

BREAKFAST 7AM - 5PM

SWEET BREKKIE

TIP: Want it Gluten Free or Vegan?
No problem, just change your base/milk!



HOMEMADE APPLE GRANOLA (GF) 65k
with homemade Apple Sauce, Yogurt & roasted Almond Slivers

HOMEMADE VANILLA GRANOLA (V) 75k
with homemade Vanilla - Mango Mousse, Coconut Cream and roasted Almond Slivers

GREEN DRAGON GRANOLA (V,GF) 65k
homemade Quinoa Granola, Dragon fruit and Banana, shredded Coconut, Green Smoothie

ORIGINAL BIRCHER MUESLI 65k
homemade, with fresh Strawberries, roasted Almonds & Honey

CHIASEED COCONUT PUDDING (V,GF) 65k
with mixed Fruits, Coconut Syrup, roasted Almonds and Cashews

BLUEBERRY - BANANA BOWL (V, GF) 85k
frozen Blueberry - Banana Mix, Mango Mousse, Almond Milk, Coconut Chia Seed, Pudding, homemade Vanilla Granola, toasted mixed Seeds, Strawberries

FRUIT BOWL (GF, V) 65k
with Coconut Syrup, probiotic Coconut Yogurt, roasted Walnuts & Peppermint

PANCAKES BANANA OATS (GF) 65k
(prep. time 15 min)
with Maple Syrup, grinded Coconut, Hearts of Fruits

VANILLA BREAKFAST PROTEIN SHAKE 65k
with Whey/Plant/Soy Protein, Oats, Dates, Banana, Peanut Butter and Almond Milk

CHANGE OF BASE OR EXTRA PORTION OF:

- Fresh Milk / Skim milk / Yogurt / Coconut Water 5k
- Coconut Milk/Crème / Coconut Yogurt / Organic Soy Milk 10k
- Cashew Milk / Almond Milk (all homemade) 15k
- Coconut Syrup / Honey / Maple Syrup / Jam / Nutella / homemade Peanut butter 5k
- Blueberries / Strawberries (seasonal) 25k
- Mixed Fruits / Banana 15k

*tax & service charges for our lovely staff are included in all prices

MOTION CAFE



CREATE YOUR OWN PLATE & SIDES

• 2 Eggs (any style) / Avocado (sliced/mashed) 15k
Sautéed Mushrooms / English Spinach / Sweet Potato Hash Brown / Tempeh (4pcs) / Hummus / Seed Crackers (2pcs) / Carrot - Capsicum Spread, Brown Toast (2pc)

• Big Slice of Sourdough / Whole-Wheat-Multi-Cereal Bread / Gluten-Free Bread 20k

• Feta Cheese / Cheddar Cheese / Ham 20k

• Chicken Stripes small (4pc) / Smoked Salmon (1slice) / Bacon (3 slices) / Lentil Patty 25k

• Chicken Stripes large (8pc) / Beef Patty 45k



ALL DAY BREAKFAST & BEST SELLERS

PROTEIN WAFFLES 85k

allow preparation time of 15 min

CHOOSE YOUR PROTEIN, BASE AND TOPPING:

PROTEIN

Plant / Soy (V) / Whey Protein

BASE

Homemade Peanut Butter (V) / Ricotta / Coconut Yoghurt (V)

TOPPING

Strawberry & Blueberry / homemade Apple Cinnamon Sauce & Roasted Almonds

*ask for additional Maple Syrup / Coconut Syrup



ALL DAY BREAKFAST & BEST SELLERS



SWEET POTATO WAFFLES (GF)

allow preparation time of 15 min

CHOOSE YOUR TOPPING:

- **CHOCOLATE SPREAD (NUTELLA), BANANA, ALMOND, CINNAMON** 65k
- **PEANUT BUTTER, BANANA, ALMOND, GOLDEN SPICE** 65k
- **FRUIT SALAD, WALNUTS, COCONUT CREAM, COCONUT SYRUP** 70k
- **AVOCADO SLICE, ROCKET, TOMATO RELISH, SOUR CREAM** 70k
- **SMOKED SALMON, ROCKET, SOUR CREAM, GREENS** 85k

PALEO (GF)

