

# BUCCAN

ROASTED EGGPLANT  
CONFIT MAHI MAHI  
RUM & MIXES ON REQUEST

---

## SEASONINGS, SPICES & CHUTNEYS

*ram spice*  
*coriander & sundried tomato relish*  
*coconut seasoning*  
*buccan spice*  
*tamarind chutney*  
*mint chutney*

---

THE RIVER COOK  
CRISPY PROVISIONS  
CHARRED SALAD  
YABBA POT RICE  
WHOLE FISH  
LAMB CURRY  
SKEWERED CHICKEN  
PUMPKIN  
MANGO CHUTNEY CRISP  
FIRE ROASTED PINEAPPLE  
FRISKO ICE CREAM

# BUCCAN

Derived from a native South American and Caribbean word, “buccan” refers to a wooden framework or hurdle on which meat was slow-roasted or smoked over a fire.

## St. Vincent & the Grenadines

With azure coastlines and lush rainforests, St. Vincent and the Grenadines boast a rich variety of local seafood and native greens.



### DASHEEN

*Tropical plant with edible roots and leaves. The roots, used in various recipes, have a nutty flavor and leaves are used by locals to make a spicy stew. Dasheen is synonymous with taro.*

### CHADON BENI

*Also known as culantro, is a potent herb in Caribbean cuisine, surpasses cilantro in flavor, containing calcium, riboflavin, iron, carotene, and vitamins A, B-complex, and C.*

### BREADFRUIT

*Introduced by Capt. William Bligh in 1793 to St. Vincent and the Grenadines, it became a consistent food source to the local workers of the sugar plantations. Originating from the South Pacific, it's a key ingredient in the national dish, Roasted Breadfruit and Fried Jack Fish.*

### CALLALOO

*Comprises large green leaves from tropical plants like taro, dasheen, tannia, amaranth, or yautia root, rich in nutrients akin to collard greens, kale, or spinach. In Saint Vincent, it's made with dasheen leaves, while in other Caribbean regions, it may use amaranth.*

### GREEN SEASONING

*A vibrant green paste of herbs, spices, and vegetables mixed with vinegar and water, enhances the flavor of meats, fish, and poultry, serving as a Caribbean cooking staple.*