



**IN-VILLA
DINING MENU**

JOALI BEING



Balanced, nutritious, wholesome.

These words define the morning morsels offered by In-Villa Dining. Our mindfully curated menu will spark your curiosity and keep you interested throughout your stay.

Savour the intriguing interplay of fresh ingredients and their various manifestations, textures and flavours in the comfort of your villa.

We know what you choose to eat, and drink is of the utmost importance. Therefore, we ensure that your wellbeing objectives and personal preferences are always supported. Our cuisine focuses on moderation and inclusion, and 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 dishes that contain elements that enhance these 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

07:00 - 10:30

À LA CARTE SELECTION

TEA SELECTION

Inspired by our tea master, our curation includes a variety of flavonoid enriched teas, herbal tisane, and all-time breakfast favourites. A wider selection can be enjoyed in Sai Tea Lounge which hosts tea experiences. Our milk is also available with almond milk or coconut milk besides skimmed dairy milk and full cream milk.

Green 6

*Jasmine Blossom
Oriental Sencha
Green Sencha*

Black 6

*Earl Grey
English Breakfast
Darjeeling
Assam*

Herbal Tisane 6

*Chamomile
Peppermint
Rosehips and Hibiscus*



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	9
Double Espresso	12
Decaffeinated Espresso	9
Americano	12
Macchiato	11
Filter Coffee	8
Cappuccino	12
Caffé Latte	14
Caffé Mocha	12

À LA CARTE BREAKFAST

NUT MILK

12

Almond Milk

29 Kcal | 3.6 g carbs | 0.6 g protein | 1.4 g fat

Coconut Milk

214 Kcal | 2 g carbs | 2 g protein | 22 g fat



GRAINS MILK

8

Oat Milk

51 Kcal | 9.5 g carbs | 0.3 g protein | 1.2 g fat

FRUIT PLATTER

23

A selection of sliced seasonal and tropical fruits

117 Kcal | 28 g carb | 1 g protein | 0.1 g fat

DAIRY MILK

8

Full-Fat Cow's Milk, Skimmed Cow's Milk

120-149 Kcal | 16 g carb | 3-11 g protein | 2.5-5.5 g fat



SWEET / SAVOURY PORRIDGE

22

Please ask your host for more information

130-140 Kcal | 23-34 g carb | 1-4 g protein | 0.5-12 g fat



HOMEMADE GLUTEN-FREE GRANOLA

18

Please ask your host for available choices

180-250 Kcal | 26-33 g carb | 2-3 g protein | 8-12 g fat



PROBIOTIC YOGHURT

18

Seasonal Fruits

190-210 Kcal | 30-34 g carb | 12 g protein | 2 g fat





BERRIED FRENCH TOAST 22

Seasonal Berries | Pumpkin Spice | Coconut Caramel
330 Kcal | 38 g carb | 6 g protein | 17 g fat



JUICE OF THE DAY 12

Please ask your host for the available choices

**FRESHLY BAKED HOMEMADE
MORNING BAKERY** 22

**GLUTEN-FREE BREAD / SOURDOUGH
BREAD**

50-100 Kcal | 11-22 g carb | 0-2 g protein | 0-0.5 g fat



CROISSANT

110 Kcal | 10 g carb | 2 g protein | 8 g fat



PAIN AU CHOCOLAT

110 Kcal | 9 g carb | 2 g protein | 7 g fat



MUFFIN

200 Kcal | 17 g carb | 4 g protein | 13 g fat



PRESERVES & SPREADS

**CHOICE OF HOMEMADE JAMS, GRASS FED
BUTTER, NUT BUTTER, FLAVOURED OR
PLAIN HONEY**

EGGS & MORE



OMELETTE, WITH A CHOICE OF: 18

Smoked Salmon | Shrimp | Chicken
Chilli | Tomato | Mushroom | Onion | Capsicum | Spring Onion
Parmesan Cheese | Cheddar Cheese

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



BOILED FREE-RANGE EGGS, 18

CHOICE OF:

Soft, Medium, Hard

154 Kcal | 1 g carb | 13 g protein | 11 g fat



SINGLE / DOUBLE FRIED EGG 18

Sourdough | Sundried Tomato | Watercress

160-230 Kcal | 3-4 g carb | 21-27 g protein | 7-12 g fat



MALDIVIAN OMELETTE 18

Tuna | Maldivian Chilli | Pandan | Shallot | Curry Leaves
Kaffir Lime Leaves

210 Kcal | 5 g carb | 17 g protein | 13 g fat



POACHED FREE-RANGE EGGS 18

Sweet Potato | Salmon Roe | Chimichurri | Avocado

310 Kcal | 15 g carb | 17 g protein | 21 g fat



SHAKSHOUKA 18

Tomato Sauce | Sous Vide Eggs | Falafel | Sauerkraut

340 Kcal | 35 g carb | 22 g protein | 15 g fat



CHOICE OF SIDES

Spiced Sweet Potato | Thyme Scented Baby Potato | Braised Beans,
Sautéed Mushroom | Homemade Sausage | Smoked Salmon

