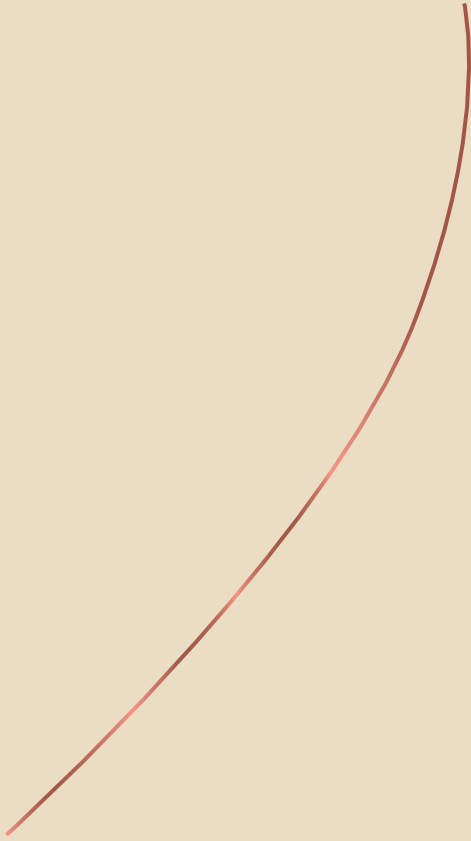




flow

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
Richard Siahaan**

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.



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.



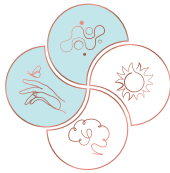
سكس



*Ocean to
Table Pescatarian Cuisine*



LIGHT



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



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 Protein | 4 g fat





BAY SCALLOP

Searched Scallop | Clam Sauce | Capers Parsley Pesto
200 Kcal | 13 g carbs | 23 g protein | 7 g fat



36



OCTOPUS

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



36

BROTH



TOM KHA TALAY

Crab | Scallop | Prawn
210 Kcal | 6 g carbs | 9 g protein | 1 g fat



36



BLACK SALSIFY SOUP

Clam | Braised Salsify | Chives Oil
300 Kcal | 8 g carbs | 39 g protein | 12 g fat



36



SUMATRAN SOUP

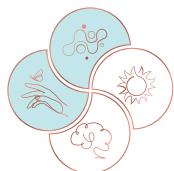
Reef Fish | Lemongrass Broth | Tamarind
160 Kcal | 4 g carbs | 4 g protein | 1 g fat



28

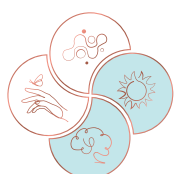


SUBSTANTIAL



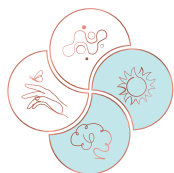
MALDIVIAN TUNA TATAKI
Leek Potato | Smoked Tuna Sauce | Mas Mirus
200 Kcal | 7 g carbs | 38 g protein | 1.5 g fat

47



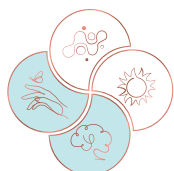
**JIMBARAN CHARGRILLED
RED MULLET**
Lawar Long Beans | Tomato Salsa | Gulai Sauce
410 Kcal | 26 g carbs | 42 g protein | 14 g fat

53



COD FISH
Den Miso | Hijiki No Nimono | Gari Shoga
262 Kcal | 4 g carbs | 20 g protein | 16 g fat

73



GRILLED REEF FISH ANTICUCHOS
Eggplant Caponata | Smoked Red Capsicum | Anticuchos Sauce
280 Kcal | 4 g carbs | 15 g protein | 4 g fat

55



SUBSTANTIAL



GRILLED BAMBOO LOBSTER

150

Lentil Ragout | Yuzu Gel | Pescatora Sauce
370 Kcal | 6 g carbs | 13 g protein | 3 g fat



