

Welcome to Foodelicious, we are food lovers that love foodies, so this is for you - Bon Appetite!

FOODELICIOUS

VOLUME ONE ISSUE ONE

Cellar
bespoke wine tasting dinners
Maison

The best beach bar in the Caribbean:
The Naked Fisherman

*Discover the most
romantic table in*
St Lucia

Behind the scenes at
Cliff
at Cafe

Secret dining gems

St Lucia

- Isle of Plenty

Chef Craig handpicking herbs
Photo: Danielle Devaux



With boutique hotels, Michelin-grade restaurants and an immersive gastronomic scene, Saint Lucia is becoming the top food-lovers destination in the Caribbean.

From the peaks of the dramatic Piton mountains to the crescent sandy beaches, this island offers an authentic taste of the Caribbean.

For foodies, Cap Maison at the northern tip of the island is spearheading the island's gourmet revolution

Many resorts claim to be 'into food' but Cap Maison is one of the few hotels I've found to really make good on its gastronomic promises.

This is not just a very good hotel and restaurant, this is a culinary journey. Cap Maison boasts bespoke private dining options-if the staff can put a table there, you can normally dine there-on the beach, clifftops, gardens, rooftops and ocean-front decks, two of the island's top restaurants, guest chefs, cookery classes and stunning ever-changing menus.

FOODELICIOUS

Cover Shot: Danielle Devaux



INGREDIENTS:

2 - 3 SAINT LUCIA Isle of plenty

4 INTRODUCING THE
FOODELICIOUS
EXPERIENCE Weekly in our wine cellar

5 - 8 DINING
EXPERIENCES One place many experiences

9 - 10 CULINARY JOURNEYS A host of culinary events

11 - 12 THE ISLAND'S BEST
KEPT SECRET Wine tasting at
Cellar Maison

13 - 14 THE ULTIMATE
PRIVATE PARTY VENUE A venue for every occasion
large or small

15 - 16 MARRIAGE
MADE IN HEAVEN Getting married, renewing
vows or proposing?

17 - 18 ROCK
MAISON the most romantic table
in the world

METHOD: Blend together for a foodelicious experience



Photo: Danielle Devaux

With so much on offer, it's no surprise the hotel's flagship restaurant Cliff at Cap has featured in the New York Times, London's Telegraph and Conde Nast Traveller.

From the restaurant terrace, the azure Caribbean Sea extends to the horizon. At breakfast, you can watch the fisherman cast their lines just metres away and then dine on their fresh catch at lunch as they haul it onto Cap's private sandy beach. Cliff at Cap is the pinnacle of the Saint Lucia gourmet scene. Choose from the private jetties, elegant decks or cosy tables for two and enjoy Head Chef's Craig Jones' innovative French West Indian-inspired menu.

The dedication to seasonal local produce is clear and celebrated - from the daiquiris at the Cap Bar to the elaborate puddings, only seasonal fruit is used.

For those wishing to get closer to Craig's kitchen secrets, book in for the Castries market tour and cookery lesson. Enjoy the sights and smells of this bustling fruit, spice and fish market, learn and taste local delicacies and return to Cap Maison to cook your lunch under the tutelage of the head chefs at Cap's second restaurant, The Naked Fisherman.

The Naked Fisherman, a relaxed beach restaurant with a raised veranda and open grill kitchen, is one of the island's coolest new dining spots. It may have a more relaxed air, but the food and service is five-star - the chilli crab claws are as close to heaven as I've got!

Open daily for lunch and from Wednesday to Sunday for dinner, it's the perfect spot for sand-between-your-toes lunch and cocktails and has that uber cool, chilled Ibiza beach vibe. Get there before the crowds find out about it!

From the wine tastings at Cellar Maison and rum tours at the Cliff Bar, to private dinners on the raised deck at Rock Maison and rooftop villas, Cap Maison offers a divine taste of the Caribbean.

TOP THINGS TO DO IN ST LUCIA

- **Head down to the south of the island to beautiful Marigot Bay and take a tender across to the small beach. Rolling Stone Mick Jagger has his unusual Asian-inspired villa up on the exclusive hillside.**
- **Don't miss the weekly Jump Up street party in Gros Islet in the north of the island. Rough and ready but full of fun,**

drinking, BBQs and dancing, things kick off around 7pm. Cap Maison can arrange taxis for guests to go and enjoy the revelry.

