

JOALI BEING

—BODUFUSHI—

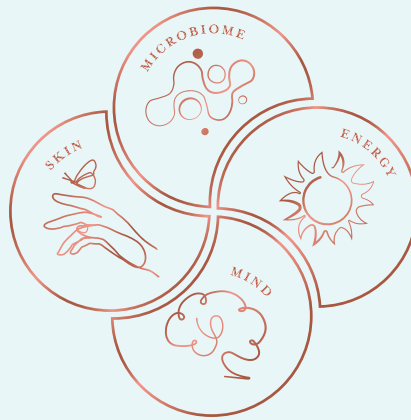
JOALI BEING provides a destination created for sojourners seeking the opportunity to improve their health and wellbeing.

We invite those who share this common ideology for wellbeing, to pursue their aspirations with us. With this, it is recommended that alcohol is not consumed in line with our wellbeing mandate. A carefully curated selection of organic/biodynamic premium brands with lower alcohol, sugar and calorie content are available in a moderate approach and available upon request.

JOALI BEING is committed to providing memorable wellbeing experiences. To preserve the privacy of everyone at our retreat, we encourage guests to limit their use of cell phones, laptops, or other smart devices in common areas, reconnecting with self, each other, and nature as you embark on your wellbeing journey.

All restaurants and outlets at JOALI BEING are a smoke-free environment.

We believe that each guest wishes to preserve the sanctity and tranquillity of JOALI BEING.



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.

WATER

JOALI BEING offers a selection of purified and infused water. Infused water is believed to offer several health benefits. It can help slow down the ageing process, maintain the pH levels of the body, and prevent various chronic diseases by neutralising acid levels in the body.

INFUSED

10

Pineapple, Lemon, Orange
Lemon Lime, Lemongrass, Grapefruit



COCONUT WATER

12

Rich in potassium, and natural electrolytes.
Refreshingly hydrating

STILL

Acqua Panna
Voss

14

16

SPARKLING

San Pellegrino
Voss Sparkling

14

16

PREBIOTIC & PROBIOTIC

Microbiome is the community of micro organisms living in our gut, that supports digestion. Our Kombucha is the vital source that supports our gut health.

KOMBUCHA

14

Raspberry Lemonade, Ginger Lemon
Crisp Apple, Mango Passion, Peach, Wild Berry
Cherry Plum, Passion Fruit
09 - 13 Kcal | 5.3 g - 5.6 g carbs | 0 g protein | 0 g fat



HOMEMADE TEPACHE

17

Pineapple Skin, Brown Sugar, Cinnamon, Ginger
Mesoamerican traditions live on in Mexico's vibrant streets.

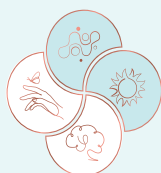


JUICES & VITAMINGLES

Fresh and Healthy Blends

25

Nutrient-rich beverages to help nourish you throughout the day. Crafted with an intention to revitalise and refresh, the selection helps with energy boosts, aids replenishment of electrolytes in tropical weather.

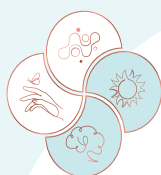


HEARTBEAT

Kale, Orange, Apple, Beetroot, Banana

Fatigue-fighting, antioxidant-rich, brain boosting.

145 Kcal | 32 g carbs | 3 g protein | 1 g fat

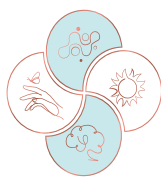


WAKE UP CALL

Beetroot, Green Apple, Ginger, Carrot, Coconut Water

Hydrating, replenishes electrolytes, promotes healthy skin.

129 Kcal | 24 g carbs | 3 g protein | 1 g fat

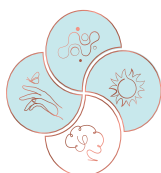


MORNING GLORY

Apple, Pear, Pineapple Spinach

Digestion stimulating, antioxidant-rich and immune supportive.

