

CREATE YOUR OWN PLATE

BREAD

Keto (GF) / Hemp (V, GF) / Fitness (V, GF) / Stone Age (V, GF) / Zucchini (GF) / Multi Cereal (V) / Sourdough / Whole Wheat Cereal Bun	20k
Seed Cracker (V)	15k
Fit Rolls (GF) / Sweet Rolls (GF)	30k

GRAIN & PASTA

Sesame-Quinoa / Lemon Couscous / Whole Wheat Pasta	28k
Brown Rice / Red Rice	15k
Tabbouleh	35k

VEGETABLE (V)

Avocado Sliced Or Mashed / Sautéed Mushrooms / Sautéed Spinach / Cherry Tomatoes / Caramelised Pumpkin Cubes / Sweet Potato Grilled or Boiled / French Fries / Mixed Green Leaf Salad / Sweet Potato Chips / Sweet Potato Hash	15k
Brown / Tropical Mixed Salad	28k
Sautéed Broccoli / Sautéed Kale / Mixed Colored Sautéed Veggies S	25k
Mixed Colored Sautéed Veggies L	45k

PROTEIN

Ham (3 slices)	20k
Bacon (3 slices)	25k
Lentil Patty (V) / Chickpea-Mushroom Patty (V) / Red Bean-Mushroom Patty (V)	30k
Smoked Salmon (2 slices)	40k
Mahi Mahi Fillet / Beef Patty	45k
Tuna Fillet / Beef Sliced	55k
Organic Tempeh S (4 pcs) (V)	15k
Organic Tempeh L (8 pcs) (V)	30k
1 Egg (any style) order any number	8k
Chicken stripes S (4 pcs)	30k
Chicken stripes L (8 pcs)	55k

DAIRY PRODUCT

Feta Cheese	20k
Cheddar Cheese (3 Slices)	35k
Ricotta	35k

SPREAD, SAUCE & RELISH

Herbal Butter / Aioli / Mayonnaise / Pesto (V) / Avocado Mayonnaise (V) / Tomato Ketchup (V) / Chimichuri (V) / Tomato Relish (V) / Tomato - Chilly (V) / Peanut Sauce (V) / Tahini (V)	12k
Mint-Basil Tzaziki (Nut-Free And Oil-Free) / Carrot - Capsicum (V) / Hummus (V)	15k

DRESSING

Honey-Mustard / Yoghurt-Herb / Olive Oil With Balsamic Or Lemon (V) / Italian Viniagrette (V) / Orange - Basil (V)	10k
Paleo Ranch (GF)	12k

WAFFLES

SWEET PROTEIN WAFFLE

Protein Base	Plant (V) / Soy (V) / Whey Ricotta / Peanut Butter (V) / Coconut Yoghurt (V)	95k
Topping	Apple-Cinnamon Sauce & Roasted Almonds (V) / 1 or 2 Fruits (V) / Strawberries & Blueberries (V) (seasonal)	

SAVORY PROTEIN WAFFLE

Protein Base	Plant Ricotta / Grated Cheddar / Feta Cheese / Hummus (V) / Peanut Butter (V) / Avocado Sliced Or Mashed (V) / Capsicum - Carrot Spread	95k
Topping	Bacon / Smoked Salmon / Ham / 2 Eggs Any Style / Mixed Sautéed Veggies (V) / Grated Beetroot & Carrot (V)	

SWEET POTATO WAFFLE

Waffle + Smoked Salmon	rocket, sour cream, avocado mayonnaise	85k
Waffle + Chocolate (V opt.)	nutella, banana, almonds, cinnamon	65k
Waffle + Avocado (V opt.)	avocado, rocket, tomato relish, sour cream	70k
Waffle + Peanut Butter (V opt.)	peanut butter, banana, almonds, spices	65k
Waffle + Fruit Salad (V opt.)	fruits, walnuts, coconut cream	70k

MOTION BREAKFAST FROM 7AM UNTIL 5PM

SWEET BREAKFAST

Green Dragon Granola (V, GF) quinoa granola, dragon fruit, banana, shredded coconut, green smoothie	55k
Homemade Apple Granola (GF) apple sauce, yogurt, almonds	65k
Homemade Vanilla Granola (V) coconut yogurt, berry & mango mousse	75k
Fruit Bowl (V, GF) coconut yogurt, walnuts, peppermint	65k
Blueberry-Banana Bowl (V, GF) blueberry-banana mix, mango mousse, almond milk, coconut-chia seed pudding, vanilla granola, mixed seeds, strawberries	85k
Original Bircher Muesli (Oatmeal) strawberries, roasted almonds, honey	65k
Banana-Oat Pancakes (GF) grinned coconut, fruits	65k
Coconut-Chia Seed Pudding (V, GF) mixed fruits, almonds and cashews	65k