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

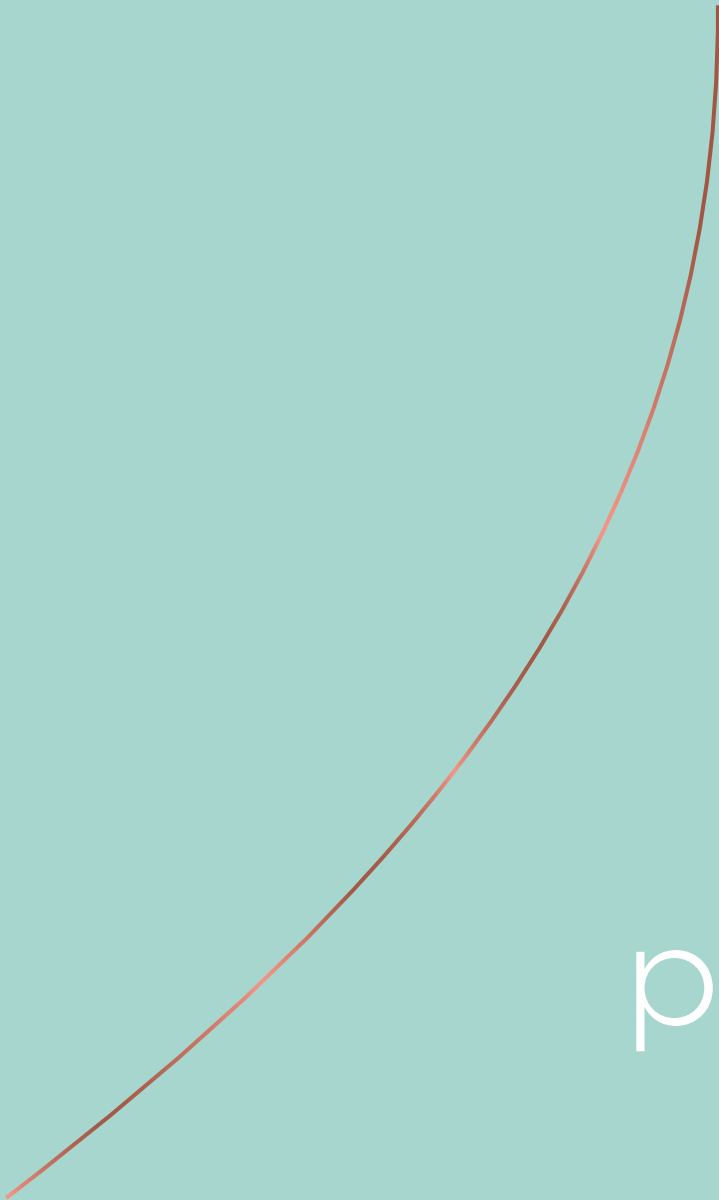


SEAFOOD CASSOULET

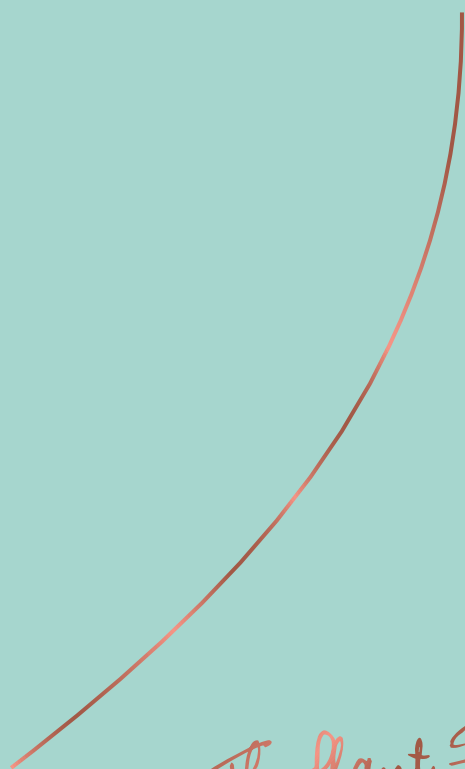
57

Medley of Seafood | Buckwheat | Tomato Broth
170 Kcal | 19 g carbs | 19 g protein | 1 g fat





plantae



The Plant Forward Cuisine



LIGHT



SALT BAKED CELERIAC

24

Wasabi Cashew Dressing | Miso Glazed Mushroom
Truffle Paste

290 Kcal | 10 g carb | 14 g protein | 23 g fat



SWEET AND SOUR FERMENTED FRUIT

22

Pickled Fruit Liquid | Compressed Fruits | Mango Citrus Blanket
180 Kcal | 4 g carbs | 4 g protein | 0 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

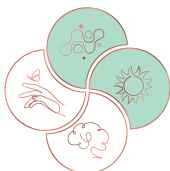
Tofu | Peppers | Bulgur | Lacto Fermented Apple | Quinoa Crisp
240 Kcal | 21 g carbs | 10 g protein | 14 g fat



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



SALAD OF FERMENTS

24

Warm Koji and Finger Millet Cake
Lacto Fermented Vegetables | Yuzu Ginger Dressings
190 Kcal | 33 g carbs | 6 g protein | 5 g fat



BROTH



LENTIL SOUP

22

Coconut | Vegetables | Cumin
250 Kcal | 25 g carbs | 8 g protein | 16 g fat



ROASTED PUMPKIN SOUP

20

Pumpkin Gnocchi | Seeds of Origin | Rosemary
240 Kcal | 27 g carbs | 9 g protein | 13 g fat



CARROT, GINGER, AND COCONUT SOUP

22

Spiced Chickpea | Watermelon Rind Pickle
100 Kcal | 17 g carbs | 2 g protein | 3.5 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





