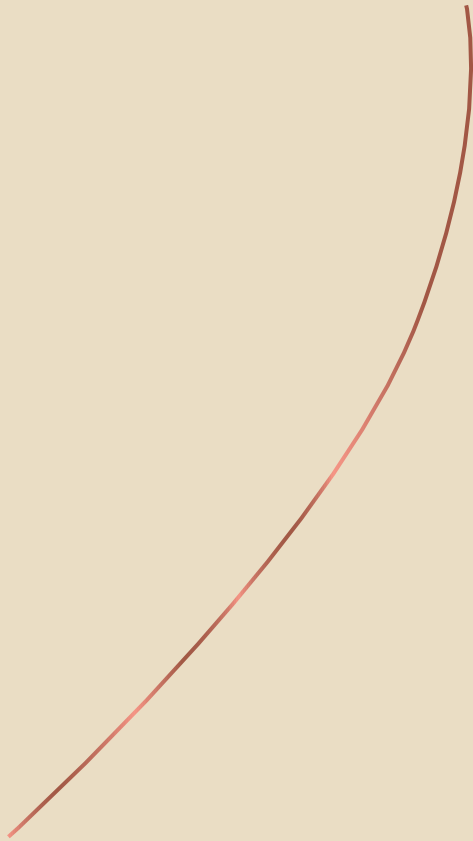




flow

DINNER



“delight, sustain, educate,
nourish and heal”

Food is divine and plays a vital role in our lives. For us at JOALI BEING, it is beyond fuel - it is the energy, the medicine, that drives us forward.

At the core of our regenerative cuisine is the amalgamation of three key elements: culinary creativity, a modern approach to nutrition, and our signature philosophy of wellbeing.

Along with forming a vital aspect of wellbeing, food is also meant to be a fun and fulfilling experience. Let us take time to enjoy it!

Beyond enabling our guests to discover unexpected culinary finds and sample unique takes on familiar favourites, we see food as a bridge to fulfilling personal and spiritual journeys. Our highly trained team is dedicated to supporting you along your chosen path.

I believe food can reconnect us to nature's rhythms, awaken realisation, and evoke a sense of gratitude. This is the guiding intention behind our menu, created with the hope of aligning with your personal objectives.

Please accept this delicious invitation to a long and healthy life.

You can connect with me directly should you wish to know more about our offerings and curated experiences.

*Wishing you a joyful sojourn
Best wishes*

Director Of Culinary
Taylor Shearman

EARTH TO TABLE CUISINE

Our progenitors foraged, scaled hills and mountains, and dived deep to source their food. When we sowed the first seeds in nature, we sowed the seeds of human advancement. The joy of living was integrated with the effort of sourcing and the pleasure of eating. Since food was connected with the inherent rhythms of the earth, the people felt more alive, in sync with nature and their surroundings.

This connection with the earth is at the heart of progressive “Earth to Table” cuisine. Our forward-thinking proposition is centred around responsible dining and a responsive approach.

Over the last few decades, the term “sustainability” has seen an extraordinary rise to fame. Moving from the fringes to the mainstream, it has become one of the defining features of 21st century evolution. The entire approach to food has changed dramatically.

Our culinary philosophy facilitates engagement through the in-depth exploration of unique ingredients, in a manner that is noble and timeless in its scope.

It is with this vision that we “sow” our intention for Earth to Table cuisine at JOALI BEING, celebrating the diversity of our sources and the integrity of our ingredients.



The Four Pillars

Whilst each recipe has been curated to nourish all of the four pillars, highlighted icons indicate those that contain elements to enhance specific pillars.

MIND

The Mind is responsible for thinking, feeling, and making choices, as well as directing our emotional, psychological, and social wellbeing.

Our mind is the gravitational field that determines how we express ourselves, handle stress and relate to others.

MICROBIOME

Referred to as the second brain, the gut's Microbiome plays a key role in human health by breaking down and absorbing nutrients and strengthening the immune system.