SAVORY BREAKFAST

Avocado & Eggs I 2 scrambled eggs, avocado, cherry tomatoes, feta, choice of toasted bread	85k
Avocado & Eggs II 2 poached eggs, avocado, cherry tomatoes, feta, mixed seeds, choice of toasted bread	85k
Protein Buzz (GF) 2 poached eggs, potato hash brown, rocket	65k
Strong Max 2 fried eggs, ham, cheddar, choice of toasted bread	65k
Protein Kick (V, GF) lentil patty, hummus, avocado, carrot, beetroot, tomato relish, walnuts	75k
Big Surfer's 2 eggs any style, cheddar, ham, jam, butter, bread, fruit juice or fruit salad	85k
Mega Omelet 3 eggs omelet with mixed veggies, ham, cheddar, choice of toasted bread	85k
Turkish Breakfast 2 eggs any style, olives, feta, cheddar, cherry tomatoes, cucumber, hummus, jam, butter, turkish bread	85k
Avocado - Pesto Bread (V) avocado, cherry tomatoes, mushrooms, feta, pesto, choice of bread	75k

BREAKFAST EXTRAS

Fresh Milk / Skim Milk / Yogurt	5k
Cashew Milk / Almond Milk / Soy Milk	15k
Coconut Milk / Coconut Creme / Coconut Yoghurt / Coconut Water	10k
Coconut Syrup / Honey / Maple Syrup / Jam / Nutella / Homemade Peanut Butter	5k
Mixed Fruits / Banana	15k
Blueberries / Strawberries (seasonal)	25k

ALL DAY MENU

PALEO

Paleo Fit & Slim I 3 egg white omelet with spinach, tomato, smoked salmon, seeds and herbs	65k
Paleo Fit & Slim II 3 egg white omelet with spinach, tomato relish, avocado, mushrooms	65k
Paleo Plate 2 poached eggs, sweet potato hash brown, spinach, tomato relish	75k
Paleo Apple Cinnamon Pancakes with maple syrup, almonds, apple sauce	65k

SALADS

Sweet Potato Salad (V) lettuce, corn, cherry tomatoes, sweet potato, green beans, mushrooms	75k
Mega Chicken Salad feta, egg, carrot, cucumber, cherry tomatoes, corn, green leaves, cashews, pineapple, avocado, basil	95k
Caramelized Pumpkin Salad feta, raisins, quinoa, walnuts, pumpkin seeds, onions, english spinach	80k
Fitness Plate (V) sweet potato, broccoli, spinach, mushrooms, cucumber, capsicum, hummus, carrot-capsicum dip	75k
Smoked Salmon Salad rocket, feta, mango, avocado, walnuts	95k
Tropical Vegan Salad (V) beetroot, organic tempeh, mixed seeds, carrot, cucumber, cherry tomatoes, corn, green leaves, pineapple, avocado, basil	75k
Paleo Beef & Avocado Salad australian beef stripes, egg, bacon, avocado, cherry tomatoes, mixed leaves	95k

LUNCH & DINNER ALL DAY LONG MENU

SOUP, CURRY & STEW

Lentil Soup (V, GF) brown lentils, carrot, capsicum, parsley	75k
Magic Soup (V, GF) mixed veggies, spirulina, sesame, parsley	68k
Miracle Soup (V, GF) blended mixed veggies, spirulina, sesame, parsley	68k
Pumpkin Soup (V, GF) pumpkin seeds, coriander, coconut cream	68k
Green Soup (V, GF) zucchini, capsicum, green beans, peas, onion, garlic, coconut oil, thyme	75k
Keto Soup (GF) cauliflower, onion, garlic, spinach, coconut cream, coconut oil, parsley served with stone age bread & coconut cream(v) or parmesan cheese	85k
Chickpea Curry (V, GF) chickpeas, tomato, cardamom, coriander, cumin, onion, garlic, chili pepper served with red or brown rice or quinoa	75k
Chicken-Cashew Curry (GF) served with red or brown rice or quinoa	75k
Veggie Wok (V, GF) mixed veggies, salad, brown or red rice, organic tempeh	65k
Moroccan Vegetable Stew (V, GF) with couscous, lime, coriander	75k
Chicken Broth 12-hour-cooked fresh chicken bone broth	68k

PASTA

Pasta Pesto (V) with almonds, green salad, mixed seeds	75k
Pasta Tomato (V) with tomato sauce, basil, green salad	70k
Zoodles (V, GF) zucchini noodles, pesto, almonds, peas, cherry tomatoes, fresh basil	70k

BURGERS

Lentil / Chickpea / Red Bean Burger (V) choice of patty, avocado, tomato, tahini	80k
Chicken Burger chicken breast, avocado, boiled egg, carrot, cucumber relish, lettuce	85k
Cheese Beef Burger beef patty, cheddar, tomato, cucumber	85k

HEALTHY SWEET

BALLS

Keto Bounty Ball (V, GF)	30k
Goji Ball (V, GF)	
Energy Ball (V, GF)	
Green Ball (V, GF)	
Blueberry Ball (V, GF)	

