-smoked with applewood for a whisper of depth. Quail egg for richness. Cacao nib crumb for crispness. Wild mushrooms, cacao-celeriac purée. (A) (VE*) 111kcal

Pulled Pork Piton £9

Tender, slow-cooked pulled pork with a crisp breadcrumb and cacao nib coating. Shaped after the two sea mountains that overlook our island hideaway and cacao farm in Saint Lucia. 471kcal

Seared King Scallops £13

Our most popular starter. Scottish coastal king scallops direct from our market angler partner, flash-seared with crunchy, intense cacao nibs. Creamy white chocolate and sweetcorn purée. (SF) 407kcal

Rabot Breadbasket £6

Market focaccia, baked next door. Delicately toasted for crunch, with velvety chocolate balsamic reduction, bright, herby cacao pesto and silky nib butter. Made to share. (V, N) 506kcal

Our pastry is made fresh on-site – our chefs taste-test to perfection.

MAINS

Mac & Cheese £16

A national treasure on our island home of Saint Lucia. For ours, we heighten the flavour with a hint of mushroom in creamy, melted mature Cheddar. Served in a puff pastry bowl, kneaded with nutty cacao nibs, and with a whirl of smoked paprika slaw. (V) 661kcal
- Take it to another level. Add cacao-infused Hereford beef trimmings £5 (A) 171kcal

Saint Lucian-Style Hake £20

Succulent British South Coast hake with an unmissably crisp fresh herb and cacao nib crust. Sweetcorn and white chocolate purée. Coconut, cacao and tamarind sauce: our homage to the zingy Caribbean fruit. 235kcal

Good food in good conscience

Our grocery: Our neighbours.

Free range: We insist on it, from egg to chicken.

The King of Burgers £16

Full-flavoured, tender rump steak, chopped and seared – only a smattering of seasoning is needed. Aged Cheddar, triple-cooked chips, cacao Creole chutney, 70% dark ganache. (A*) 843kcal
Chips 425kcal
Bacon 79kcal

SIDES All £4.85

Spiced Caribbean Sweet Potato Wedges (VE)

Oven-baked with cacao barbecue sauce. 420kcal

Sautéed Market Spinach (V)

With cacao nib butter. 208kcal

Seasonal Greens (VE)

English asparagus and green beans. 61kcal

White Chocolate Mash (V)

Shouldn't work, but it does. Addictive. 248kcal

Thick-Cut Chips (VE)

With cacao ketchup. 425kcal

SUNDAY ROAST 12pm – 5pm

Whole Roast Chicken £36

Enough for two. Whole free-range roast chicken, basted in cacao butter for extra succulence. Sage, onion and cacao nib stuffing, chestnut confit. Secret-recipe cacao gravy: deeply umami. (A*) 650kcal per 1/2 serving.

Roast Sirloin of Hereford Beef £24

Joints selected for their tenderness by Head Chef Glenn. Marinated overnight in cacao nibs for depth of flavour. Secret-recipe gravy, simmered for 24-hours. (A*) 914kcal

Our aim? The best Sunday roast in London. Did we hit the mark? You tell us. #HCSundayRoast

Beet Wellington £18

Beet not beef. Borough beetroot marinated in cacao nibs, pomegranate molasses and apple. Baked with mushroom, spinach and cacao nib duxelles in puff pastry. Deeply satisfying vegetarian twist on our secret recipe gravy. (V, N) 646kcal

ALL OUR ROASTS ARE SERVED WITH...

Yorkshire pudding

Fluffy, umami and so big it barely fits on the plate.

Triple-cooked roast potatoes

Blanched with cacao nibs, slow-cooked in cacao butter, then roasted with garlic and thyme.

Chestnut confit

Slow-cooked in butter for a soft, nostalgic nuttiness and a comfortingly sweet flourish.

Market vegetables

We boost our market honey with malty cacao nibs, drizzle over Chantenay carrots and parsnips, and roast. The result is indulgent, fragrant and deep. Long-stem broccoli brings freshness.

All items per serving 631kcal

DESSERTS

Crumbly Rhubarb Tartlet £9

Grated coconut and almond frangipane with a classic crumble topping. Crumbly then gooey, with a rush of warm, freshly baked notes. Market rhubarb and sorbet for freshness. 70% dark chocolate for richness. (VE, N) 189kcal

Trio of Island Sorbets £8

Our pièce de refreshment. Delicate cacao pulp, gently juicy guava, caramelised and roasted pineapple. Ground cacao nibs for crunch. (VE) 186kcal

Chocolate Sticky Toffee Pudding £11

Trio of light yet comforting sponges: malty, deep, not too sweet. Warm butterscotch pouring sauce. Pumpkin and almond for texture. Fresh raspberry for contrast. Light-as-air Cocoa Whip. (V, A) 1015kcal

Mousse Seduction £10

Trio of smooth, intense mousse quenelles: 65% Supermilk, 70% dark, 90% dark. Beautifully crisp sablé, nibbly pumpkin seed crumble, sticky caramelised Nigella and sesame seeds. Lose yourself. (V, N) 750kcal

Molten Chocolate Lava £12

Your cake runneth over with intense 70% dark. Served with a sesame and Nigella seed tuile and house cacao nib ice cream, gently infused over 24 hours. (V) 712kcal

