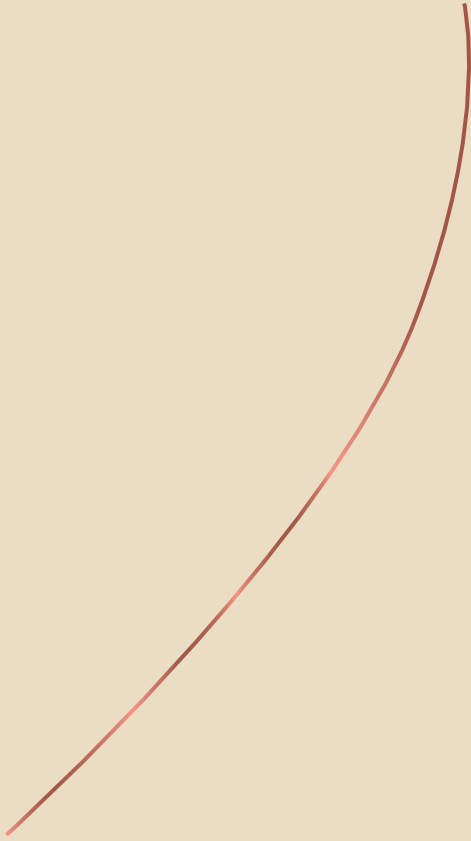




flow

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*

**Executive Chef  
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.









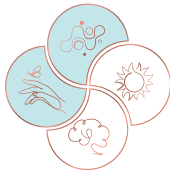
سكس



*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

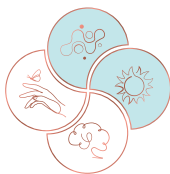
130 Kcal | 9 g carbs | 18 g protein | 2 g fat



### 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



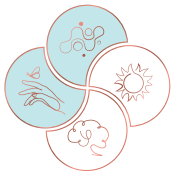
### OCTOPUS

36

Chargrilled Local Octopus, Edible Stone, Romesco Sauce  
250 Kcal | 16 g carbs | 24 g protein | 11 g fat