168 Kcal | 36 g carbs | 2 g protein | 1 g fat

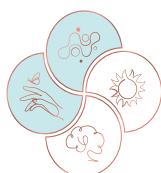


GREEN STIMULANT

Chia Seed, Spirulina Powder, Almond Milk, Banana, Spinach

Energy balancing, antioxidant-rich and brain boosting.

211 Kcal | 9 g carbs | 9 g protein | 15 g fat



WEIGHTLESSNESS

Apple, Grapefruit, Carrot

Liver supportive, skin nourishing and energy boosting.

146 Kcal | 23 g carbs | 2 g protein | 1 g fat

JUICES & VITAMINGLES

Fresh and Healthy Blends

25



COOLER

Apple, Cucumber, Parsley, Celery, Kale, Coconut Water
Anti-oxidant rich, hydrating, and improves kidney health.
102 Kcal | 23 g carbs | 2 g protein | 1 g fat



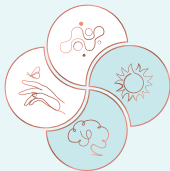
BE FIT

Orange, Apple, Beetroot, Strawberry
Reviving, brain supportive, antioxidant rich.
121 Kcal | 27 g carbs | 2 g protein | 1 g fat



GOOD MOVING

Orange, Apple, Watermelon, Lemon
Hydrating, improves kidney health and blood circulation.
139 Kcal | 31 g carbs | 2 g protein | 1 g fat



MINDFULNESS

Carrot, Moringa, Spinach, Celery
Helps reduce sugar cravings, hydrating and replenishes electrolytes.
25 Kcal | 46 g carbs | 1 g protein | 1 g fat

FRESHLY SQUEEZED

22

We offer a wide array of freshly squeezed juice from mindfully sourced fruits, vegetables and herbs. Juices are a rich source of essential nutrients and energy.

FRUITS

Apple
Pineapple
Mango
Watermelon
Honeydew
Kiwi

VEGETABLE

Cucumber
Carrot
Beetroot
Tomato
Celery
Broccoli

HERBS

Mint
Basil
Coriander
Dill
Kale
Spinach

HOT BEVERAGES

All our coffees are sustainably sourced.

Espresso	9
Macchiato	11
Americano	12
Mocha	12
Cappuccino	12
Turmeric Latte	16
Magical Matcha Latte	16
Blue Moon Latte	16

COLD BREW COFFEES

Chilled Coffee	12
Cappuccino	12
Latte	14
Coconut Vanilla Latte	14
Mocha Latte	14

REFRESHTEA

Refreshtea is an aesthetic extension of Sai tea offerings, served cold. This replenishes the essential nutrients and revitalises the energy.

**BLOOM N BREW**

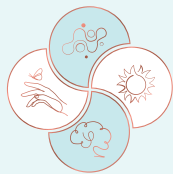
7 Treasures Tea, Vanilla, Lime

30 Kcal | 7 g carbs | 0 g protein | 0 g fat

**EVER AFTER**

Bora Bora and Karkady Tea Blend, Strawberry, Mint Leaves

35 Kcal | 9 g carbs | 0 g protein | 0 g fat

**JOY IN SAVOURY**

Pure Rooibos Organic Tea, Grapefruit, Lemongrass

90 Kcal | 23 g carbs | 1 g protein | 0 g fat

**OO LONG STORY**

Thai Sticky Rice Oolong, Coconut Milk, Mango, Lemon

25 Kcal | 7 g carbs | 0 g protein | 0 g fat

**ALL ABOUT THYME**

Russian Samovar Blend, Thyme Honey, Lemon

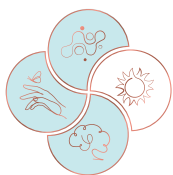
70 Kcal | 17 g carbs | 0 g protein | 0 g fat

**LUSH ASSAM**

Assam Tonganagaon, Lemongrass, Ginger

Kaffir Lime, Lime

35 Kcal | 9 g carbs | 0 g protein | 0 g fat

**IN MATCHA WE TRUST**

Matcha Genmaicha Green Tea, Kaffir Lime Leaves, Lime

35 Kcal | 9 g carbs | 0 g protein | 0 g fat

MOCKTAILS

ISLAND IDYLL

Pineapple & Mint Cordial, Soda Water

Rich in vitamin C, antioxidants, and aids digestion while promoting relaxation.