- **Enjoy a day out on Cap Maison 1, Cap Maison's 46ft luxury Sea Ray motor boat. It's the best way to see the island and an amazing day out. Better still, your packed lunch comes from the hotel's stunning Cliff at Cap restaurant. For those looking for**
- **Hike up Pigeon Island and, if you're brave enough, take to the Pitons in the south and get a guided hike (around three hours) to the top. The hotel can arrange excellent tour guides for both excursions.**
- **Keep an eye out for the guest chef weeks at Cap Maison, where acclaimed chefs fly into the resort from around the globe to take over the kitchen for one night and join forces with head chef Craig the next.**
- **Dine under the stars and in complete privacy on the ocean deck Rock Maison - the most romantic place in the Caribbean.**



We, the team at Cap believe that good food and wines taste better once they are shared, and even better so when the pairing is fun and interactive. At the helm of Cap Maison Mr. Ross Stevenson quotes: "Now all guests, resident our non-resident can enjoy fabulous delicatessen and interesting wines worth talking about here in the north of St Lucia since we introduced this Foodelicious weekly experience in our wines cellar" Every Friday the team at Cellar Maison presents an array of cold cuts, charcuterie, and artisanal cheeses playfully paired with talk worthy wines and other interesting beverages in a casual and unpretentious setting.



Photo: Danielle Devaux

INTRODUCING the Foodelicious weekly experience in our wine cellar

Cap Maison invites everyone to come and enjoy this new Deli Dinner weekly experience every Friday. Reservations recommended. A weekly social wine tasting with well-crafted wines and simple artisanal foods in the wine cellar of Cap Maison - a maximum of 12 guests each Fridays. Sample some of the hidden gems of our wine cellar in a relaxed setting where everyone learns a little and laughs a lot.

**Multiple Serving
Maison Deli Dinner
EC\$186 | US\$94 per person
for 5/6 wines
& paired
artizinal food**



Photo: Danielle Devaux



Photo: Danielle Devaux

Over the past few years, Saint Lucia's food scene has gone from strength to strength and Cap Maison, at the beautiful northern tip of the island, is spearheading the island's gourmet revolution.

Widely recognised as the best restaurant on the island, Cliff at Cap, is located on a rocky bluff with stunning views out to Pigeon Island and across to the neighbouring island of Martinique.

The cosy decked jetties and intimate private tables all offer jaw-dropping vistas, and it's no surprise the restaurant is winning worldwide accolades and is being heralded as a must-visit.

Dining Experiences

If you're looking for exquisite food in an unforgettable setting, this is truly the pick of the crop.

Those in the know arrive early for sundowners (and to chat through the astonishing array of rums with the in-house Rummier) and settle into a lounge as the sun melts into the horizon.

The restaurant serves elegant French West Indian inspired dishes using the finest local ingredients. The menu is innovative, exciting and always changing, so guests can enjoy new dishes every time they visit.

TAPAS SATURDAYS

In addition to the stunning a la carte menu, the team offers an eclectic tapas menu, showcasing some of his finest Cap dishes with an optional, wine pairing. The combination of dishes such as tuna poki, ginger and soy, or caramelised scallops followed by tender beef wellington, twinned with a flight of three wines for starter and main and a noble sweet with dessert is a must for any foodie.

CREOLE COOKING

For those wishing to taste authentic creole cooking, Cliff at the Cap hosts Creole Tuesdays every week. The menu features traditional Caribbean dishes and exotic flavours with an optional rum pairing tasting (the Cliff bar stocks over 50 of the finest rums).

THE MOST ROMANTIC RESTAURANT IN THE CARIBBEAN?

Something all guests soon discover, is that Cap Maison is dedicated to making your time on the island truly unforgettable. The pinnacle of this ideology is the private dining concepts on offer.

Whether you want to dine on a private deck surrounded by the ocean, enjoy a romantic private dinner on your villa rooftop or cosy away in a thatched gazibo on the edge of a cliff surrounded by the hotel's exotic gardens, the team will deliver

You'll be served by your own highly skilled wait staff, and customised menus can be arranged to ensure you and your loved ones have the best possible experience.



