



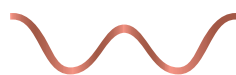


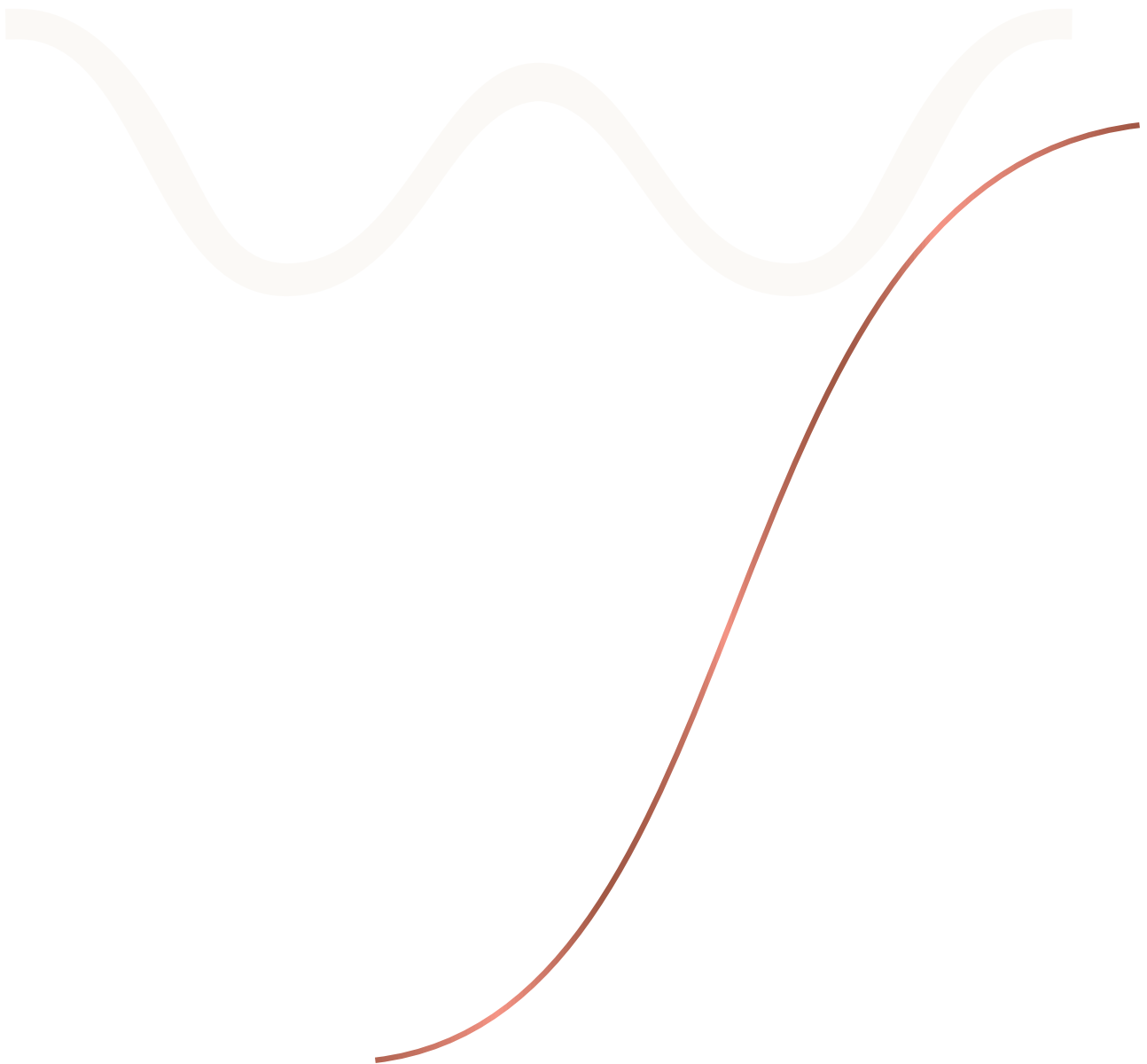
Balanced, nutritious, and wholesome, these words define our morning morsels. The delectable selection of this mindfully curated menu will keep you curious and interested.

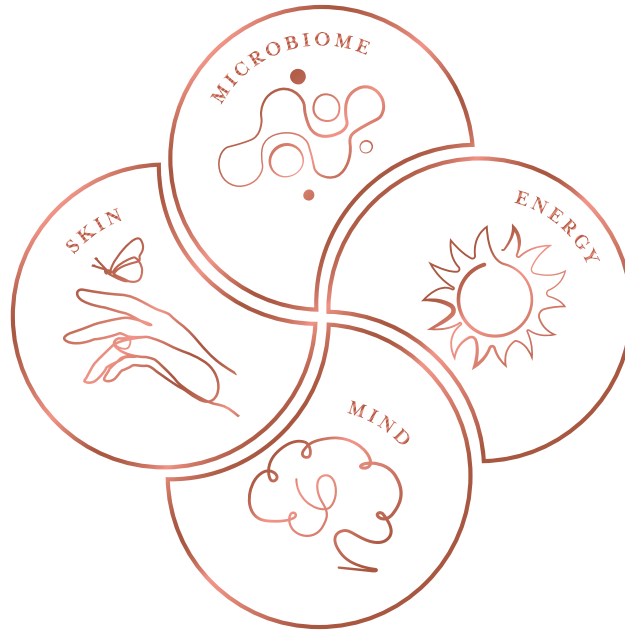
Savour the interplay of fresh ingredients and their manifestations, texture and flavours, and an indulgent display of myriad choices in our **VARU GE** (energy house).