A beach day. A beach week. A beach life? Sounds perfect.

FIRE DANCER

Sage Syrup, Grapefruit Juice, Fire Water, Aquafaba

Supports digestion, boosts vitamin C, and offers anti-inflammatory benefits.

Feel the heat, feel the beat. Invite the flame into your heart.

FLIGHT OF FANCY

Coconut Water, Lime Juice, Toasted Rice Syrup, Mint Leaves

Hydrates naturally, supports digestion, and provides a refreshing balance.

Along the coast, a secret spot. The origin of my island dream.

ICONIC INFUSIONS

17

Our ICON mocktails are inspired by the harmony of nature and wellbeing. Crafted with the finest ingredients, these pure and vibrant blends reflect the creativity of our mixologists, offering a refreshing journey for the senses.

BOOCH BIOME

Sober Spirits Gin, Lemon, Wild Berry Kombucha, Lemongrass
Supports healthy digestion and anti-bacterial aids.

NATURAL SAI-TAI

Seedlip Spice 94, Brazilian Mate-Sweet Orange Tea, Pineapple Juice, Lemon Juice
Anti-oxidant rich and supports immunity.

INFINI-TEA DREAM

Seedlip Garden 108, Cinnamon, Lemongrass, Lime Juice, Chamomile Tea
Calming properties, nourishes microbiome and supports healthy digestion.

GARDEN DREAM

Strawberries, Basil Leaves, Apple Cider Vinegar, Soda Water, Black Pepper
Supports immunity and digestion, eases inflammation, balances blood sugar.

MY COCO-LADA

Coconut Water, Fresh Pineapple Juice, Toasted Rice Syrup, Lemon Juice, Aquafaba
A generous dose of vitamins B, C and E, along with “good fats” for the body.

MATCHA WHIP

Pandan Syrup, Lemon Juice, Coconut Water, Matcha Foam

Rich in antioxidants, particularly catechins, to support metabolism, focus and energy.

EASY BREEZY

Chamomile Tea, Pandan Syrup, Lemon Juice

Calming and relaxing, with a generous dose of antioxidants and vitamin C.

HERB SPARKLE

Lemongrass & Basil Cordial, Sparkling Water

Supports digestion and immunity, reduces inflammation, offers antioxidants.

SP-ICED BREW

Cold Brew, Spiced Syrup, Lemon Juice, Tonic Water

A natural energy boost, along with vitamin C, antioxidants and digestive support.

GINGER TEA SOUR

Jasmine Tea, Simple Syrup, Ginger Juice, Aquafaba, Lemon Juice

Alleviates inflammation, aids digestions, provides vitamin C and antioxidants.

HER SELECTION OF JOALI BEING

24

COCKTAILS

BIRDS OF PARADISE

The Botanist Islay, Elderflower Liqueur, Lemon Juice,
Pandan Syrup, Aquafaba

My island dream takes flight...up, up and away!

JUNGLE CANOPY

Diplomatico Reserva Exclusiva, Banana & Cumin Oleo, Aquafaba

In the shade of the banana tree, I plan my next adventure.

SPICED PALOMA

Don Julio Blanco, Pink Grapefruit Liqueur, Sage Syrup,
Grapefruit Juice, Fire Water

Earth, fire, water...the elements sing, my heart glows.

SPIRITED SYMPHONY

24

SUN-KISSED

Pineapple Rum, Liqueur Giffard Passion Fruit,
Toasted Rice Syrup, Pineapple Juice, Coconut Water

NIPPON SOUR

Gin Tanqueray, Matcha, Oat Milk, Lemon Juice, Yuzu Juice

Our ICON cocktails are a celebration of craftsmanship and nature, blending premium ingredients with creative flair. Each sip unveils a harmonious balance of flavour, offering a moment of indulgence and inspiration.