Photo:



Photo:



Photo:



DINE ON THE BEACH

Going the extra mile comes as standard here, so should you wish to dine right on the beach, the team has created the Dine in the Sand offering, where your table is set up by the lapping waves. With sand between your toes and candle-lit lanterns lighting your slice of paradise, there's no better way to celebrate that special occasion.

Pease pre-book your beach table before 4pm the same day.

Photo: Mikael Lamber



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Photo: Mikael Lamber

Culinary Journeys

Cap Maison offers a host of culinary events that do away with tradition and offer once-in-a-lifetime experiences full of romance and fun



Photos: Danielle Devaux

DAN

INGREDIENTS

1oz or 28g Yellow Fin Tuna
- sliced very thinly
8oz or 230g Conch
- thinly sliced & cleaned
2 juice Limes
1 tablespoon Garlic - minced
1 tablespoon Ginger - minced
½ each Red Peppers - Julienne strips
½ each Yellow Pepper - Julienne strips
¼ each Habanera - seeded & minced
1 tablespoon Shadow Bennie -
Chopped (use Cilantro if not available)
1 tablespoon Spring Onions - chopped
Salt & pepper to taste
Couple of drops of Caribbean Hot
Sauce or Tabasco

CRACKED CONCH CEVICHE, YELLOW FIN TUNA

BALSAMIC DRESSING

½ cup or 180ml Balsamic Vinegar
2 cloves of Garlic
½ cup or 180ml Sweet Mango
Chutney
1 cup or 240ml Extra Virgin Olive Oil

- Put all ingredients into a food processor, blend until smooth
- Strain through a fine sieve, adjust the seasoning.

FOR THE CERVICHE

- Mix the Conch, sliced peppers, herbs & chopped onions together & let stand in the fridge for 30 minutes
- Adjust the seasoning to taste

- Serve between two very thinly sliced sheets of Yellow fin Tuna
- Top with Cucumber spaghetti & micro Arugula shoots
- Finish with a drag of Mango Balsamic dressing

ROCKPOOL COCKTAILS

Along the stunning rocky shoreline beneath Cap Maison lies a hidden gem. The natural rockpool is hewn from the rocky coastline and is one of the most romantic spots on the island. Sink into the warm waters, let the waves gently lap around you and enjoy a cocktail anytime. Our top tip? Arrive just before sunset, order a drink from the Cliff Bar which the waiter will deliver to you in the rockpool. Then relax in this perfect private spot as the sun melts into the horizon and turns the sky into a patchwork of burnt orange and pink hues.

POP-UP DINING

The new pop-up dining experiences are hosted around the beautiful Cap Estate and offer diners the chance to enjoy spectacular cooking in unexpected and beautiful locations. Head chef Craig and his team hunt out romantic spots with beautiful vistas for the ultimate pop-up dining evenings. The off-the-beaten-track events are fun and rooted in the Cap Maison tradition of good food, great company and delicious wines. You can bring your own wine to enjoy as you dine. Details at: www.capmaison.com

GUEST CHEFS

To keep the kitchen at Cap Maison fresh and dynamic, general manager Ross Stevenson has introduced a new guest chef programme, flying internationally acclaimed chefs to this jewel in the Caribbean. See the guest chefs battle it out with Cap Maison's head chef Craig as they offer two menus on the same night - the choice is all yours! During the guest weeks the chefs also join forces and create menus together with exciting new dishes.

CHAMPAGNE BREAKFAST

Add a little romance to your day with a private breakfast under the palm-thronged Gazebo in the hotel's immaculate gardens. drink in views across the azure water to the neighbouring island of Martinique. The chefs will prepare you a delectable assortment of pastries, seasonal fresh fruits, eggs any style and fresh juice and ground coffee. Seaview breakfasts are available for two to six people and cost US\$55 per person.

IN-VILLA DINING

Unlike other luxury hotels, room service at Cap Maison is offered for breakfast, lunch, dinner and snacks. Whether you want a relaxed meal in your sitting room or elegant restaurant style dining on your rooftop under the stars, the staff are on hand to make your stay incredible in every way. Other room service options include champagne breakfast in bed, The Cliff at Cap a la carte menu served in your villa, afternoon nibbles and snacks.