When the gut is healthy, the other pillars thrive.

SKIN

Skin is the largest body organ with its own microbiome. By focusing on the skin health, we nurture the body, restore natural beauty and reverse ageing, impacting many areas of life, including self-confidence.

ENERGY

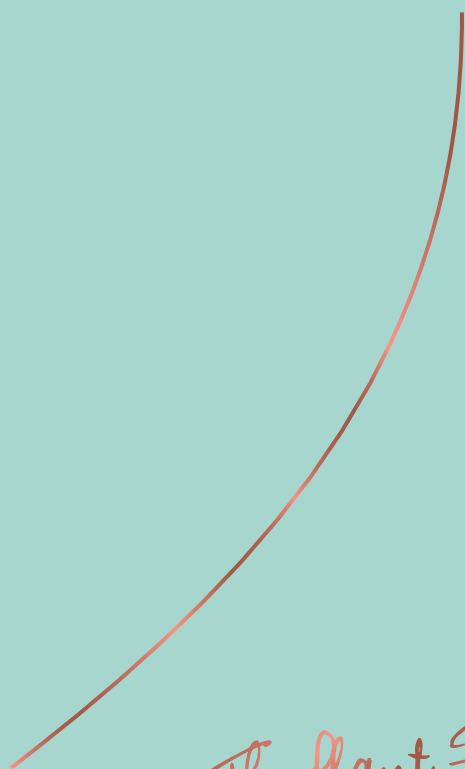
Energy is a journey of the body, expanding through conscious movement. This pillar reflects how we sustain and renew physical energy to have the capacity to keep thriving. Regular intervals of self-care, restoration, and recovery help to re-energise ourselves, even during high-paced periods.



Although all due care is taken,
some allergens may still be present in dishes.
Please inform our hosts if you have any severe
allergies or intolerances before placing orders. Kindly
note that any bespoke orders cannot be guaranteed
as entirely allergen free.



plantae



The Plant Forward Cuisine



FRESH & LIGHT



LEAFY GREENS

32

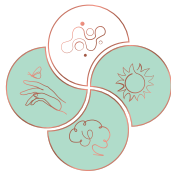
Snow Pea Shoots, Edamame, Cucumber, Avocado,
Toasted Seeds, Coconut Green Goddess



CHARRED BABY GEM

36

Koji, Kimchi, Pickled Onion, Sesame Dressing



WHIPPED FETA & HEIRLOOM TOMATO

36

Baby Rocket, Cucumber, Bell Pepper, Toasted Almonds,
Green Oil



SPRING PEA HUMMUS

28

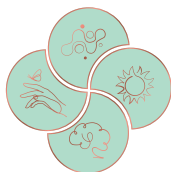
Crisp Greens, Mint, Preserved Lemon, Spring Onion,
Seed Crackers



EGGPLANT & CHILLI CRISP

28

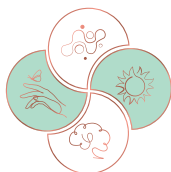
Soy Crema, Miso, Fragrant Herbs,
Charred Sourdough



TANDOORI ROASTED VEGETABLES

32

Mint Yoghurt, Coriander, Chaat Masala,
Pickled Onion, Lime



GRAIN & PULSE CROQUETTE

30

Roasted Tomato, Bell Pepper & Almond Butter Sauce



NOURISH



LENTIL SOUP

32

Coconut, Cumin, Seasonal Vegetables



TOMATO AND SESAME SOUP

34

Tomato, Coriander & Spring Onion Bruschetta



ROASTED PUMPKIN SOUP

32

Spiced Pumpkin Seeds, Charred Sourdough



SWEET CORN & EGG DROP SOUP

36

Wakame, Carrot, Spring Onion



TO SATISFY



BROWN BUTTER UDON NOODLES

38

Miso, Wild Mushrooms, Aged Parmesan



MISO SESAME RAMEN

44

Soba Noodles, Bok Choy, King Brown Mushrooms,
Sweet Corn, Crispy Tofu, Sesame Seaweed,
Spring Onion