- FIT & SLIM I** 65k
3 Egg White Omelet filled with Spinach, Tomato and smoked Salmon topped with Seeds and Herbs
- FIT & SLIM II** 65k
3 Egg White Omelet filled with English Spinach and Tomato Relish, Sides: sliced Avocado and sautéed Mushrooms
- PALEO PLATE** 75k
(prep. time 15 min)
2 Poached Eggs on Sweet Potato Hash Brown and Sautéed English Spinach with Tomato Relish
- PALEO APPLE CINNAMON PANCAKES** 60k
with Maple Syrup, roasted Almonds and homemade Apple Sauce

EGGS & MORE



- AVOCADO EGGS NO.1** 75k
2 scramble Eggs with diced Avocado, Cherry Tomatoes and Feta on choice of toasted Bread
- AVOCADO EGGS NO.2** 75k
2 poached Eggs with mashed Avocado, Cherry Tomatoes and Feta topped with mixed Seeds on choice of toasted Bread
- PROTEIN BUZZ (GF)** 65k
(prep. time 15 min)
Potato Hash Brown on Rocket topped with 2 poached Eggs, Olive Oil and Lemon Slice
- STRONG MAX** 65k
2 fried Eggs, Ham and Cheddar on choice of toasted Bread
- BIG SURFER'S** 85k
2 Eggs any style, Cheddar, Ham, homemade Jam, Butter, Bread, Fruit Juice or Fruit Salad
- TURKISH BREAKFAST** 85k
2 Eggs any style, Olives, Feta, Cheddar, Cherry Tomato, Cucumber, Hummus, homemade Jam, Butter, Turkish Bread
- MEGA OMELET** 75k
3 Eggs Omelet filled with mixed Vegetables, Ham and Cheese with Tomato Relish, Butter and choice of toasted Bread
- AVOCADO - PESTO BREAD** 75k
mashed Avocado, Cherry Tomatoes, sautéed Mushrooms - Feta - Pesto on choice of Bread
- PROTEIN KICK (V,GF)** 75k
Lentil Patty with Hummus, sliced Avocado on a bed of Carrots and Beetroot with Tomato Relish and mixed Seeds

GOOD MORNING!

We also provide meal plans!
Clean eating, designed for optimal nutrition delivered to your home or office ♥

mealplans.motionfitnessbali.com



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LUNCH & DINNER

11AM - 9.30PM



CREATE YOUR OWN PLATE AND SIDES

French Fries / Sweet Potato Chips / Lemon Couscous / Quinoa - Sesame / Mixed Salad	28k
Mixed colored sautéed Vegetables	small 25k large 45k
Red Rice / Brown Rice / Seed Crackers / Garlic Crust (Gf) / 2 Eggs Any Style	15k
Tempeh	small (4 pcs) 15k large (8 pcs) 30k
Chicken Stripes	small (4 pcs) 25k large (8 pcs) 45k

SPREADS, DRESSINGS, SAUCES

(all homemade)



Vegan Sauces:	12k
Tomato Relish / Avocado mayonnaise / Pesto / Tahini / Tomato ketchup / Peanut Sauce / Chimichurri / Tomato-Chilly	
Non-Vegan Sauces:	
Aioli / Mayonnaise / Herbal Butter	12k
Mint-Basil Tzaziki (Nut-Free & Oil Free)	15k
Vegan Spreads: Hummus / Carrot – Capsicum	15k
Vegan Dressings:	10k
Vinaigrette / Paleo-Ranch / Orange-Poppy-Seed / Olive-oil with Balsamic or Lemon	
Non-Vegan Dressing:	10k
Yogurt-Herb / Honey-Mustard	

SALADS

(GF)

with Gluten-free Garlic Crust / Seed Crackers



TIP: add protein 1 poached / boiled EGG 8k

TEMPEH small (4 pcs) 15k / large (8 pcs) 30k

CHICKEN STRIPES small (4 pcs) 25k / large (8 pcs) 45k

TROPICAL VEGAN SALAD 70k

with Beetroot, organic Tempeh, roasted mixed Seeds, Spirulina, Carrots, Cucumber, Cherry Tomatoes, Corn, 3 types of Green Leafs, Pineapple, Avocado, Peppermint, Basil

MEGA CHICKEN SALAD 80k

with Feta Cheese, Egg & roasted Cashews, Carrots, Cucumber, Cherry Tomatoes, Corn, 3 types of Green Leafs, Pineapple, Avocado, Peppermint, Basil