MACRO BOWLS



CONGEE

20

Choice of Fish or Chicken | Miso Marinated Tempeh
230 Kcal | 41 g carb | 19 g protein | 14 g fat



KETO CINNAMON TOAST CRUNCH

20

Almond Milk | Berries | Almond | Melon Seeds
250 Kcal | 9 g carb | 7 g protein | 23 g fat



BIO-YOGHURT BIRCHER MUESLI

18

Apple | Banana | Sunflower Seeds | Pecan | Carob
260 Kcal | 45 g carb | 5 g protein | 8 g fat



HIGH-PROTEIN VEGAN BOWL

22

Quinoa | Chickpeas | Tempeh | Ferments | Gomashio
250 Kcal | 9 g carb | 7 g protein | 23 g fat



YELLOWFIN TUNA POKE BOWL

20

Black Rice | Edamame | Lacto Vegetables | Black Sesame
300 Kcal | 44 g carb | 19 g protein | 5 g fat



FRESH AND 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. Please note that these juices are charged separately.



GREEN STIMULANT

Chia Seeds | Spirulina Powder | Almond Milk | Banana | Spinach
 Energy balancing, antioxidant rich, brain boosting
 90 Kcal | 10 g carb | 5 g protein | 5 g fat



COOLER

Apple | Cucumber | Parsley | Coriander Leaves | Dill | Kale
 Celery | Coconut Water
 Antioxidant rich, hydrating, supports kidney health
 110 Kcal | 27 g carb | 3 g protein | 0 g fat



WEIGHTLESSNESS

Apple | Grapefruit | Carrot
 Liver supportive, energy boosting, nourishes skin
 120 Kcal | 31 g carb | 2 g protein | 0 g fat



HEARTBEAT

Kale | Tangerine | Apple | Beetroot | Banana
 Fatigue fighting, antioxidant rich, brain boosting
 150 Kcal | 37 g carb | 2 g protein | 0 g fat



WAKE-UP CALL

Beetroot | Green Apple | Ginger | Carrot | Coconut Water
 Hydrating, replenishes electrolytes, promotes healthy skin
 140 Kcal | 35 g carb | 2 g protein | 0 g fat



MORNING GLORY

Apple | Pear | Pineapple | Spinach
 Antioxidant rich, immune supportive, stimulates digestion
 140 Kcal | 36 g carb | 1 g protein | 0 g fat



BE FIT

Orange | Apple | Beetroot | Strawberry
Reviving, brain supportive, antioxidant rich
120 Kcal | 31 g carb | 1 g protein | 0 g fat



GOOD MOVING

Orange | Apple | Watermelon | Lemon
Hydrating, supports kidney health, improves blood circulation
140 Kcal | 35 g carb | 2 g protein | 0 g fat



BYE SUGAR

Carrot | Moringa | Spinach | Celery
Hydrating, reduces sugar cravings, replenishes electrolytes
90 Kcal | 21 g carb | 2 g protein | 0 g fat