SAILING DAY

Pisco Demonio de los Andes Quebranta,
Alois Lageder Estate Pinot Grigio, Lemon Juice, Aquafaba, Raspberries

SUNSET SPRITZ

Chamomile Aperol, Lychee Liqueur, Organic Prosecco, Soda Water

TEA-KI BRIGHT

Plantation Stiggins' Fancy Pineapple, Averna, Lime Juice,
Lapsang Souchong Tea, Creole Bitters, Spiced Syrup

MARITIME MARTINI

The Botanist Islay, Dolin Vermouth Dry, Olive Bitters,
Miso-Soy Blend, Herb Oil

PARADISE FOUND

Cachaça, Cacao Blanc, Lemon Juice, Pandan Syrup, Coconut Water

BELLINI ROMANCE

Hennessy VS, Peach Liqueur, Mirin, Cattier Brut Icône, Açai Foam

ISLAND ECLIPSE

Ciroc, Peach Liqueur, Lemon Juice, Kefir Syrup,
Aquafaba, Charcoal Solution

AVIATION G&T

Aviation Gin, Grapefruit Juice, Purple Basil,
Citrus Oil & Tea, Mediterranean Tonic

EL AMOR DE MALDIVAS

Jose Cuervo Silver, Tamarind, Kaffir Lime, Palm Sugar,
Maldivian Chilli

JOALI BEING CONNECTION

Hennessy VSOP, Grand Marnier, Honey, Ginger,
Cattier Brut, Sage

CLASSICS

25

Classic cocktail is defined as a cocktail that was officially introduced to the world after 1887 when Jerry Thomas' Bartender's Guide was published.

MARGARITA

Patrón Silver, Cointreau, Lime Juice

MARTINI

Monkey 47, Vermouth, Olives

NEGRONI

Bombay Sapphire, Martini Rosso, Campari

APEROL SPRITZ

Aperol, Prosecco, Soda Water

MANHATTAN

Maker's Mark, Martini Rosso, Angostura Bitter

MINT JULEP

Woodford Reserve, Mint Leaves, Simple Syrup

DAIQUIRI

Bacardi Carta Blanca Superior, Simple Syrup, Lime Juice

PIÑA COLADA

Plantation 3 Stars Artisanal, Pineapple Juice, Coconut Cream

MOJITO

Bacardi Carta Blanca Superior, Mint Leaves, Lime

BLOODY MARY

Grey Goose, Tomato Juice, Tabasco, Worcestershire Sauce

WHITE RUSSIAN

Beluga Noble, Coffee Liqueur, Cream

COSMOPOLITAN

Belvedere, Cointreau, Lime Juice, Cranberry Juice

BEER

NON-ALCOHOLIC

Heineken 0.0%, Netherlands	10
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ALCOHOLIC

Heineken, Netherlands	12
Carlsberg, Denmark	12
Tiger, Singapore	12
Hoegaarden, Belgium	14
Kirin Ichiban, Japan	14
Asahi, Japan	15
Sapporo, Japan	15
Corona, Mexico	15

GIN

30 ML

Bombay Sapphire London Dry Gin, England	13
Monsieur Gin, France	14
Tanqueray London Dry Gin, Scotland	14
The Botanist Islay Dry Gin, Scotland	14
Gin Mare Mediterranean Gin, Spain	14
Citadelle Gin, France	14
Tanqueray No. Ten Gin, Scotland	16
The Bitter Truth Pink Gin, Germany	16
Hendrick's Gin, Scotland	16
Sipsmith London Dry Gin, England	16
Hapusa Himalayan Dry Gin, India	16
Roku Craft Gin, Japan	16
Aviation American Gin, USA	18
Herno Pink Btl Gin, Sweden (organic)	20
Invictus, Maredsous Distillery, Belgium (organic)	20
The Kyoto Distillery 'Ki No Bi' Kyoto Dry Gin	20
Matsui 'The Hakuto' Premium Gin, Japan	20
Monkey 47 Schwarzwald Dry Gin, Germany	26