RUM TASTINGS

Known around the island for its grand selection of rums (the Cliff Bar has over 50 different types), Cap Maison is one of the finest places to taste and appreciate these fine cane spirits. A new addition to the selection is Cap Maison's own ten-year-old premium cask-aged rum. Daily casual rum tastings can be enjoyed with the in-house rummier guiding you through samples of six unique Caribbean rums. Rum tastings need to be booked and cost US\$45 per person.

L'ARGENT DECK

For those who enjoy a great Cuban with a local rum, after dinner cocktail or nightcap, every Saturday evening after the dinner service the L'Argent Deck is transformed into a stylish open-air cigar lounge. Enjoy a Churchill, Lusitania or Coronas with the waves crashing beneath you. The first drink for ladies is on the house.



Photo: Danielle Devaux

The island's best-kept secret: wine tastings at Cellar Maison

Bespoke candle-lit wine tastings, relaxed dinners in the intimate wine cellar, exquisite bottles carefully selected - what more could you want?

Finding an extensive, diverse and well-priced wine list on holiday is something of a Holy Grail. After all, what better way to ease into holiday mode than with a velvety Bordeaux or crisp Chablis shared with your loved ones under the stars?

For many, the Caribbean has not traditionally been known for its fine wine offerings, but Cap Maison is changing all this with the island's first bespoke wine tasting programme and prestige wine cellar



WINE TASTINGS AT CELLAR MAISON

Located beneath the main house at Cap Maison, Cellar Maison, holds a collection of over 2,000 bottles including rare champagnes, gran cru Bordeaux, fine Burgundies and ranges of organic and biodynamic wines.

The hotel has dedicated years to creating the island's most innovative and in-depth wine program on the island and has now launched special tasting evenings and dinners. When dining at Cap Maison's stunning Cliff at Cap restaurant, the hotel's sommelier Robbie can take you around the cellar and help you pick the perfect accompaniment to your seaview meal.

The true joy of Cellar Maison is the team's unique ability to tailor tastings to each guest. Love Italian wine and want to know more, not a problem. Fancy discovering good New World options but don't know where to start, Robbie sure does! Want to taste reds that will evoke those memories of your dreamy week in France, the team can do just that. The cosy space, with flickering candles and horseshoe tasting table is simply one in a million.

During the tastings, Robbie and his team will guide you through a carefully selected range of noteworthy and evocative wines, pairing them with a delectable assortment of amuse bouche. A relaxed and friendly evening, Robbie and his team are incredibly charismatic and their enthusiasm contagious.



Photos: Danielle Devaux



PRICES: WINE PAIRING DINNER

Join Cap Maison's Sommelier for an evening of delicious food and fine wine with special pairings and blind tastings. *Reservations required.*
Wine dinner US\$150pp.

CASUAL TUTORED WINE TASTING FUN

Old World vs New World comparison conducted by Cap Maison's sommelier US\$75 pp. Daily. *Reservations required.*

FINE WINE TASTING

Starts US\$100pp. Daily. *Reservations required.*

DISCOVER THE FASCINATING WORLD OF NATURAL WINES

Starts US\$100pp. Daily. *Reservations required.*

CELLAR MAISON DELI DINNER

EC\$186 | US\$94 per person for 5/6 wines and paired artizinal food. *Reservations required.* Every Friday from 6 - 8.30 pm



Photo: Danielle Devaux

Whichever venue you choose, you will have a team dedicated to ensuring your night is truly incredible. Now, that's service!

THE ULTIMATE PRIVATE PARTY VENUE

For that special dinner with friends or family, guests can take over one of the decks at the world-famous Cliff at Cap restaurant and enjoy one of the finest menus on the island. Or for those looking for an even more intimate setting, guests can choose Rock Maison, a romantic deck surrounded by lapping waves on three sides. Up to six people can enjoy sundowners and dinner (or lunch) on this incredible mid-ocean platform and you can even order champagne via the zip wire from the restaurant high above.

For weddings or larger gatherings, Cap Maison's private residence, Saman House, can also be rented. This is the owners private home beside Cap Maison that can host reception dinners for 35 people or standing cocktail parties for 100. Surrounded by mature palm trees and with its own jaw-dropping cliff location and seaviews, it's the perfect place to come for the ultimate private party, wedding breakfast and even champagne tastings. The in-house rummer and sommelier can guide your party through tasting or help design your bespoke cocktail menu beforehand, and menus and tapas selections can be designed especially for your evening.



Photos: Mikael Lamber

MARRIAGE

made in heaven

THINKING OF PROPOSING?