BARS

Energy Bar (GF)	30k
Protein Bar (GF)	
Vegan Power Bar (V, GF)	
Vegan Protein Bar (V, GF)	
High Protein Bar (V, GF)	55k

CAKES & JARS

Zucchini - Chocolate - Chip Muffin (GF)	40k
Carrot Cake (GF)	45k
Light Chocolate Brownie (GF)	45k
Paleo Brownie (GF)	45k
Banana Bread (V, GF)	45k
Paleo Crumble (V, GF)	55k
Oat Cookie (V, GF)	20k
Peanut Choco Cookie (V, GF)	20k
Chia Seed Pudding (GF, V)	50k
Keto Chia Seed Pudding (GF, V)	50k
Keto Choco Coffee Mousse (GF, V)	50k

SNACK & STORE

SNACKS

Power Snack (V, GF) goji berries, cacao beans, almonds, cashews, sunflower seeds, bee pollen	65k
Salty Snack (V, GF) cashews, walnuts, pumpkin seeds, papaya seeds, sunflower seeds, salt, pepper	65k

STORE

Peanut Butter (V, GF)	45k
Ghee	120k

MOTION DRINKS COLD

PROTEIN SHAKES

PROTEIN SHAKE

Whey / Soy (V) / Pea (V) Protein Shake Flavor: Vanilla / Chocolate	
Fresh Milk / Skim Milk	55k
Soy Milk / Coconut milk / Coconut Water	60k
Almond Milk / Cashew Milk	65k
Add 1 Scoop Protein (28g)	30k

PRANA ON PROTEIN + ALMOND MILK

Tribal Force	70k
Phyto Fire	70k
Primal Protein	70k
Power Plant	70k

SIGNATURE PROTEIN SHAKES

The Burner vanilla whey/plant/soy protein, cinnamon, turmeric, chili powder, almond milk	90k
Mocha Protein Shake chocolate whey/soy/plant protein, espresso, banana, peanut butter, almond milk	95k
Gainer Protein Shake vanilla whey/plant/soy protein, oats, dates, banana, peanut butter, almond milk	95k
The Power Green vanilla whey/plant/soy protein, spinach, moringa, orange & lemon juice, banana	95k
Acai Protein Shake vanilla whey/plant/soy protein, acai berries, mixed berries, banana, mint, almond milk	105k

OTHER DRINKS

SHOOTS - IMMUNE BOOSTERS

Beetroot / Turmeric / Papaya Leaf Wheat Grass / Ginger / Spirulina	30k
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ALCOHOLIC BEVERAGES

Bintang Small	35k
San Miguel Light	40k
Light Cider	40k

MILKSHAKES

Banana-Peanut-Almond banana, peanut butter, vanilla ice cream, almonds, fresh milk	48k
Avocado-Chocolate avocado, vanilla, fresh milk, vanilla ice cream, raw chocolate	48k
Vanilla Bean vanilla, fresh milk, vanilla ice cream, honey	48k
Change Milk to Soy or Coconut Milk	55k
Change Milk to Cashew or Almond Milk	60k

FRESH & NATURAL JUICES

Frog	apple, parsley, spinach, cucumber, lemon, ginger	45k
Sexy	beetroot, carrot, orange, ginger	45k
Alkaline	cucumber, mango, celery, spinach, orange	45k
Detox	beetroot, carrot, apple, ginger	45k
Orange	oranges blended with little ice	45k
Magic	watermelon, pineapple, orange	45k
Gold	pineapple, orange, lemon, ginger	45k

SMOOTHIES

Green	spinach, banana, lemon, parsley, flax seeds	48k
Tropy	banana, mango, flax seeds	48k
Passion	passion fruit, mango, pineapple, banana, coconut cream, flax seeds	48k
Berry	strawberry, blueberry, banana, flax seeds	48k
Keto	avocado, spinach, plant protein powder, coconut milk, coconut oil, matcha powder	70k

HEALTHY FITNESS DRINKS

HEAL - Turmeric Boost Bottle 600ml	45k
HYDRATE - Coconut Water Bottle 600ml	35k
PUSH - Green Lean Tea Bottle 600ml	35k
BURN - Slim Tonic Bottle 600ml	35k
DETOX - Pure Elixir Bottle 600ml	45k
Aloe Vera Juice Bottle 300ml	45k
Homemade Almond Milk 300ml	45k
Homemade Cashew Milk 300ml	45k

MOTION DRINKS HOT

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

HOT COFFEE

Espresso	25k
Double Espresso	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

ICED COFFEE

Iced Latte	32k
Iced Cappuccino	37k
Iced Frappuccino	37k
Iced Black Coffee	32k
Iced/Hot Coffee With Vanilla Ice Cream	55k
Cold Brewed Black Coffee (Bottle)	35k
Iced Chocolate Frappuccino	35k

HOT DRINKS

Golden Spice Latte	32k
Chai Latte	35k
Matcha Latte	35k
Cinnamon Honey Milk	28k
Hot Chocolate	30k
Babyccino	15k

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