

flow

BREAKFAST MENU



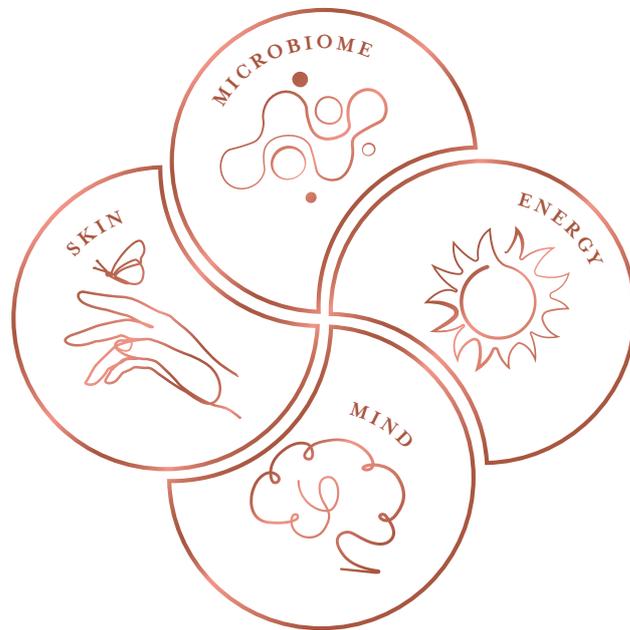
Balanced, nutritious, and wholesome, these words define our morning morsels. The delectable selection of this mindfully curated menu will keep you curious and interested.

Savour the interplay of fresh ingredients and their manifestations, texture and flavours, and an indulgent display of myriad choices in our **VARU GE** (energy house).

What you put in your mouth is certainly very important, hence we ensure that your wellness objectives and personal preferences are always supported.

Our cuisine focusses on moderation and inclusion. Our practices come from deep understanding and research rather than trends.





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.





peanuts



gluten



lupin



dairy / milk



soybeans



tree nuts



eggs



fish



shellfish



pork



vegetarian



vegan

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.





À LA CARTE SELECTION

WE NOURISH EVERYONE

While you savour the wide array of offerings from Varu Ge (Energy House), the following selections can be ordered from the kitchen “à la minute” to accomplish your dietary requirements. Each of the dishes were tried and tasted to get the right ingredients, pairing and flavours.

TEA SELECTION

Inspired by our Tea Master, this curation includes a variety of flavonoid enriched teas, herbal tisanes, and all-time breakfast favourites. A wider selection can be enjoyed at SAI Tea Lounge, which hosts interactive tea experiences. Our teas are also available with a variety of milks: almond, coconut, skimmed dairy, or full cream dairy.

All our teas are sustainably sourced.

Green

Jasmine Blossom
Oriental Sencha
Green Sencha

Herbal Tisane

Chamomile
Peppermint
Rosehips and Hibiscus

Black

Earl Grey
English Breakfast
Darjeeling
Assam

COFFEE SELECTION

With a passion for great beans, our baristas brew each cup with integrity, creativity and love. We source organic beans from small farms in Asia and Africa. Our coffees are also available with a variety of milks: almond, coconut, skimmed dairy, or full cream dairy.

All our coffees are sustainably sourced.

Espresso / Double Espresso / Decaffeinated Espresso

Americano

Caffé Latte

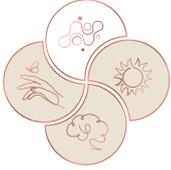
Macchiato

Caffé Mocha

Cappuccino



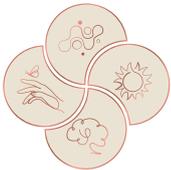
CHOICE OF EGGS



OMELETTE WITH CHOICE OF

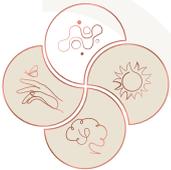
*Smoked Salmon, Tiger Prawns, Chicken
Chilli, Tomato, Mushroom, Onion, Bell Pepper, Spring Onion,
Parmesan Cheese, Cheddar Cheese*

140 - 250 Kcal | 1 g carbs | 13 - 18 g protein | 10 - 19 g fat



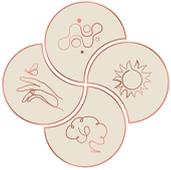
FREE RANGE FRIED EGGS

Fried Eggs Your Way, Sourdough Toast, Chicken Chipolatas
160 - 230 Kcal | 3 - 4 g carbs | 21 - 27 g protein | 7 - 12 g fat



