Connecting your desire
with playful creativity

JOALI BEING

-BODUFUSHI-

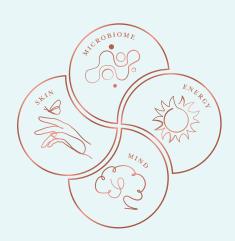
JOALI BEING provides a destination created for sojourners seeking the opportunity to improve their health and wellbeing.

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 alchohol, 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.





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WATER

INFUSED

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.

Pineapple, Lemon, Orange	
Lemon Lime, Lemongrass, Grapefruit	
COCONUT WATER	12
Rich in potassium, and natural electrolytes.	
Refreshingly hydrating	
STILL	
Acqua Panna	14
Voss	16
SPARKLING	
San Pellegrino	14
Voss Sparkling	16



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
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



JUICES & VITAMINGLES 25

Fresh and Healthy Blends

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 25

Fresh and Healthy Blends



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 | I g protein | I 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	VEGETABLE	HERBS
Apple	Cucumber	Mint
Pineapple	Carrot	Basil
Mango	Beetroot	Coriander
Watermelon	Tomato	Dill
Honeydew	Celery	Kale
Kiwi	Broccoli	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



OOLONG STORY

Thai Sticky Rice Oolong, Coconut Milk, Mango, Lemon 25 Kcal | 7 g carbs | 0 g protein | 0 g fat



ALL ABOUT THYME

Russian Samowar 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? Launda 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 heat I wite 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.
Ulma the coast, a secret spot. The origin of my island heam.



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

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COCKTAILS

BIRDS OF PARADISE

The Botanist Islay, Elderflower Liqueur, Lemon Juice, Pandan Syrup, Aquafaba My island heam 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 Sath, fine, water the elements sing, my heart glavs.

ICONIC ELIXIRS

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, Bottega, 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, Açaí 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

Mojo

CLASSICS

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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
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 30ML

Bombay Sapphire London Dry Gin, England	13
Monsieur Gin, France	14
Гаnqueray London Dry Gin, Scotland	14
Γhe Botanist Islay Dry Gin, Scotland	14
Gin Mare Mediterranean Gin, Spain	14
Citadelle Gin, France	14
Гаnqueray No. Ten Gin, Scotland	16
Γhe 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
nvictus, Maredsous Distillery, Belgium (organic)	20
Гhe Kyoto Distillery 'Ki No Bi' Kyoto Dry Gin	20
Matsui 'The Hakuto' Premium Gin, Japan	20
Monkey 47 Schwarzwald Dry Gin, Germany	26



TEQUILA	3 0 M I
BLANCO	
Jose Cuervo Silver	12
Patrón Silver	15
1800 Blanco	16
Don Julio Blanco	18
Clase Azul Plata	45
REPOSADO	
Jose Cuervo Reposado	13
Patrón Reposado	17
Don Julio Reposado	18
1800 Reposado	18
Clase Azul Reposado	38
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 Iordan	30

VODKA	30 M L
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	30ML
COGNAC / ARMAGNAC Pierre Ferrand Ier Cru Grande	30 M L
Pierre Ferrand Ier Cru Grande	12
Pierre Ferrand Ier Cru Grande Remy Martin V.S.O.P. Fine Cognac	12
Pierre Ferrand Ier Cru Grande Remy Martin V.S.O.P. Fine Cognac Delord XO Bas	12 14 14
Pierre Ferrand Ier Cru Grande Remy Martin V.S.O.P. Fine Cognac Delord XO Bas Martell V.S. Fine Cognac	12 14 14 14
Pierre Ferrand Ier Cru Grande Remy Martin V.S.O.P. Fine Cognac Delord XO Bas Martell V.S. Fine Cognac Hennessy V.S.	12 14 14 14 16
Pierre Ferrand Ier Cru Grande Remy Martin V.S.O.P. Fine Cognac Delord XO Bas Martell V.S. Fine Cognac Hennessy V.S. Hennessy Privilege V.S.O.P.	12 14 14 14 16 18
Pierre Ferrand Ier Cru Grande Remy Martin V.S.O.P. Fine Cognac Delord XO Bas Martell V.S. Fine Cognac Hennessy V.S. Hennessy Privilege V.S.O.P. Courvoisier XO Imperial Grande	12 14 14 14 16 18
Pierre Ferrand Ier Cru Grande Remy Martin V.S.O.P. Fine Cognac Delord XO Bas Martell V.S. Fine Cognac Hennessy V.S. Hennessy Privilege V.S.O.P. Courvoisier XO Imperial Grande Remy Martin XO Fine Cognac	12 14 14 14 16 18 35 35

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Louis XIII de Remy Martin Grande



RUM	3 0 M
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
	-1
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 Rivieres 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	30 M L
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



WHISKY / WHISKEY	30 M L
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 Yamazakı, 12 Years	IIO
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	30ML
Bailey's Irish Cream	IO
Kahlúa	IO
Amaretto Roral Conti	IO
Grand Marnier	13
Cointreau	13
Yeni Raki	13
Limoncello	13
Villa Cardea Sambuca	13
Chartreuse Green	15
Chartreuse Yellow	15
Jägermeister	16
PORT & SHERRY	30ML
Cockburn's Fine Tawny Port	15
Cockburn's Fine Ruby Port	15
Lustau Solera Reserva Fino	25
Lustau Solera Resrva Oloroso	25
APÉRITIFS	30ML
Ricard	13
Ricard Pernod	13
Pernod	13
Pernod Aperol	13 16
Pernod Aperol Campari	13 16 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 Junmaı 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 Umeshu 720 ml	12	150
SOCHU		
Japanese traditional hard liquor, distilled spirits made from grains and vegetables.		
Beniotome Goma Sochu 720 ml	12	205
Iichiko Frasco Shochu 720 ml	15	300

