

CREATE YOUR OWN PLATE

BREADS & ROLLS VEGAN & GF

based on nut & seed flour

Hemp/Fitness/Stone Age Bread	18k
Seed Cracker	15k
Whole Multi Grain Roll	25k
Sweet Raisin Roll	25k
Banana Bread	45k
Keto (GF) <small>non vegan</small>	18k
Whole Wheat Multi Grain Bread	20k
Sourdough <small>non vegan</small>	20k

WAFFLES & HASHBROWNS (plain)

Protein Waffle Sweet (V)	55k
Protein Waffle Sweet	55k
Protein Waffle Savory (V)	55k
Paleo Sweet Potato Waffle (V)	50k
Keto Choco Waffle	65k
Keto Peanut Waffle	65k

GRANOLAS, NUTS & SEEDS VEGAN & GF

Apple Granola (60g) add base	20k
Vanilla Granola (60g) add base	20k
Quinoa Granola (60g) add base	25k
Oatmeal with Vanilla & Coconut Water add toppings	25k
Walnuts/Almonds/Cashews/Mix (40g)	20k
Pumpkin/Sunflower/Seasme/Flax Seeds/ Mix (20g)	20k

GRAINS & PASTA

Quinoa / Whole Wheat Pasta	28k
Brown Rice / Red Rice	15k

BASE & TOPPINGS FOR YOUR BOWL & PLATE

VEGAN

Chia Seed Pudding with Coconut Milk	45k
Green Smoothie Bowl	45k
Blueberry Smoothie Bowl	45k
Coconut Yoghurt (120g)	25k
Coconut Milk (120ml)	20k
Organic Soy /Almond Milk/Cashew Milk	25k

DAIRY

Yoghurt (150g)	25k
Fresh Milk (120ml)/Skim Milk (120ml)	15k
Mozarella Full (110g)	55k
Brie (40g)	45k
Cream Cheese	20k
Feta Cheese	20k
Cheddar Cheese	20k
Ricotta	35k
Grated Parmesan	20k

FRUITS & VEGGIES

Mixed Fruits S	20k
Mixed Fruits L	40k
Choose: Banana, Strawberry, Blueberry, Mango, Papaya, Pineapple, Dragon Fruit, Apple, Pear, Orange	
Cinnamon Apple (cubes/sauce)	25k
Avocado Sliced or Mashed	15k
Raw Cherry Tomatoes	15k
Sauted Broccoli/Kale	25k
Sauted Mushrooms/Spinach	15k
Caramelised Pumpkin Cubes	15k
Sauted Mixed Colored Veggies S	25k
Sauted Mixed Colored Veggies L	45k
Sweet Potato Hash Brown/Chips	28k
Sweet Potato Grilled/Boild	18k
Potato Hash Brown	28k
Potato Grilled/Boild	18k
Raw Mixed Green Leaf Salad	28k
Raw Mixed Color Salad	28k

PROTEIN, PALEO & KETO

PROTEIN VEGAN

Tofu Scrambled	25k
Tempeh S (4pcs)	15k
Tempeh L (8pcs)	30k
Lentil Patty	30k
Chickpea-Mushroom Patty	30k

1 EGG ANY STYLE ORDER ANY NUMBER 8k

POULTERY & MEAT

Ham (3 Slices)	20k
Bacon (3 Slices)	25k
Chicken Stripes S (4pcs)	30k
Chicken Stripes L (8pcs)	55k
Beef Patty	45k
Beef Stripes	55k
Tenderloin Steak (Australian) 250g	155K

CREATE YOUR BOWL FROM 7AM TO 9PM

FISH

Grilled White Fish	45k
Grilled Tuna	55k
Grilled Salmon	90k
Smoked Salmon (2 Slices)	40k

DRESSING VEGAN

Honey-Mustard	10k
Olive Oil With Balsamic or Lemon	10k
Italian Viniagrette	10k
Orange - Basil	10k

DRESSING

Yoghurt-Herb	10k
Paleo Ranch	12k

SPREAD, SAUCE & RELISH

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

TAKE ME HOME

all spreads & sauces also available for take away in the jar 110ml 45k OR 250ml 65k