ACCORDION POTATO

38

Ratatouille | Spiced Nuts | Cauliflower Variations
300 Kcal | 28 g carbs | 8 g protein | 19 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



TOFU TOBAN YAKI

40

Miso | Seasonal Leaves | Red Curry
360 Kcal | 50 g carbs | 22 g protein | 13 g fat



DRY RUB SMOKED PORTOBELLO WITH MUJADARA

44

Glazed Shimeji | Truffle Peanut Sauce | Fondant Vegetables
300 Kcal | 44 g carbs | 13 g protein | 11 g fat

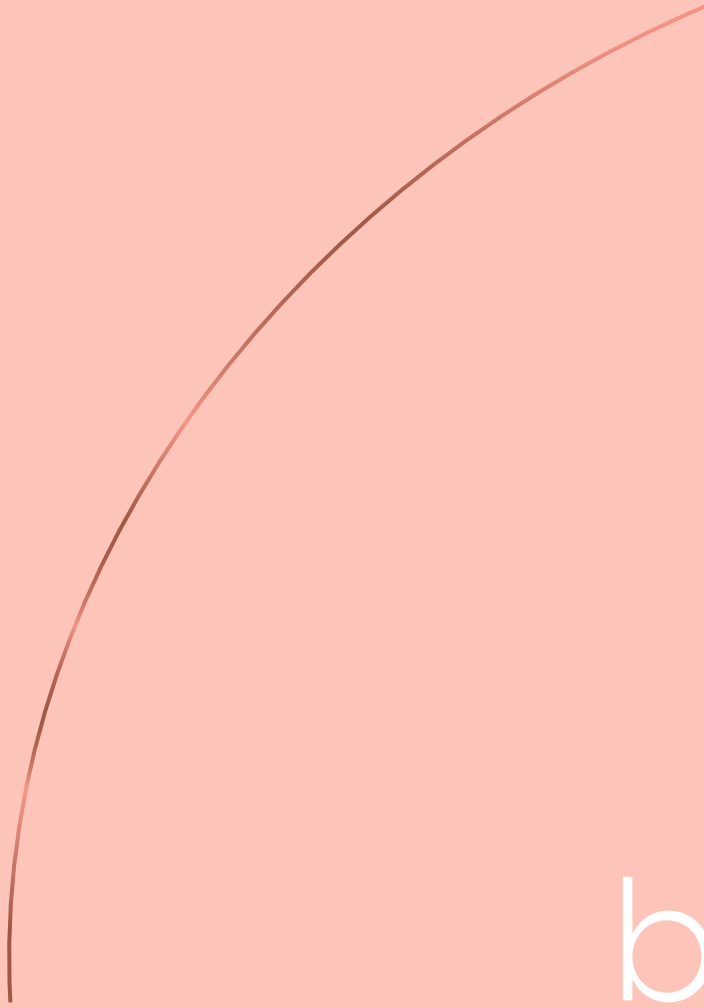


INDIAN THALI PALETTE

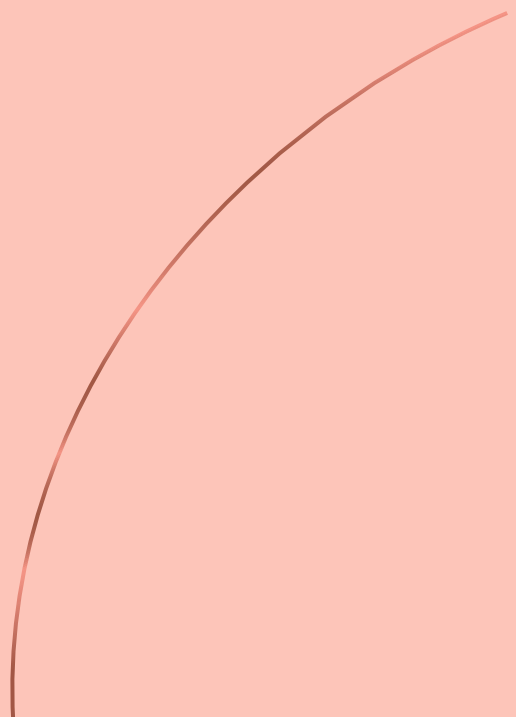
50

Seasonal Vegetable Curry | Lentil Kebab | Cucumber Raita
Pickle and Chutney
420 Kcal | 66 g carbs | 17 g protein | 16 g fat





b well



LIGHT



SMOKED BEEF CARPACCIO 38

Caperberries | Sun-Dried Tomato | Extra Virgin Olive Oil
270 Kcal | 3 g carbs | 16 g protein | 22 g fat



VELVETY VEAL SWEETBREAD 36

Asparagus Coulis | Beetroot Dust | Infused Daikon
380 Kcal | 5 g carbs | 12 protein | 35 fat