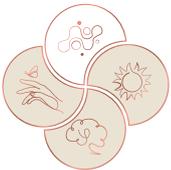
PRAWN SOUFFLÉ

Caramelised Wild Mushroom, Spring Onion
220 Kcal | 19 g carbs | 22 g protein | 12 g fat



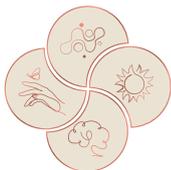
EGGS BENEDICT OUR STYLE

Poached Eggs, Wilted Spinach, Plant-Based Hollandaise
240 Kcal | 19 g carbs | 17 g protein | 13 g fat



POACHED FREE-RANGE EGGS

Sweet Potato, Salmon Roe, Chimichurri
290 Kcal | 15 g carbs | 16 g protein | 20 g fat



EGG AKURI

Spiced Scrambled Eggs, Dosa Crepe, Coconut Chutney
290 Kcal | 22 g carbs | 16 g protein | 15 g fat



CHOICE OF SIDES

Enjoy the eggs with a delicious side dish.

Spiced Sweet Potato, Thyme Scented Baby Potato, Potato and Scallion Galette, Braised Beans, Ful Medames, Sautéed Mushrooms, Chicken Chipolatas, Smoked Salmon

SPECIALITY EGG COMPOSITION

MALDIVIAN OMELETTE

Maldivian Tuna, Shallot, Curry Leaves
210 Kcal | 5 g carbs | 17 g protein | 13 g fat



BREAKFAST SOMEN

Dashi Stock, Somen Noodles, Seasonal Vegetables, Poached Egg
290 Kcal | 26 g carbs | 16 g protein | 15 g fat



BEING GREEN

Savoury Pancake, Sautéed Spinach and Pine Nuts, Fried Egg
300 Kcal | 28 g carbs | 17 g protein | 15 g fat

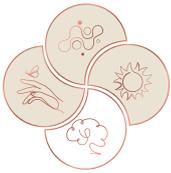


SHAKSHOUKA

Tomato Sauce, Poached Eggs, Falafel, Brussels Sprouts
300 Kcal | 23 g carbs | 18 g protein | 17 g fat

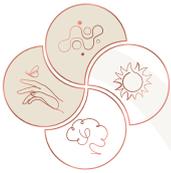


PROBIOTIC



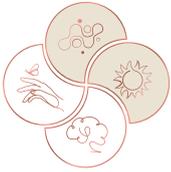
CONGEE

Choice of Vegetarian, Local Reef Fish or Chicken
Homemade Tempeh, Jasmine Rice, Sesame, Ginger
230 Kcal | 41 g carbs | 19 g protein | 14 g fat



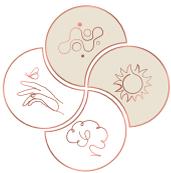
SMOOTHIE BOWL

Cultured Yoghurt, Banana, Strawberry, Granola
280 Kcal | 43 g carbs | 10 g protein | 9 g fat



UTTAPAM

Spiced Savoury Pancake, Seasonal Vegetable Sambar, Chutney
212 Kcal | 30g carbs | 7.1g protein | 6.4g fat

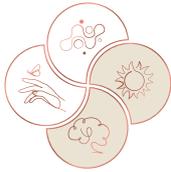


ADAI

Green Pea & Potato Dosa, Seasonal Vegetable Sambar, Chutney
390 Kcal | 45 g carbs | 17 g protein | 13 g fat

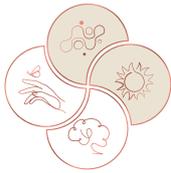


MACRO BOWLS



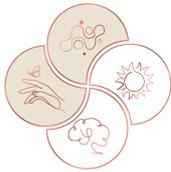
KETO CINNAMON TOAST CRUNCH

Coconut Milk, Berries, Almond, Macadamia
250 Kcal | 9 g carbs | 7 g protein | 23 g fat



HIGH PROTEIN BOWL

Quinoa, Chickpeas, Tempeh, Fermented Cabbage, Avocado, Sesame
250 Kcal | 9 g carbs | 7 g protein | 23 g fat