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

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.



**BREAKFAST MENU**





## 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.

#### Green

Jasmine Blossom  
Oriental Sencha  
Green Sencha

#### Herbal Tisane

Chamomile  
Peppermint  
Rosehips and Hibiscus

#### Black

Early Grey  
English Breakfast  
English Breakfast Decaf  
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.

*Espresso | Double Espresso | Decaffeinated Espresso*

*Americano*

*Macchiato*

*Cappuccino*

*Caffé Latte*

*Caffé Mocha*

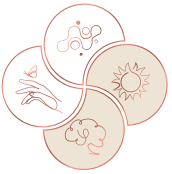


# CHOICE OF EGGS



## OMELETTES WITH CHOICE OF:

*Smoked Salmon / Shrimp / Chicken  
Chilli | Tomato | Mushroom | Onion | Capsicum | Spring Onion,  
Parmesan Cheese | Cheddar Cheese*  
140 - 250 Kcal, 1g Carbs, 13 - 18g Protein, 10 - 19g Fat



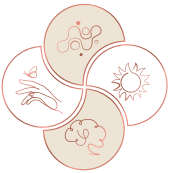
## SINGLE / DOUBLE FRIED EGG

*Sourdough | Homemade Sausage | Sundried Tomato*  
160 - 230 Kcal, 3 - 4g Carbs, 21 - 27g Protein, 7 - 12g Fat



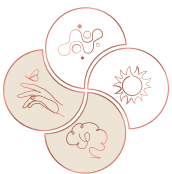
## PRAWN SOUFFLÉ EGG

*Caramelised Wild Mushroom | Sundried Tomato | Spring Onion*  
220 Kcal, 8g Carbs, 22g Protein, 12g Fat



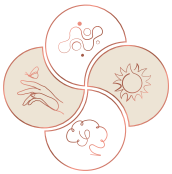
## EGG BENEDICT OUR STYLE

*62°C Hen's Egg | Wilted Spinach | Fermented Shoots*  
240 Kcal, 19g Carbs, 17g Protein, 13g Fat



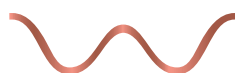
## POACHED FREE-RANGE EGGS

*Sweet Potato | Salmon Roe | Chimichurri*  
290 Kcal, 15g Carbs, 16g Protein, 20g Fat



## EGG AKURI

*Tomato | Cumin | Dosa Pancake | Chlorophyll Chutney*  
290 Kcal, 22g Carbs, 16g Protein, 15g Fat



## CHOICE OF SIDES

Enjoy your eggs with a delicious side dish. Choose your favourite from:

Spiced Sweet Potato / Thyme Scented Baby Potato / Potato and Scallion Galette / Braised Beans  
Ful Medames / Sautéed Mushroom / Homemade Sausage / Smoked Salmon

## SPECIALITY EGG COMPOSITION



### MALDIVIAN OMELETTE

Tuna / Maldivian Chilli / Pandan / Shallot / Curry Leaf  
Kaffir Lime Leaves

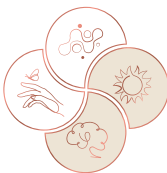
210 Kcal, 5g Carbs, 17g Protein, 13g Fat



### BREAKFAST SOMEN

Vegetable Stock / Mushroom / Sesame / Scallion / Steamed Eggs

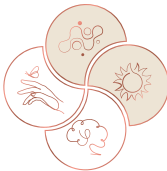
290 Kcal, 26g Carbs, 16g Protein, 15g Fat



### BEING GREEN

Savoury Pancake / Sautéed Greens and Pine Nuts / Fried Egg

300 Kcal, 28g Carbs, 17g Protein, 15g Fat



### SHAKSHOUKA

Tomato Sauce / Sous Vide Eggs / Falafel / Brussels Sprout

300 Kcal, 23g Carbs, 18g Protein, 17g Fat

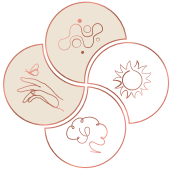


# PROBIOTIC



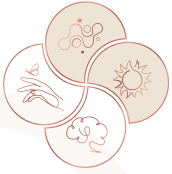
## CONGEE

Choice of Vegetarian / Fish / Chicken  
Miso Marinated Tempeh | Jasmine Rice | Gari  
230 Kcal, 41g Carbs, 19g Protein, 14g Fat