TEQUILA

30 ML

BLANCO

Jose Cuervo Silver	12
Patrón Silver	15
1800 Blanco	16
Don Julio Blanco	18
Clase Azul Plata	35

REPOSADO

Jose Cuervo Reposado	13
Patrón Reposado	17
Don Julio Reposado	18
1800 Reposado	18
Clase Azul Reposado	48

AÑEJO

Patrón Añejo	18
Don Julio Añejo	20
Don Julio Extra Añejo	55
Clase Azul Añejo	205

CELEBRITY EDITION

Casamigos Añejo, George Clooney	22
818 Añejo, Kendall Jenner	22
Cincoro Añejo, Michael Jordan	30

VODKA

30 ML

Russian Standard Original, Russia	12
Madame Organic Quinoa Craft, France	14
Absolut, Sweden	14
Skyy, USA	14
Beluga Noble Russian, Russia	20
Belvedere, Poland	20
Ciroc Snap Frost Grape, France	20
Grey Goose, France	22
Crystal Head, Canada	28

COGNAC / ARMAGNAC

30 ML

Pierre Ferrand 1er Cru Grande	12
Remy Martin V.S.O.P. Fine Cognac	14
Delord XO Bas	14
Martell V.S. Fine Cognac	14
Hennessy V.S.	16
Hennessy Privilege V.S.O.P.	18
Courvoisier XO Imperial Grande	35
Remy Martin XO Fine Cognac	35
Martell XO	42
Hennessy XO	43
Richard Hennessy	835
Louis XIII de Remy Martin Grande	846

RUM**30 ML****WHITE**

Plantation 3 Stars Artisanal, The Caribbean	12
Bacardi Carta Blanca Superior, Puerto Rico	13

DARK

Captain Morgan Dark Rum, Jamaica	12
Captain Morgan Original Spiced, Jamaica	13
Bacardi Carta Oro Superior	13
Goslings Black Seal Rum, Bermuda	14

AGED

Plantation XO 20th Anniversary, Barbados	14
Ron Matusalem Gran Reserva 23, Dominican Republic	14
Botran 15 Year Old Reserva Añejo Rum, Guatemala	14
Plantation Barbados, Caribbean	15
Pyrat XO Reserve Rum, Caribbean	16
Trois Rivières Agricole, Martinique	16
Plantation, Jamaica	18
Diplomático Reserva Exclusiva, Venezuela	20
Ron Zacapa Centenario Solera 23, Guatemala	21
Flor de Caña Centenario 25, Nicaragua	24
Flor de Caña 18 Years Old Centenario, Nicaragua	24
Angostura 1787, 15 Years, Trinidad and Tobago	28
Ron Zacapa Centenario XO Solera, Guatemala	35
Havana Club 15 Años Gran Reserva, Cuba	48
El Dorado 25 Years Old Vintage, Guyana	175

WHISKY / WHISKEY

30ML

SINGLE MALT SCOTCH

Isle of Jura Distillery 10 Years	12
Ardbeg 10 Years	14
Laphroaig 10 Years	14
Benromach 2010 Contrasts	14
Auchentoshan Three Wood	16
Glenlivet 12 Years	18
Glenfiddich 12 Years	18
Isle of Jura Distillery 18 Years	25
Glenlivet 15 Years	25
Dalwhinnie 15 Years	28
Caol Ila 2013 Signatory Vintage	30
Auchentoshan Limited Release 21 Years	35
Talisker 18 Years	40
Macallan 12 Years	42
Lagavulin 16 Years	45
The Macallan Double Cask 15 Years	55
The Balvenie Pedro Ximenez Cask 18 Years	70
The Macallan 18 Years Double Cask	120
The Macallan, Rare Cask, Black	130
Laphroaig Cask Strength 25 Years	145

BLENDED SCOTCH

Johnnie Walker Black Label	14
Ballantine's	14
J & B Rare Blended Scotch	16
Chivas Regal 12 Years	18
Chivas Regal Mizunara	20
Johnnie Walker Blue Label	48
Royal Salute 21 Years	51
Chivas Regal 25 Years	62

INDIAN WHISKEY

Rampur Double Cask	16
Amrut Fusion	18

Please note that all prices are in US\$ and subject to 10% service charge and applicable taxes.