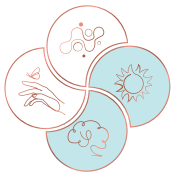
## BROTH



### 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

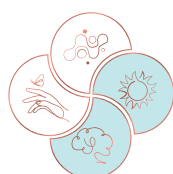


### MALDIVIAN SEARED TUNA

47

Leek Potato, Smoked Tuna Sauce, Mas Mirus

200 Kcal | 7 g carbs | 38 g protein | 1.5 g fat

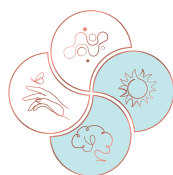


### GRILLED REEF FISH WITH COCONUT HUSK

53

Lawar Long Beans, Tomato Salsa, Gulai Sauce

310 Kcal | 11 g carbs | 38 g protein | 9 g fat

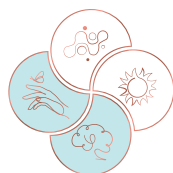


### MEDITERRANEAN COD FISH

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



### MALDIVIAN BAMBOO LOBSTER THERMIDOR

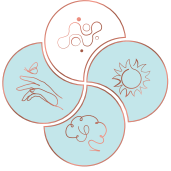
150

Mushroom, Gruyère, Potato Tots

650 Kcal | 12 g carbs | 83 g protein | 29 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



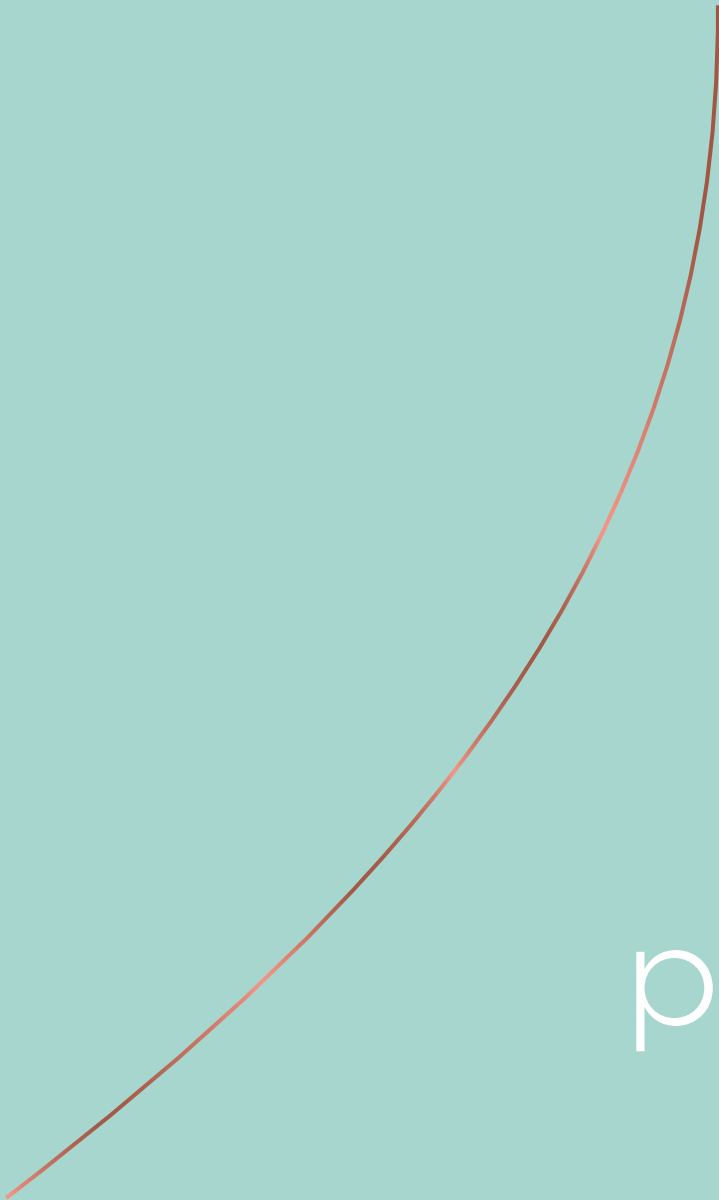
### SEAFOOD CASSOULET

57

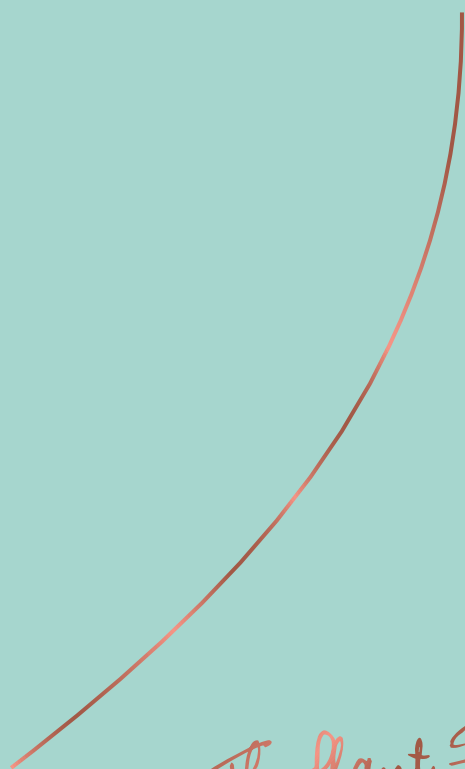
Medley of Seafood, Buckwheat, Tomato Broth

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





plantae



*The Plant Forward Cuisine*





## LIGHT



### QUINOA AND ALMOND STEW 24

Braised Cherry Tomato, Almond Butter, Tofu  
270 Kcal | 32 g carbs | 12 g protein | 14 g fat



### CRUCIFEROUS VARIATION 22

Hummus, Lemon Balsamic Vinaigrette  
210 Kcal | 31 g carbs | 10 g protein | 7 fat



### GARDEN SALAD AND ARTICHOKE 22

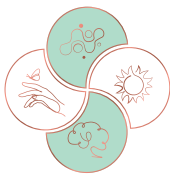
Grilled Artichoke, Pearl Millet, Lemon Dressing  
220 Kcal | 15 g carbs | 4 g protein | 18 g fat



### EGGPLANT INVOLTINI 24

Tofu, Peppers, Bulgur, Lacto Fermented Apple,  
Quinoa Crisp

240 Kcal | 21 g carbs | 10 g protein | 14 g fat



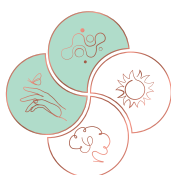
### BRAISED ASIAN PEAR WITH ASPARAGUS 24

Goat Cheese, Rhubarb, Seed Bread Croutons  
250 Kcal | 38 g carbs | 10 g protein | 9 g fat



### TANDOOR ROASTED VEGETABLES 30

Sago Poppadum, Green Chutney, Homemade Pickle  
240 Kcal | 29 g carbs | 12 g protein | 12 g fat