CARAMELIZED PUMPKIN SALAD 80k

with Feta Cheese, Raisins, Quinoa, roasted Walnuts, Pumpkin Seeds, Onions & English Spinach

SMOKED SALMON SALAD 90k

on Rocket with Feta Cheese and Mango + Avocado slices, roasted Walnuts and Lemon

SWEET POTATO SALAD (V) 70k

Lettuce, Corn, Cherry Tomato, Sweet-Potatos, green Beans, warm Mushrooms, roasted Sunflower Seeds, green Pesto

FITNESS PLATE (V) 70k

Sweet Potato & Yams, Broccoli, English Spinach, Sautéed Mushrooms, Cucumber, Capsicum, Hummus, Carrot, Capsicum Dip & Herbs

PALEO BEEF & AVOCADO SALAD 95k

Austr. Beef Tenderloin stripes, poached Egg, grilled Bacon, Avocado, Cherry Tomatoes, mixed Leafs (Basil, Peppermint, Lettuce), Pesto & Pumpkin Seeds

CHICKEN & BEET ROOT SALAD 80k

with English Spinach, shredded Chicken & Beetroot, fresh Tarragon leaves, Feta Cheese, light Sour Cream, roasted Walnuts

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LUNCH & DINNER

11AM - 9.30PM

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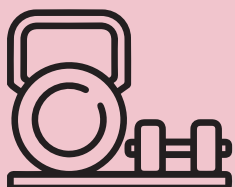
SOUPS, CURRIES & STEW

comes with:
Gluten Free Garlic Crust or Seed Crackers

VEGGIE WOK (V, GF)	65k
<i>mixed Vegetables, with Salad and brown/red Rice, topped with Tempeh Slices</i>	
CHICKPEAS CURRY (V, GF)	75k
<i>with Tomatoes and brown/red Rice</i>	
CHICKEN CASHEW CURRY (GF)	75k
<i>with mixed Veggies, Coconut Cream and brown/red Rice</i>	
MOROCCAN VEGETABLE STEW (V)	75k
<i>with Chickpeas, Carrots, Beans, Tomatoes fresh Lime & Coriander with a side of Lemon-Couscous</i>	
LENTIL SOUP (V, GF)	58k
<i>with Carrots and Capsicum, Balsamic Vinegar & fresh Parsley</i>	
MIRACLE SOUP (V, GF)	58k
<i>blended mixed Veggies with Spirulina, roasted Sesame & fresh Parsley</i>	
PUMPKIN SOUP (V, GF)	58k
<i>with Pumpkin Seeds, fresh Coriander, Pumpkin Oil & Coconut Cream</i>	
MAGIC SOUP (V, GF)	58k
<i>mixed cut Veggies with Spirulina, roasted Sesame & fresh Parsley</i>	

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WELCOME, THIS IS MOTION!
Kick your butt with strength & cardio training, Pilates, Yoga, TRX, Barre, Kettlebell and much more.



Check the schedule at fitness.motionfitnessbali.com

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PASTA

(V/Whole-Wheat)

PASTA PESTO (V)	75k
<i>with homemade Basil Pesto topped with roasted Almonds, with green Salad and mixed Seeds</i>	
PASTA TOMATO (V)	70k
<i>with homemade Tomato Sauce, fresh Basil and green Salad</i>	
ZOODLES (V, GF)	70k
<i>Zucchini Noodles, Pesto, sliced Almonds, Peas, Cherry Tomatoes and fresh Basil</i>	



BURGERS & MEAT



Choice of Bread:
Whole Wheat Burger Bun / Gluten-Free Bread
Choice of Side Dishes:
Potato Fries / Sweet Potato Chips / mixed Salad

LENTIL BURGER (V)	80k
<i>Avocado, Lentil Patty, Tomato, Aioli Tahini Sauce caramelized Onion & Rocket</i>	
AVOCADO VEGGIE BURGER (V)	75k
<i>Carrots, Avocado, Tomatoes, Cucumber, Onion, Seeds, Lettuce & Peanut Sauce</i>	
CHICKEN BURGER	85k
<i>Chicken breast, Avocado slices, boiled Egg, Carrots, Lettuce & Cucumber Relish</i>	
CHEESE BEEF BURGER	85k
<i>Tomato, Cucumber, caramelized Onion, melted Cheddar, Lettuce</i>	
AUSTRALIAN TENDERLOIN STEAK (GF)	180k
<i>250g of imported Beef served with sautéed mixed Veggies, homemade Herbal Butter, Tomato Relish and Garlic Bread</i>	