WHISKY / WHISKEY**30 ML****JAPANESE SINGLE MALT WHISKY**

Matsui Shuzo, The Kurayoshi, 12 Year Old Pure Malt	40
Matsui Shuzo, The Matsui, The Peated	42
Matsui Shuzo, The Matsui, Sakura Cask	42
Nikka Yoichi	48
Matsui Shuzo, The Kurayoshi, 18 Years	65
Suntory Hakushu, 12 Years	95
Suntory Yamazaki, 12 Years	110
The Yamazaki, 18 Years	470

JAPANESE BLENDED WHISKY

Nikka Taketsuru Pure Malt	20
Yamazakura Blended Whisky	38
Suntory Toki Blended Whisky	42
Togouchi 15 Years	50
Mars Maltage Cosmo	56

IRISH WHISKEY

Jameson Irish Whiskey	14
Tullamore Dew	15

FRENCH WHISKY

Max & O Whisky	12
Monsieur Fernand Whisky	14

AMERICAN & BOURBON WHISKEY

Bulleit American Straight Rye Mash	12
Jim Beam	13
Jack Daniels	14
Maker's Mark	16
Woodford Reserve	16
Willett Pot Still Reserve	22
Blanton's	28
Basil Hayden's	32

LIQUEUR

30 ML

Bailey's Irish Cream	10
Kahlúa	10
Amaretto Roral Conti	10
Grand Marnier	13
Cointreau	13
Yeni Raki	13
Limoncello	13
Villa Cardea Sambuca	13
Chartreuse Green	15
Chartreuse Yellow	15
Jägermeister	16

PORT & SHERRY

30 ML

Cockburn's Fine Tawny Port	15
Cockburn's Fine Ruby Port	15
Lustau Solera Reserva Fino	25
Lustau Solera Resrva Oloroso	25

APÉRITIFS

30 ML

Ricard	13
Pernod	13
Aperol	16
Campari	16
Martini Dry	16
Martini Bianco	16
Martini Rosso	16

SAKE

An alcoholic beverage made from rice through fermentation and filtration. For fermentation of sake, rice koji, a kind of fungi grown on rice, is used. Sake has been made for over 1,000 years all over the Japanese islands. Served in Tokkuri (120ml) or in a full Botoru and can be enjoyed either cold or warm.

SPARKLING SAKE

TOKKURI

BOTORU

Pure sparkling sake using the classic method.

Sa Kén Sake Methodo Classico

210

JUNMAI

Pure rice sake, no minimum polishing, no additives have been added.

Hakutsuru Junmai 720 ml

25

100

Zuiyo Honjun Junmai 720 ml

30

155

Eisen Junmai 1800 ml

30

255

JUNMAI GINJO

60% polished, pure rice wine without added alcohol.

Amabuki Omachi Junmai Ginjo 720 ml

30

140

Jozen Mizuno Jukusei Junmai Ginjo 720 ml

30

140

Ginrei Gassan Jukusei Junmai Ginjo 720 ml

30

140

Cowboy Yamahai Junmai Ginjo Genshu 720 ml

35

185

Heavensake Junmai Ginjo 720 ml

50

235

JUNMAI DA-IGINJO

50% polished, with distilled alcohol added.

Kiku-Masamune Junmai Daiginjo 720 ml

30

145

Bizen Omachi Junmai Daiginjo 720 ml

35

185

Tenpyo Genshu Tosatsuru Daiginjo 500 ml

330

Heavensake Junmai Daiginjo 720 ml

500

Takashimizu Wacho Daiginjo 720 ml

515

FLAVOURED SAKE

SHOTTO

BOTORU

Fruit infused sake.

Choya Umesu 720 ml

12

150

SOCHU

Japanese traditional hard liquor, distilled spirits made from grains and vegetables.

Beniotome Goma Sochu 720 ml

12

205

Ichiko Frasco Shochu 720 ml

15

300