If you're looking for a magical place to propose the team at Cap Maison are on hand. From a petal-strewn deck on Rock Maison, private cliff-edge gazebo, secluded veranda or even on the stunning 46ft motor boat in the middle of the Caribbean sea at sunset, there are hundreds of beautiful places to tell your special someone how much they mean to you.

One unusual way of popping the question is the Cliff Diamond Martini. Served to your unsuspecting partner at the Cliff Bar, this martini comes with your pre-selected diamond from Harry Edwards Jewelers inside the Swarovski mouth-blow lead crystal glass. The martini itself is prepared with Premium Belvedere Diamond Rye vodka.

TYING THE KNOT

Shying away from the conveyor belt style of weddings in some larger resorts, Cap Maison only hosts a handful of nuptials a year and offers couples a range of different venues for ceremonies so each wedding is personalised and unique. Venues available include stunning Rock Maison, which overlooks the ocean and is the ultimate waterfront intimate venue for up to 30 people. The raised private deck can be decorated with rose petals or romantic swathes of white silk for your ceremony.



Or stunning ceremonies can be carried out at Smuggler's Point clifftop gazebo. Secluded in the hotel's beautiful gardens and decorated with native island flowers, this is a unique spot with breathtaking seaviews.

For larger parties up to 100 people Saman House, the gorgeous private residence of the Cap Maison owners, offers space for an open-air reception or wedding breakfast. The open-plan design lends itself to beautiful parties and can even accommodate a dance floor. With its own clifftop setting, your big day is bound to be unforgettable.

RENEW YOUR VOWS

Celebrate your years together by renewing your vows in your chosen picturesque spot within the hotel grounds and follow the ceremony with a beautiful lunch or dinner at the Cliff at Cap restaurant. Bouquets and buttonholes can be arranged, as well as a photographer.

With paradise coves, glittering beaches and idyllic hideaways, there are few places more romantic than Saint Lucia. Now, Cap Maison is raising the stakes with one of the most spellbinding dining experiences in the world.

Rock Maison

the most romantic table in the world?



Photos: Danielle Devaux

Rock Maison, a private wooden deck built on a shoal below the Cliff at Cap restaurant, is surrounded by the ocean on three sides and boasts jaw-dropping views out across the emerald water towards Pigeon Island National Park and beyond. The Rock Maison experience begins with guests being escorted down to the deck as the sun melts into the horizon and casts its tangerine glow across the water. As the colours change you can relax at your private table for two decorated with fresh flowers. For those who enjoy a glass of bubbly, there's a champagne zip wire - yes, zip wire - which runs from the Cliff Bar above, enabling staff to zip you down

a bottle of ice-cold champagne at your request. As night time falls, your private dinner will commence by candlelight. Bespoke menus can be created by Head Chef Craig Jones, including a special seafood medley, but whatever your menu choice dining under the stars and with the sound of the waves rolling across the coral reef below will be unforgettable. For the duration of your evening, Rock Maison guests will have their own private server who is there to cater to your every need. Extraordinary service, spectacular views and mouth-watering food, this is an experience that makes a holiday.

A PROPOSAL TO REMEMBER

Gorgeous private dinners are not the only thing on offer at Rock Maison. For guests looking for a magical place to pop the question, where could be better?

The impeccable staff love nothing more than helping you plan this all-important moment. So whether you imagine the ring coming down the zip line at sunset or the decking adorned with flowers on your arrival spelling 'Will you marry me', Cap Maison can create the perfect tableau.



Cap Maison
SAINT LUCIA • WEST INDIES

Photo: Danielle Devaux



Enjoy responsibly

SOLERA CASK

Our unique extra aged 10 year old rum is distilled by Saint Lucia Distillers using both pot and column stills producing an aromatic fine spirit.

Following extensive aging in old Port barrels our premium rum is then aged at Cap Maison using the "Solera" aging system in single 10l white oak medium toasted barrels guarantying a consistent and superior quality.

Immerse yourself in everything that is Cap Maison and experience the Lucian promise of the exotic with our tribute to local handcrafted artisanal rum.

We created a special face label where you can choose to have the actual bottling date mentioned or a date of your choice; for example your best friends birthday, your wedding or anniversary making this a personalised gift.

Exclusively available from Cellar Maison