GOAT CHEESE 30

Red and Yellow Beet | Roasted Vadouvan Carrot
Pickled Fennel

230 Kcal | 3 g carbs | 15 g protein | 17 g fat



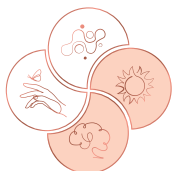
FETTUCCINE OF SEASONAL VEGETABLES 26

Tomato and Macadamia Pesto | Avocado | Celery Leaves
150 Kcal | 9 g carbs | 4 g protein | 13 g fat



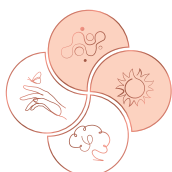
QUAIL FRICASSEE 36

Green Peas Puree | Seasonal Vegetable | Mushrooms
135 Kcal | 7 g carbs | 4 g protein | 6 g fat



SHORT RIBS CASON CELLI 35

Roasted Pumpkin Puree | Hazelnut | Shallot Pickle
188 Kcal | 13 g carbs | 7 g protein | 11 g fat

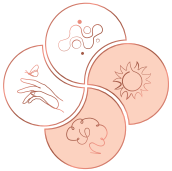


LAMB PASTILLE 32

Cumin Jus | Figs Chutney | Microgreen
190 Kcal | 15 g carbs | 9 g protein | 11 g fat



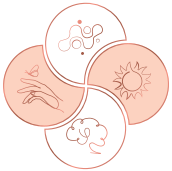
BROTH



CHICKEN AND COCONUT SOUP

28

Lemongrass | Galangal | Kaffir Lime
185 Kcal | 5 g carbs | 13 g protein | 14 g fat



SOPA DER CARNE DE RES

36

Beef Bouillon | Sofrito | Seasonal Vegetables
300 Kcal | 24 g carbs | 30 g protein | 10 g fat



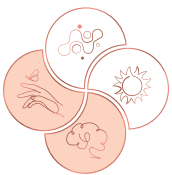
DUCK CONSOMMÉ

32

Smoked Duck | Soba Noodles | Coriander
280 Kcal | 16 g carbs | 10 g protein | 20 g fat



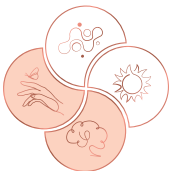
SUBSTANTIAL



FREE RANGE CHICKEN

42

Banana and Pistachio Crust | Green Parsnip Flan | Shallot Thyme Jus
300 Kcal | 7 g carbs | 47 g protein | 10 g fat



PORK BELLY

72

Jerusalem Artichoke Puree | Seasonal Vegetables | Pork Jus
530 Kcal | 2 g carbs | 11 g protein | 52 g fat





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 Puree | Baby Vegetables
200 Kcal | 12 g carbs | 413 g protein | 10 g fat



SHER WAGYU BEEF TENDERLOIN

88

Parsnip and Parsley Puree | Shallot | Truffle Jus
300 Kcal | 4 g carbs | 23 g protein | 9 g fat



CHARGRILLED SHER WAGYU RIBEYE MB8

94

Mushroom Ravioli | Broccolini | Roasted Cauliflower Puree
320 Kcal | 2 g carbs | 24 g protein | 25 g fat



CHARGRILLED SHER WAGYU STRIPLOIN MB8

94

Herbs Coated Asparagus | Glazed Carrot | Butternut Squash Puree
320 Kcal | 3 g carbs | 26 g protein | 7 g fat



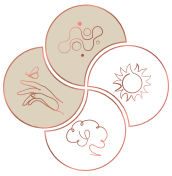
FINALE



TIRAMISU

25

Tiramisu Mousse | Chocolate | Hot Caramel Coffee Sauce
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

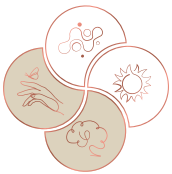


JOALI BEING 100% CHOCOLATE

25

Vegan Dark Chocolate Mousse | Dark Chocolate Crunch
Vegan Chocolate Soil

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

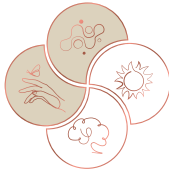


PEAR

23

Pear Whipped Cremieux | Pear and Fennel Insert | Chocolate Soil
490 Kcal | 43 g carbs | 5 g protein | 34 g fat





MALDIVIAN KANAMADHU CAKE

23

Traditional Maldivian Nut Cake | Caramelised Nuts
Coconut Ice Cream

360 Kcal | 24 g carbs | 5 g protein | 0 g fat



PINEAPPLE AND CHOCOLATE

25

Pineapple and Basil | Apple and Coconut Yoghurt
Pineapple Sorbet

130 Kcal | 19 g carbs | 2 g protein | 6 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.
- Sustainable fish and seafood.
- Humanely treated and environmentally conscious food from "Earth to Table."