### CHARRED BABY GEM 24

Tofu, Koji Cake, Kimchi

240 Kcal | 29 g carbs | 10 g protein | 12 g fat



## BROTH



### LENTIL SOUP

22

Coconut, Vegetables, Cumin

250 Kcal | 25 g carbs | 8 g protein | 16 g fat



### TOMATO AND SESAME SOUP

20

Tofu, Shimeji Mushroom, Coriander

210 Kcal | 12 g carbs | 10 g protein | 15 g fat



### CARROT AND CORN SOUP

22

Ginger, Fennel, Oat Milk

180 Kcal | 34 g carbs | 5 g protein | 5 g fat



## SUBSTANTIAL

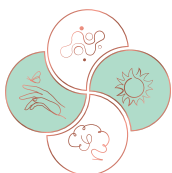


### PANNETTI MALACHETI

40

Zucchini Spaghetti, Tomato Ragout, Dukkha Spice

230 Kcal | 16 g carbs | 12 g protein | 15 g fat



### SEASONAL VEGETABLE STEW

42

Gram Crepes, Puy Lentil, Tomato Sauce

280 Kcal | 38 g carbs | 14 protein | 12 g fat



## SUBSTANTIAL



### VEGAN ARTICHOKE À LA BARIGOULE

38

Sunchoke, Asparagus, Mushroom Velouté  
230 Kcal | 42 g carbs | 9 g protein | 9 g fat



### GLUTEN-FREE OAT AND BROCCOLI RISOTTO

40

Wild Mushrooms, Reggiano Foam, Basil Oil  
250 Kcal | 38 g carbs | 10 g protein | 9 g fat



### BUTTERNUT SQUASH TAGLIATELLE

40

Shitake, Vegan Dashi, Cashew Cream  
280 Kcal | 37 g carbs | 7 g protein | 14 g fat



### CELERIAC STEAK

44

Spinach, Miso Apple Purée, Vegetables Jus  
240 Kcal | 35 g carbs | 7 g protein | 11 g fat