BIRCHER MUESLI

Apple, Banana, Sunflower Seeds, Almond
260 Kcal | 45 g carbs | 5 g protein | 8 g fat

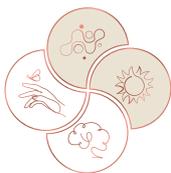


MALDIVIAN TUNA POKE BOWL

Brown Rice, Edamame, Pineapple Salsa, Sesame
300 Kcal | 44 g carbs | 19 g protein | 5 g fat

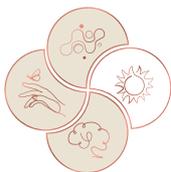


ALL TIME FAVOURITE



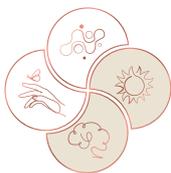
SWEET OR SAVOURY PORRIDGE

Please ask your host for more information.
130 - 140 Kcal | 23 - 34 g carbs | 1 - 4 g protein | 0.5 - 3 g fat



GLUTEN FREE PANCAKES OR WAFFLES

Fruit Compote, Spiced Honey, Açai, Toasted Seeds, Cream Cheese
220 Kcal | 35 g carbs | 5 g protein | 8 g fat



BERRIED FRENCH TOAST

Seasonal Berries, Pumpkin Spice, Coconut Caramel, Cream Cheese
330 Kcal | 38 g carbs | 6 g protein | 17 g fat



JUICES & VITAMINGLES

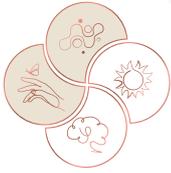
FRESH & HEALTHY BLENDS

Our selection of fresh functional beverages are prepared with raw ingredients. Designed to promote a healthy mind and body, they come in a variety of flavours to suit your health goals and enhance your overall mood.



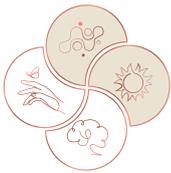
WAKE UP CALL

*Beetroot, Green Apple, Ginger, Carrot, Coconut Water
Hydrating, replenishes electrolytes, promotes healthy skin.
129 Kcal | 24 g carbs | 3 g protein | 1 g fat*



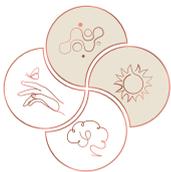
HEARTBEAT

*Kale, Orange, Apple, Beetroot, Banana
Fatigue-fighting, antioxidant-rich, brain boosting.
145 Kcal | 32 g carbs | 3 g protein | 1 g fat*



GREEN STIMULANT

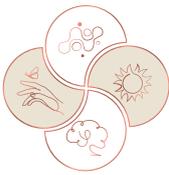
*Chia Seed, Spirulina Powder, Almond Milk, Banana, Spinach
Energy balancing, antioxidant-rich and brain boosting.
146 Kcal | 23 g carbs | 2 g protein | 1 g fat*



MORNING GLORY

*Apple, Pear, Pineapple, Spinach
Digestion stimulating, antioxidant-rich and immune supportive.
168 Kcal | 36 g carbs | 2 g protein | 1 g fat*



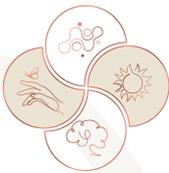


BYE SUGAR

Carrot, Moringa, Spinach, Celery

Helps reduce sugar cravings, hydrating and replenishes electrolytes.

25 Kcal | 46 g carbs | 1 g protein | 1 g fat



COOLER

Apple, Cucumber, Parsely, Celery, Kale, Coconut Water

Anti-oxidant rich, hydrating, and supports healthy kidneys.

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

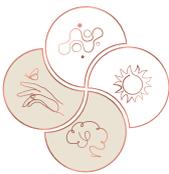


BE FIT

Orange, Apple, Beetroot, Strawberry

Reviving, brain supportive, antioxidant rich.

121 Kcal | 27 g carbs | 2 g protein | 1 g fat

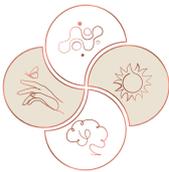


GOOD MOVING

Orange, Apple, Watermelon, Lemon

Hydrating, supports healthy kidneys and blood circulation.

139 Kcal | 31 g carbs | 2 g protein | 1 g fat



WEIGHTLESSNESS

Apple, Grapefruit, Carrot

Liver supportive, skin nourishing and energy boosting.

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