## SMOOTHIE BOWL

Homemade Cultured Yoghurt | Banana | Strawberry | Pumpkin Seed  
280 Kcal, 43g Carbs, 10g Protein, 9g Fat



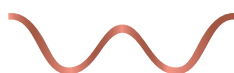
## UTTAPAM

Onion | Tomato | Ginger | Seasonal Vegetable Sambhar | Chutneys  
330 Kcal, 55g Carbs, 11g Protein, 10g Fat



## ADAI

Green Peas and Potatoes | Seasonal Vegetable Sambhar | Chutney  
390 Kcal, 5g Carbs, 17g Protein, 13g Fat



## MACRO BOWLS



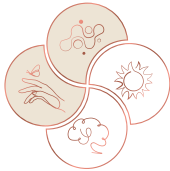
### KETO CINNAMON TOAST CRUNCH

Coconut Milk | Berries | Almond | Melon Seed  
250 Kcal, 9g Carbs, 7g Protein, 23g Fat



### HIGH PROTEIN BOWL

Quinoa | Chickpeas | Tempeh | Fermented Cabbage | Avocado | Gomashio  
250 Kcal, 9g Carbs, 7g Protein, 23g Fat



### BIRCHER MUESLI

Apple | Banana | Sunflower Seeds  
260 Kcal, 45g Carbs, 5g Protein, 8g Fat



### YELLOWFIN TUNA POKE BOWL

Brown Rice | Edamame | Lacto Vegetables | Black Sesame  
300 Kcal, 44g Carbs, 19g Protein, 5g Fat



## ALL TIME FAVOURITE



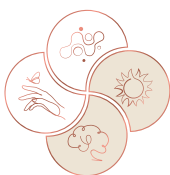
### SWEET / SAVOURY PORRIDGE

Please ask your host for more information  
130 - 140 Kcal, 23 - 34g Carbs, 1 - 4g Protein, 0.5 - 3g Fat



### GLUTEN FREE PANCAKE / WAFFLE

Fruit Compote | Spiced Honey | Acai | Toasted Seeds  
220 Kcal, 35g Carbs, 5g Protein, 8g Fat



### BERRIED FRENCH TOAST

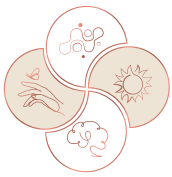
Seasonal Berries | Pumpkin Spice | Coconut Caramel  
330 Kcal, 38g Carbs, 6g Protein, 17g Fat



# 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, 24g Carbs, 3g Protein, 1g Fat*



### HEARTBEAT

*Kale | Tangerine | Apple | Beetroot | Banana*  
*Fatigue-fighting, antioxidant-rich, brain boosting*  
*145 Kcal, 32g Carbs, 3g Protein, 1g Fat*



### GREEN STIMULANT

*Chia Seed | Spirulina Powder | Almond Milk | Banana | Spinach*  
*Energy balancing, antioxidant-rich and brain boosting*  
*146 Kcal, 23g Carbs, 2g Protein, 1g Fat*



### MORNING GLORY

*Apple | Pear | Pineapple | Spinach*  
*Digestion stimulating, antioxidant-rich and immune supportive*  
*168 Kcal, 36g Carbs, 2g Protein, 1g Fat*

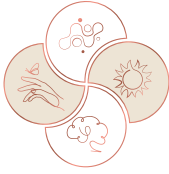




### BYE SUGAR

*Carrot | Moringa | Spinach | Celery*

*Helps reduce sugar cravings, hydrating and replenishes electrolytes  
25 Kcal, 46g Carbs, 1g Protein, 1g Fat*



### COOLER

*Apple | Cucumber | Coriander Leaves | Dill | Kale | Coconut Water*

*Anti-oxidant rich, hydrating, and supports healthy kidneys  
102 Kcal, 23g Carbs, 2g Protein, 1g Fat*



### BE FIT

*Orange | Apple | Beetroot | Strawberry*

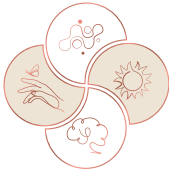
*Reviving, brain supportive, antioxidant rich  
121 Kcal, 27g Carbs, 2g Protein, 1g Fat*



### GOOD MOVING

*Orange | Apple | Watermelon | Lemon*

*Hydrating, supports healthy kidneys and blood circulation  
139 Kcal, 31g Carbs, 2g Protein, 1g Fat*



### WEIGHTLESSNESS

*Apple | Grapefruit | Carrot*

*Liver supportive, skin nourishing and energy boosting  
146 Kcal, 23g Carbs, 2g Protein, 1g 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

Sustainable fish and seafood

Humanely treated and environmentally conscious food from "Earth to Table"