### INDIAN THALI PALETTE

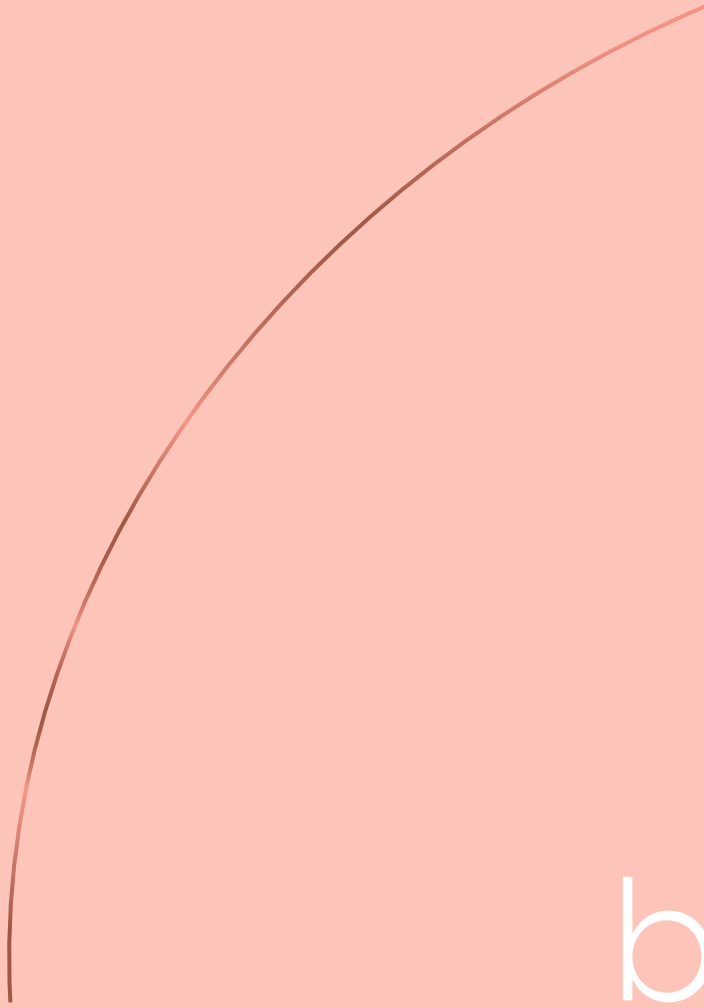
50

Seasonal Vegetable Curry, Lentil Kebab, Cucumber Raita,  
Pickle and Chutney

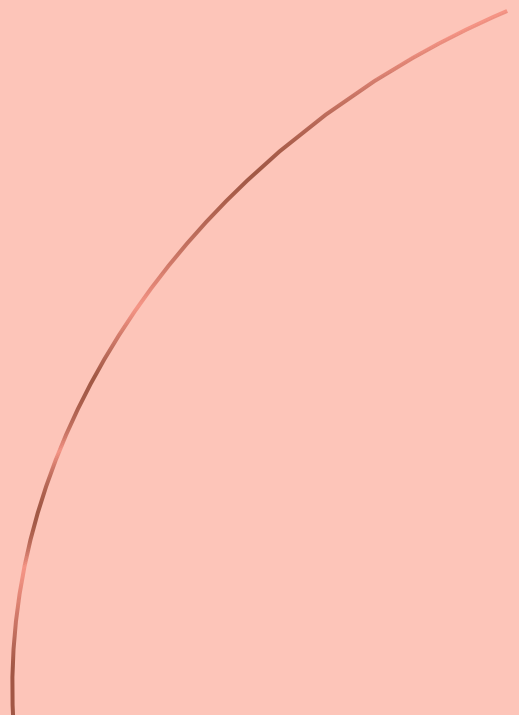
420 Kcal | 66 g carbs | 17 g protein | 16 g fat







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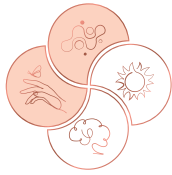


# LIGHT



## 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



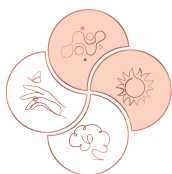
## PERUVIAN CRISPY QUAIL 36

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

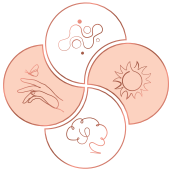


### CHICKEN AND COCONUT SOUP

28

Lemongrass, Galangal, Kaffir Lime

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

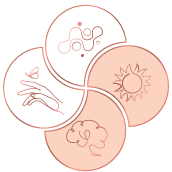


### BORSCHT SOUP

36

Beef Bouillon, Beetroot, Sour Cream

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



### DUCK CONSOMMÉ

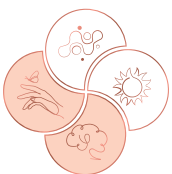
32

Smoked Duck, Soba Noodles, Coriander

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



## SUBSTANTIAL

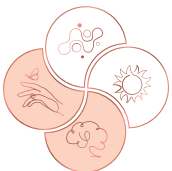


### FREE-RANGE CHICKEN

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

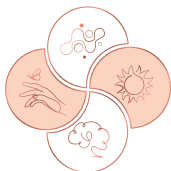
Veal Jus, Truffle Potato Purée, Baby Vegetables  
430 Kcal | 8 g carbs | 36 g protein | 28 g fat



### SHER WAGYU BEEF TENDERLOIN

88

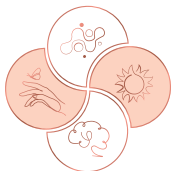
Gratin Potato, Mushroom Purée, Truffle Jus  
300 Kcal | 4 g carbs | 23 g protein | 9 g fat



### 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



### TIRAMISU

25

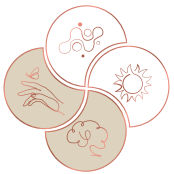
Tiramisu Mousse, Hot Coffee Sauce, Berries  
280 Kcal | 17 g carbs | 5 g protein | 22 g fat



### MASALA KARAK CHAI MUSCOVADO

23

Masala Spices, Hazelnut Dacquoise, Ginger Sorbet  
210 Kcal | 18 g carbs | 4 g protein | 14 g fat



### JOALI BEING 100% CHOCOLATE

25

Vegan Dark Chocolate Mousse, Dark Chocolate Crunch,  
Hazelnuts

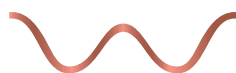
230 Kcal | 27 g carbs | 3 g protein | 7 g fat

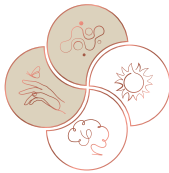


### COCONUT & PINEAPPLE

25

Pineapple Compote, Coconut Crème, Mango Gel  
130 Kcal | 19 g carbs | 2 g protein | 6 g fat





### MALDIVIAN BANANA

24

Banana Whip Ganache, Caramelised Banana, Lime Sorbet

270 Kcal | 18 g carbs | 4 g protein | 17 g fat



### AÇAÍ HEALTHY BAR

25

Açaí Crème, Spirulina Cracker,

Sugar-Free Coconut Ice Cream

230 Kcal | 18 g carbs | 4 g protein | 17 g fat



### CHOICE OF ICE CREAM AND SORBET

20

Please ask your host for our flavours of the day.

90-140 Kcal | 4-18 g carbs | 0-1 g protein | 2- 14 g fat



# 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