DRINKS



COFFEE

- **ESPRESSO** 25k
- **ESPRESSO DOUBLE** 35k
- **SINGLE MACCHIATO** 28k
- **DOUBLE MACCHIATO** 37k
- **PICCOLO** 30k
- **CAPPUCCINO** 32k
- **CAPPUCCINO GRANDE** 40k
- **CAPPUCCINO BIG MUG 400ML** 48k
- **FLAT WHITE** 32k
- **LATTE** 32k
- **AMERICANO (1 Shot)** 30k
- **LONG BLACK (2 Shots)** 38k
- **BULLETPROOF** 45k
(blend with Coconut Oil, Butter, Vanilla And Cinnamon)

ICED COFFEE/ICED

- **ICED LATTE** 32k
- **ICED CAPPUCCINO** 37k
- **ICED FRAPPUCCINO** 37k
- **ICED BLACK COFFEE** 32k
- **ICED/HOT BLACK COFFEE** 55k
With Vanilla Ice Cream
- **COLD BREWED BLACK COFFEE (bottle)** 35k
- **ICED CHOCOLATE FRAPPUCCINO** 35k

- **GOLDEN SPICE LATTE** 35k
Your Choice Of Milk With Golden Spices
- **CHAI LATTE** 35k
- **MATCHA LATTE** 35k
- **CINNAMON HONEY MILK** 28k
- **HOT CHOCOLATE** 30k
- **BABYCHINO** 15k



TEA

- **Japanese Green / Green Jasmine / English Breakfast** 28k
- **Chamomile / Peppermint / Rooibos Orange / Rooibos Vanilla** 30k
- **Homemade Chai Tea / Slimming / Sleep well / Rosella / Licorice / Matcha** 35k

ICED TEA

- **Summer (Orange-Cinnamon) / Lemon - Ginger Honey / Peppermint** 32k

FRESH & NATURAL JUICES

(no added sugars)

45k

- **FROG JUICE**
Apple - Parsley - Spinach - Cucumber - Lemon - Ginger
- **ALKALINE JUICE**
Cucumber - Mango - Celery - Spinach - Orange
- **DETOX JUICE**
Beetroot - Carrot - Apple - Ginger
- **SEXY JUICE**
Beetroot - Carrot - Orange - Ginger
- **ORANGE JUICE**
(fresh and blended with little ice)
- **FIT JUICE**
Papaya - Strawberry - Lemon
- **SUN JUICE**
Mango - Orange - Vanilla
- **GOLD JUICE**
Pineapple - Orange - Lemon - Ginger
- **MAGIC JUICE**
Watermelon - Pineapple - Orange



EXTRAS:

- Espresso Shot 10k
- Fresh milk / Skim milk 5k
- Coconut milk / Organic Soy Milk 10k
- Bonsoy 18k
- Cashew milk / Almond milk 15k
- Coconut Syrup / Honey / Maple Syrup 5k

BOOST YOUR DRINK:

- **Turmeric / Chilly / Cinnamon / Coconut / Vanilla / Mint** 10k
- **Spirulina / Raw Chocolate / Matcha powder / Bee pollen** 15k

CREATE YOUR OWN MAGIC:

Tell us what you like and we make it for you

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DRINKS M

HEALTHY & FITNESS DRINKS

(Check in our Tuck Shop Chiller)

- **SLIM TONIC** bottle 600 ml 30k
- **GREEN LEAN TEA** bottle 600ml 30k
- **TURMERIC BOOST TONIC** bottle 600ml 30k
- **COCONUT WATER** 30k
(bottle 600ml or whole coconut)
- **ALOE VERA JUICE** 300ml 45k
- **KOMBUCHA BOTTLE** 45k
- **KEFIR BOTTLE** 55k
- HOMEMADE CASHEW / ALMOND MILK**
300ml 45k
600ml 85k
- MAGNESIUM & VITAMIN C REFRESH** 45k
(Magnesium Powder + fresh Orange Juice)
- CALCIUM + VITAMIN C REFRESH** 45k
(Calcium powder + fresh Orange Juice)