TO SATISFY



GLOBE ARTICHOKE

44

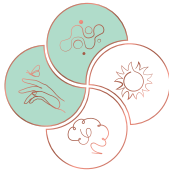
Smoky Edamame, Green Peas & Zucchini,
Caramelised Leeks, Jerusalem Artichoke



HARVEST ORZO

46

Asparagus, Cherry Tomatoes, Black Olives,
Crispy Capers & Kale



BUTTERNUT SQUASH TAGLIATELLE

46

Mushroom Cashew Cream, Young Kale



CARAMELISED CELERiac

48

Lemon & Truffle, Chives, Crispy Celeriac



INDIAN THALI

58

Dhal Tadka, Paneer Korma, Cauliflower Adraki,
Basmati Rice & Condiments



GNOCCHI

46

Creamy Pumpkin Sauce, Sage Butter,
Toasted Pine Nuts, Parmesan Crumb



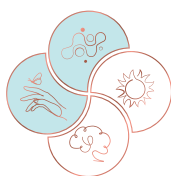


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Ocean to
Table Pescatarian Cuisine



LIGHT



MALDIVIAN TUNA DOME

33

Guacamole, Aji Amarillo, Yuzu Gel

280 Kcal | 7 g carbs | 20 g protein | 20 g fat

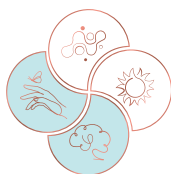


PRAWN TARTARE

36

Prawn Tartare, Grape Relish, Ajo Blanco

200 Kcal | 11 g carbs | 22 g protein | 7 g fat

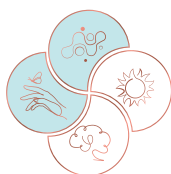


MALDIVIAN BAMBOO LOBSTER SALAD

55

Prawn Cream, Citrus – Coconut Yoghurt Dressing,
Mesclun Greens

130 Kcal | 9 g carbs | 18 g protein | 2 g fat

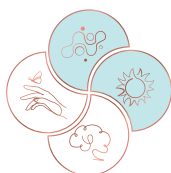


PONZU-CURED SALMON

36

Amazu Ponzu, Pickled Shallot Caviar, Citrus Gel

260 Kcal | 19 g carbs | 20 g protein | 13 g fat



GRILLED SRI LANKAN PRAWN WITH SALSA DE CHILE

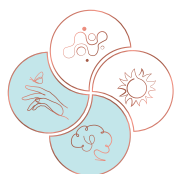
36

Quinoa Salsa, Raw Mango Pickle, Kaffir Lime Dust

160 Kcal | 13 g carbs | 19 g protein | 4 g fat



LIGHT

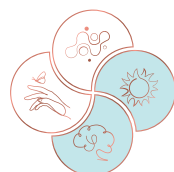


BAY SCALLOP

42

Potato Leek Espuma, Porcini, Truffle

290 Kcal | 20 g carbs | 20 g protein | 15 g fat



OCTOPUS

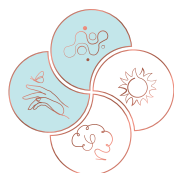
36

Chargrilled Local Octopus, Edible Stone, Romesco Sauce

250 Kcal | 16 g carbs | 24 g protein | 11 g fat



BROTH

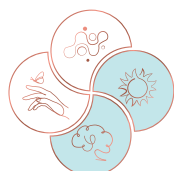


TOM KHA TALAY

36

Crab, Scallop, Prawn

210 Kcal | 6 g carbs | 9 g protein | 1 g fat

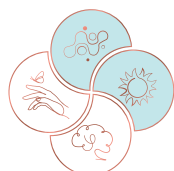


CANNELLINI BEAN SOUP

36

Kale, Octopus, Cod Fish, Sage

310 Kcal | 30 g carbs | 27 g protein | 10 g fat



SUMATRAN SOUP

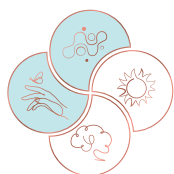
28

Local Reef Fish, Lemongrass Broth, Tamarind

160 Kcal | 4 g carbs | 4 g protein | 1 g fat



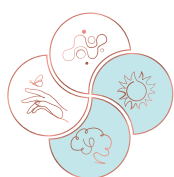
SUBSTANTIAL



MALDIVIAN SEARED TUNA

47

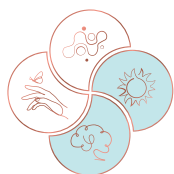
Leek Potato, Smoked Tuna Sauce, Mas Mirus
200 Kcal | 7 g carbs | 38 g protein | 1.5 g fat



GRILLED REEF FISH WITH COCONUT HUSK

53

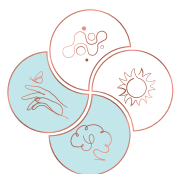
Lawar Long Beans, Tomato Salsa, Gulai Sauce
310 Kcal | 11 g carbs | 38 g protein | 9 g fat



MEDITERRANEAN COD FISH

73

Tomato Sauce, Seared Potato, Mollicata Crumb
320 Kcal | 23 g carbs | 35 g protein | 10 g fat



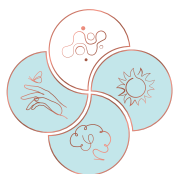
GRILLED LOCAL REEF FISH ANTICUCHOS

55

Eggplant Caponata, Smoked Red Capsicum, Anticuchos Sauce
280 Kcal | 4 g carbs | 15 g protein | 4 g fat