PROTEIN WAFFLES

MOST WANTED STYLE

PROTEIN WAFFLES

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

PALEO SWEET POTATO WAFFLES

Waffle + Smoked Salmon	95k
rocket, paleo ranch dressing, avocado mayonnaise	
Waffle + Chocolate (V opt.)	70k
nutella, banana, almonds, cinnamon	
Waffle + Peanut Butter (V opt.)	70k
peanut butter, banana, almonds, spices	

SELFIE WAFFLES

Keto Choco Waffle	105k
topped with cream cheese frosting, pear & roasted walnuts	
Keto Peanut Waffle	105k
topped with cream cheese frosting, starfruit & roasted peanuts	

SALADS

Mega Chicken Salad	95K
feta, egg, carrot, cucumber, cherry tomatoes, corn, green leaves, cashews, pineapple, avocado, basil	
Tropical Vegan Salad (V)	75K
beetroot, organic tempeh, mixed seeds, carrot, cucumber, cherry tomatoes, corn, green leaves, pineapple, avocado, basil	
Paleo Beef & Avocado Salad	95K
australian beef stripes, egg, bacon, avocado, cherry tomatoes, mixed leaves	
Smoked Salmon Salad	95K
rocket, feta, mango, avocado, walnuts	
Caramelized Pumpkin Salad	80K
feta, raisins, quinoa, walnuts, pumpkin seeds, onions, english spinach	

KETO SALADS IN THE JAR

Keto Chicken Salad	95k
shredded chicken, eggs, pickles, walnuts, red cabbage, lettuce, mustard-mayonnaise	
Keto Smoked Salmon Salad	105k
smoked salmon, eggs, avocado, cucumber, lettuce, walnuts, sour creme dill dressing	
Keto Bacon-Cheese Salad	95k
bacon, cheddar cheese, broccoli, egg, lettuce, sunflower seeds, mayonnaise	

ALL DAY LONG MOTION FITNESS FOODS

VEGGIES & PASTA

Veggie Wok (V, GF) mixed veggies, salad, brown or red rice, organic tempeh	65k
Fitness Plate (V) sweet potato, broccoli, spinach, mushrooms, cucumber, capsicum, hummus, carrot-capsicum dip	75k
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

CURRY & SOUPS

add veggies, grains, proteins, breads

Chickpea Curry (V, GF) chickpeas, tomato, cardamom, coriander, cumin, onion, garlic, chili pepper	60k
Chicken-Cashew Curry (GF) chicken, carrot, green bean, capsicum, coconut cream, turmeric, onion, garlic, lemon grass	68k
Lentil Soup (V, GF) brown lentils, carrot, capsicum, parsley (wanna blend?)	60k
Magic Chunky Veggie Soup (V, GF) mixed veggies, spirulina, sesame, parsley (wanna blend?)	60k
Pumpkin Soup (V, GF) pumpkin seeds, coriander, coconut cream	60k
Chicken Bone Broth 12-hour-cooked fresh chicken bone broth	75k

BURGERS

Lentil or Chickpea 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	95k

FAVORITES

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
Avocado - Pesto Bread (V) avocado, cherry tomatoes, mushrooms, feta, pesto, choice of bread	75k
Turkish Breakfast 2 eggs any style, olives, feta, cheddar, cherry tomatoes, cucumber, hummus, jam, butter, turkish bread	85k
Paleo Plate 2 poached eggs, sweet potato hash brown, spinach, tomato relish	75k
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
Mega Omelet 3 eggs omelet with mixed veggies, ham, cheddar, choice of toasted bread	85k

PANCAKES

Banana-Oat Pancakes (GF) grinned coconut, fruits	65k
Paleo Apple Cinnamon Pancakes with maple syrup, almonds, apple sauce	65k

QUICK AND EASY

Raw High Protein Bar	55k
Bars Energy & Protein (ask for Vegan)	30k
Raw Balls (V) (Energy, Magnesium, Vitamin)	30k
Homemade Healthy Cakes (check chiller)	

DREAMS IN THE JAR

Chia Seed Pudding	50k
Keto Chia Seed Pudding	55k
Keto Choco Mousse	55k

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