SMOOTHIES

(400ml)

48k

BASE: MILK / YOGURT /
COCONUT YOGURT / COCONUT WATER

- **BERRY**
Strawberry - Blueberry - Banana - Flaxseeds
- **GREEN**
Spinach - Banana - Lemon - Parsley - Flaxseeds
- **TROPY**
Banana - Mango - Lemon - Flaxseeds
- **PASSION**
Fruit - Mango - Pineapple - Banana -
Coconut Cream



IMMUNE BOOSTERS

(shots)

30k

BETROOT / TURMERIC /
WHEAT GRASS / PAPAYA LEAF

BIG SQUASH

with sparkling water (600ml)

40k

LEMON / ORANGE

PROTEIN SHAKES

Vanilla / Chocolate (600ml)

CHOICE OF PROTEIN:

Whey / Plant (V) / Soy Protein (V)

CHOICE OF MILK:

Fresh Milk / Skim Milk / Coconut Water 50k
Organic Soy Milk / Coconut Milk 55k
Homemade Almond / Cashew Milk 60k

MOCCHA PROTEIN SHAKE 65k

(Motion's Signature Shake!)

Chocolate Whey/Soy/Plant Protein Powder
Espresso, Banana, Peanut Butter, Almond Milk

GAINER PROTEIN SHAKE 65k

Vanilla Whey/Plant/Soy Protein,
Oats, Dates, Banana, Peanut Butter,
Raw Chocolate and Almond Milk

ADD PROTEIN 1 SCOOP (24g protein) 20k

MILK SHAKES

(400 ml)

48k

TIP: Make it Vegan - choose another base.

• **VANILLA BEAN**

Vanilla, fresh Milk, Vanilla Ice Cream, Honey

• **AVOCADO - CHOCOLATE**

Avocado, fresh Vanilla, fresh Milk,
Vanilla Ice Cream, Raw Chocolate

• **AVOCADO - ESPRESSO**

fresh Vanilla, fresh Milk, Vanilla Ice Cream,
Raw Chocolate

• **BANANA - PEANUT - ALMOND**

Banana, Peanut Butter, Vanilla Ice Cream,
roasted Almonds, fresh Milk

CHOICE OF MILK:

Fresh Milk / Skim Milk / Coconut Water 48k
Organic Soy Milk / Coconut Milk 55k
Homemade Almond / Cashew Milk 60k

ADD PROTEIN 1 SCOOP (24g protein) 20k

ALCOHOLIC BEVERAGES

• **BINTANG** small 35k

• **SAN MIGUEL** light 40k

• **LIGHT CIDER** 40k

• **WINE**

TIP: Feel free to bring your own bottle, we have
the glasses - we will not charge any corkage

LAST BUT NOT LEAST

HEALTHY SWEETS & SNACKS

*all Homemade, Gluten Free, Lactose Free,
No Refined Sugar Added*

*TIP: Please check our guilt free desserts
at the bar or in our chiller*



BEETROOT BROWNIE	35k
LIGHT CHOCOLATE BROWNIE	35k
BANANA-COCONUT BREAD (V)	35k
CARROT CAKE	35k
CHIA SEED PUDDING (V) <i>with fruit mousse & nuts (comes in reclose-able jar)</i>	50k
MOTION BALLS (V, GF, Raw) <i>ENERGY / BLUEBERRY / GREEN (check our chiller)</i>	25k
ZUCCHINI-CHOCOLATE-CHIP MUFFIN	35k
ZUCCHINI - APPLE - CHOCOLATE - WALNUT MUFFIN (V)	35k
PALEO BROWNIE	35k
WARM APPLE BLUEBERRY PIE (V)	45k
BLUEBERRY- CASHEW CREAM (V) CHEESE CAKE	45k
OAT COOKIES	15k
PEANUT BUTTER COOKIES	15k

ADD:
Vanilla Ice Cream 20k

hot Chocolate Sauce
or Coconut Cream 15k

MOTION BARS (GF) <i>ENERGY BAR / APPLE BAR</i>	25k
PROTEIN BAR / VITAMIN BAR / VEGAN POWER BAR / VEGAN PROTEIN BAR	30k
HIGH PROTEIN BAR (Raw & Vegan)	50k

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