SUBSTANTIAL

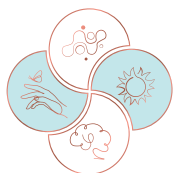


SALMON AND SEA URCHIN CONCENTRATE

73

Artichoke Barigoule, Sundried Cherry Tomato,
Sea Urchin Concentrate

190 Kcal | 9 g carbs | 34 g protein | 1 g fat



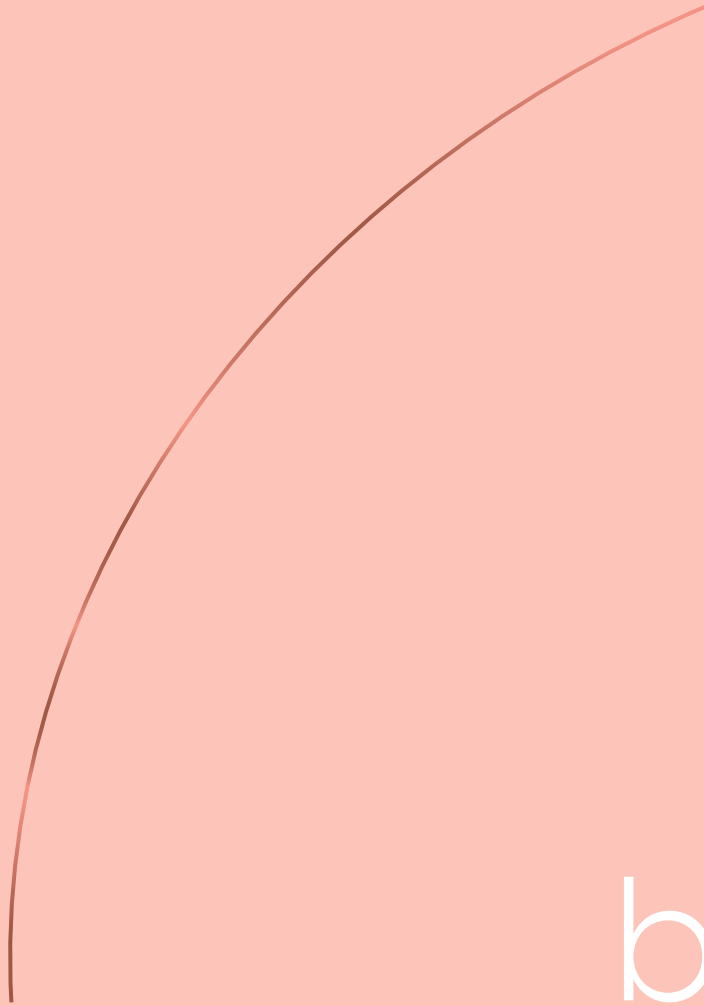
SEAFOOD CASSOULET

57

Medley of Seafood, Buckwheat, Tomato Broth

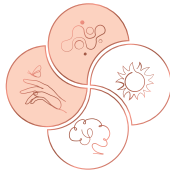
170 Kcal | 19 g carbs | 19 g protein | 1 g fat





b'well

LIGHT

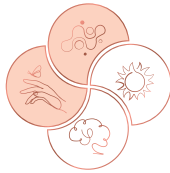


SMOKED BEEF CARPACCIO

38

Caperberries, Sun-Dried Tomato, Extra Virgin Olive Oil

270 Kcal | 3 g carbs | 16 g protein | 22 g fat



VEAL MILANESE

36

Saffron Cream, Capers Spinach Pesto, Arugula

380 Kcal | 21 g carbs | 35 protein | 18 fat



GOAT CHEESE

30

Red and Yellow Beet, Roasted Vadouvan Carrot,
Pickled Fennel

230 Kcal | 3 g carbs | 15 g protein | 17 g fat



SYNBIOTIC SALAD

26

Jerusalem Artichoke, Sesame, Avocado

190 Kcal | 8 g carbs | 7 g protein | 13 g fat



PERUVIAN CRISPY QUAIL

36

Carrot Purée, Seasonal Vegetable, Jalapeño Dressing

280 Kcal | 12 g carbs | 19 g protein | 18 g fat

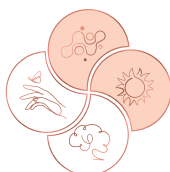


SHORT RIBS CASON CELLI

35