LUNCH
12:00-16:00

DINNER
18:30-22:00



LIGHT



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



OCTOPUS

36

Chargrilled Octopus | Edible Stone | Romesco Sauce

250 Kcal | 16 g carbs | 24 g protein | 11 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



SWEET AND SOUR FERMENTED FRUIT

22

Pickled Fruit Liquid | Compressed Fruits

Mango Citrus Blanket

180 Kcal | 4 g carbs | 4 g protein | 0 fat



SALAD OF FERMENTS

24

Warm Koji and Finger Millet Cake | Lacto Ferment Vegetables

Yuzu Ginger Dressings

190 Kcal | 33 g carbs | 6 g protein | 5 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



VELVETY VEAL SWEETBREAD

36

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



BROTH



SUMATRAN SOUP

28

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



ROASTED PUMPKIN SOUP

20

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



SOPA DER CARNE DE RES

36

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

SUBSTANTIAL



JIMBARAN CHARGRILLED RED MULLET 53

Lawar Long Beans | Tomato Salsa | Gulai Sauce

410 Kcal | 26 g carbs | 42 g protein | 14 g fat



GRILLED BAMBOO LOBSTER 150

Lentil Ragout | Yuzu Gel | Pescatora Sauce

370 Kcal | 6 g carbs | 13 g protein | 3 g fat



SEAFOOD CASSOULET 57

Medley of Seafood | Buckwheat | Tomato Broth

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



TOFU TOBAN YAKI 40

Miso | Seasonal Leaves | Red Curry

360 Kcal | 50 g carbs | 22 g protein | 13 g fat



ACCORDION POTATO 38

Ratatouille | Spiced Nuts | Cauliflower Variations

300 Kcal | 28 g carbs | 8 g protein | 19 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



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





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

FINALE



MASALA KARAK CHAI MUSCOVADO

23

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



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



LITE BITES

22:00-01:00

LIGHT



CAESAR SALAD

26

Chicken | Croutons | Parmesan Cheese
260 Kcal | 8 g carb | 28 g protein | 13 g fat



DIPS AND CRISPS

28

Selection of Homemade Dips | Gluten-Free Crackers
224 Kcal | 26 g carb | 8 g protein | 12 g fat



PROBIOTIC YOGHURT

20

Flavoured Honey | Almond | Cherries | Seeds
124 Kcal | 10 g carb | 7 g protein | 6.3 g fat



SEASONAL VEGETABLE CRUDITÉ

23

Yoghurt | Hummus | Olives
142 Kcal | 19 g carb | 5 g protein | 6 g fat



BETROOT AND ORANGE SALAD

22

Feta Cheese | Lettuce | Lemon Dressing
160 Kcal | 27 g carb | 5 g protein | 2.7 g fat



SWEET OATMEAL

22

Cinnamon | Agave Syrup | Seeds
202 Kcal | 28 g carb | 9 g protein | 6 g fat



CHEESE PLATTER

22

Crackers | Apricots | Grapes
480 Kcal | 7 g carb | 30 g protein | 37 g fat



BROTH



CARROT, GINGER, AND COCONUT SOUP 22

Chives | Coconut Milk
100 Kcal | 17 g carbs | 2 g protein | 3 g fat



STEAMED WILD MUSHROOM GYOZA 28

Choice of Vegetable Soup, Chicken Soup | Bok Choy
110 Kcal | 10g carb | 4 g protein | 7 g fat



SUBSTANTIAL



PASTA POMODORO 30

Tomato Sauce | Parmesan Cheese | Basil
360 Kcal | 51 g carbs | 17 g protein | 10 g fat



PASTA AGLIO OLIO 28

Garlic | Parmesan Cheese | Extra Virgin Olive Oil
410 Kcal | 77 g carb | 13 g protein | 7 g fat



RICE CONGEE WITH CHOICE OF: 24

VEGETABLES, FISH, CHICKEN

Soy | Pickled Gari | Scallion
210 Kcal | 39 g carbs | 10 g protein | 1.5 g fat



GRILLED CHICKEN SANDWICH 30

Brioche | Emmental Cheese | Tartar Sauce
298 Kcal | 33 g carb | 37 g protein | 12 g fat



SUBSTANTIAL



HAM AND CHEESE SANDWICH
Broiche | Cheddar Cheese | Homemade Pickles
270 Kcal | 14 g carbs | 25 g protein | 13 g fat

28



PASTA BOLOGNESE
Beef Mince | Parmesan Cheese | Rosemary
380 Kcal | 46 g carb | 16 g protein | 15 g fat

35



STIR-FRIED RICE: CHOICE OF
VEGETABLES / SHRIMP / CHICKEN
Egg | Spring Onion | Soy Sauce

32 / 40 / 35

100-190 Kcal | 7-10 g carb | 5-9 g protein | 5-19 g fat



MALDIVIAN CURRY: CHOICE OF
FISH / CHICKEN

35 / 38

Steamed Brown Rice | Papadam | Pickle
280-330 Kcal | 26 g carb | 27-31 g protein | 5-9 g fat



FINALE

SEASONAL FRUIT PLATTER

23



PASSION FRUIT CHEESECAKE

25

Caramelised Hazelnut | Candied Oranges
290 Kcal | 26 g carbs | 6 g protein | 19 g fat



CHOCOLATE MOUSSE

25

Pistachio | Chocolate Soil | Berries
290 Kcal | 23 g carb | 4 g protein | 21 g fat



MIX BERRY CRUMBLE

23

Berry Compote | Raspberry Sorbet
130 Kcal | 17 g carb | 2 g protein | 6 g fat



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 centered 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.