Roasted Pumpkin Purée, Hazelnut, Shallot Pickle

188 Kcal | 13 g carbs | 7 g protein | 11 g fat



LAMB PASTILLE

32

Broccolini Rice, Figs Chutney, Cumin Jus

190 Kcal | 15 g carbs | 9 g protein | 11 g fat



BROTH



CHICKEN AND COCONUT SOUP

28

Lemongrass, Galangal, Kaffir Lime

185 Kcal | 5 g carbs | 13 g protein | 14 g fat



BORSCHT SOUP

36

Beef Bouillon, Beetroot, Sour Cream

300 Kcal | 24 g carbs | 30 g protein | 10 g fat



DUCK CONSOMMÉ

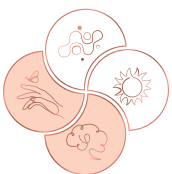
32

Smoked Duck, Soba Noodles, Coriander

280 Kcal | 16 g carbs | 10 g protein | 20 g fat



SUBSTANTIAL

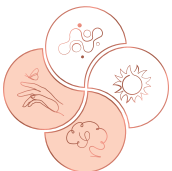


FREE-RANGE CHICKEN

42

Grilled Corn Salsa, Green Pea Purée, Shallot Thyme Jus

300 Kcal | 7 g carbs | 47 g protein | 10 g fat



PORK BELLY

72

Jerusalem Artichoke Purée, Seasonal Vegetables,

Ginger Hoisin Sauce

530 Kcal | 2 g carbs | 11 g protein | 52 g fat



SUBSTANTIAL



LAMB SHANK

88

Braised Lamb Shank, Saffron Barley, Poached Fennel
460 Kcal | 21 g carbs | 43 g protein | 23 g fat



BRAISED BEEF CHEEK

88

Veal Jus, Truffle Potato Purée, Baby Vegetables
430 Kcal | 8 g carbs | 36 g protein | 28 g fat



SHER WAGYU BEEF TENDERLOIN

88

Gratin Potato, Mushroom Purée, Truffle Jus
300 Kcal | 4 g carbs | 23 g protein | 9 g fat



CHARGRILLED SHER WAGYU RIBEYE MB8

94

Daikon Fondant, Caramelised Onion Jam,
Parsley Mashed Potato
320 Kcal | 2 g carbs | 24 g protein | 25 g fat



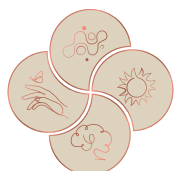
CHARGRILLED SHER WAGYU STRIPLOIN MB8

94

Herbs Coated Asparagus, Glazed Carrot,
Butternut Squash Purée
320 Kcal | 3 g carbs | 26 g protein | 7 g fat

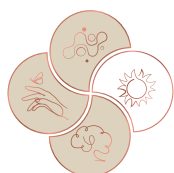


FINALE



SEASONAL FRUIT PLATE

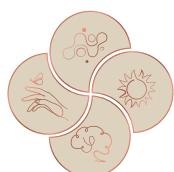
35



BLACK FOREST

28

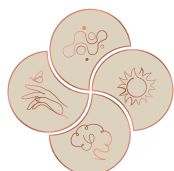
Cherry Compote, Vegan Chocolate, Cherry Sorbet



COCONUT BRÛLÉE

26

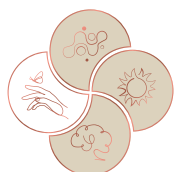
Mango & Passionfruit Gel, Tropical Fruit, Lime



MILLE-FEUILLE

26

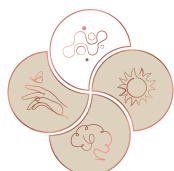
Caramelised Puff Pastry, Crème Diplomat,
Hazelnut Praline, Vanilla Ice Cream



APPLE TARTE TATIN

26

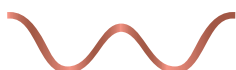
Caramelised Apple, Dulce de Leche,
Crispy Brioche, Mascarpone Chantilly



BAKED CHEESECAKE

26

Graham Cracker, Acai Sorbet, Seasonal Berries





AFFOGATO

28

Chocolate Espuma, Crème Fraîche Ice Cream,
Coffee & Milk Chocolate Sauce



CHOCOLATE & MACADAMIA

28

Whipped Chocolate Ganache, Sable,
Salted Caramel Ice Cream



ICE CREAM & SORBET

7 per scoop

Please ask your host for our flavours of the day



OUR PARTNERS AND SOURCING PHILOSOPHY

We strive for playfulness, meaning and permanence in our cooking.
We seek to honour the noble work of farmers and myriad producers hoping that, if we succeed in doing so, we may inspire our team, our guests and our community to eat and live well.

We are the humble custodians of the legacy bequeathed to us.
Of history and culture. Of the contributions of many chefs who did the groundwork before us. We continue to learn by remaining true to our beliefs and food philosophy. While doing so, we try to respect the sanctity of the products that we grow and procure.

We take utmost interest in teaching, mentoring and supporting our team.
Our daily pursuits remain strongly connected to our mission to make food more nourishing, interesting, delicious, relevant and personal. Our food is what we give of ourselves.

Our relationships with artisans, growers, foragers and other members of this dynamic destination are ever evolving. We hope to continue contributing meaningfully to efforts that support the community, and to share the collective vision of sustainable principles and practices.

The JOALI BEING kitchen is dedicated to consciously sourcing ingredients from organic farms, artisans and small producers. Our restaurant is also home to striking design pieces and handmade crafts, made with passion and the use of traditional techniques.

Our efforts include;

- Homemade nut butter, fruit butter, granola, infused honey, sauces
- Seasonal produce from small farms and farmer's markets in their respective countries
 - All fish and seafood are locally sourced or sustainably certified
- Humanely treated and environmentally conscious food from "Earth to Table"
- Locally sourced food offered along with regional and seasonal options

