

# 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
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, Blueberry, Papaya, Pineapple, Dragon Fruit, Apple, Pear, Orange, Seasonal: Strawberry, Mango	
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
Homemade Sauerkraut	25k

## 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 Vinaigrette	10k
Orange - Basil	10k

## DRESSING

Yoghurt-Herb	10k
Paleo Ranch	12k

## SPREAD, SAUCE & RELISH

Avocado Mayonnaise/Pesto (V)/Tomato Ketchup (V)/Chimichurri (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

## PALEO SWEET POTATO WAFFLES

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

## SELFIE

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

## SALADS

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

## PROTEIN WAFFLES

### MOST WANTED STYLE

#### PROTEIN WAFFLES

Protein	Plant (V)/Whey Vanilla or Chocolate	95k
Base	Ricotta/Coconut Yoghurt (V)/Peanut Butter, Creamy, Spiced Choco Peanut Butter (V)	
Topping	Apple-Cinnamon Sauce & Roasted Almonds (V)/ 1 or 2 Fruits (V) / Strawberries &	

#### KETO SALADS IN THE JAR

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

# ALL DAY LONG MOTION FITNESS FOODS

## VEGGIES & PASTA

<b>Veggie Wok (V, GF)</b> mixed veggies, salad, brown or red rice, organic tempeh	65k
<b>Fitness Plate (V)</b> sweet potato, broccoli, spinach, mushrooms, cucumber, capsicum, hummus, carrot-capsicum dip	75k
<b>Pasta Pesto (V)</b> with almonds, green salad, mixed seeds	75k
<b>Pasta Tomato (V)</b> with tomato sauce, basil, green salad	70k
<b>Zoodles (V, GF)</b> zucchini noodles, pesto, almonds, peas, cherry tomatoes, fresh basil	70k

## CURRY & SOUPS

add veggies, grains, proteins, breads

<b>Chickpea Curry (V, GF)</b> chickpeas, tomato, cardamom, coriander, cumin, onion, garlic, chili pepper	60k
<b>Chicken-Cashew Curry (GF)</b> chicken, carrot, green bean, capsicum, coconut cream, turmeric, onion, garlic, lemon grass	68k
<b>Lentil Soup (V, GF)</b> brown lentils, carrot, capsicum, parsley (wanna blend?)	60k
<b>Magic Chunky Veggie Soup (V, GF)</b> mixed veggies, spirulina, sesame, parsley (wanna blend?)	60k
<b>Pumpkin Soup (V, GF)</b> pumpkin seeds, coriander, coconut cream	60k
<b>Organic Bone Broth</b> 12-hour-cooked fresh organic whole chicken	75k
<b>Vegetable Broth</b> carrot, celery, potato, onion, bay leaves	55k

**BURGERS** add Gluten-free bun +10k

<b>Lentil or Chickpea Burger (V)</b> choice of patty, avocado, tomato, tahini	80k
<b>Chicken Burger</b> chicken breast, avocado, boiled egg, carrot, cucumber relish, lettuce	85k
<b>Cheese Beef Burger</b> beef patty, cheddar, tomato, cucumber	95k

## FAVORITES

<b>Avocado &amp; Eggs I</b> 2 scrambled eggs, avocado, cherry tomatoes, feta, choice of toasted bread	85k
<b>Avocado &amp; Eggs II</b> 2 poached eggs, avocado, cherry tomatoes, feta, mixed seeds, choice of toasted bread	85k
<b>Avocado - Pesto Bread (V)</b> avocado, cherry tomatoes, mushrooms, feta, pesto, choice of bread	75k
<b>Turkish Breakfast</b> 2 eggs any style, olives, feta, cheddar, cherry tomatoes, cucumber, hummus, jam, butter, turkish bread	85k
<b>Paleo Plate</b> 2 poached eggs, sweet potato hash brown, spinach, tomato relish	75k
<b>Paleo Fit &amp; Slim I</b> 3 egg white omelet with spinach, tomato, smoked salmon, seeds and herbs	65k
<b>Paleo Fit &amp; Slim II</b> 3 egg white omelet with spinach, tomato relish, avocado, mushrooms	65k
<b>Mega Omelet</b> 3 eggs omelet with mixed veggies, ham, cheddar, choice of toasted bread	85k

## PANCAKES

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

## QUICK AND EASY

<b>Raw High Protein Bar</b>	55k
<b>Vegan Keto Bar</b>	55k
<b>Bars Energy &amp; Protein (ask for Vegan)</b>	30k
<b>Raw Balls (V)</b> (Energy, Magnesium, Vitamin)	30k
<b>Homemade Healthy Cakes</b> (check chiller)	
<b>Protein TO GO</b> Whey Protein Choco / Vanilla, Soy Protein Choco / Vanilla, Pea Protein Belgium, Plant Protein Choco, Vegan Blend Choco	100g 250g

## DREAMS IN THE JAR

<b>Chia Seed Pudding</b>	50k
<b>Keto Chia Seed Pudding</b>	55k
<b>Keto Choco Mousse</b>	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

### SIGNATURE PROTEIN SHAKES

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

## MILKSHAKES

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

## FRESH & NATURAL JUICES

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

## SMOOTHIES

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

## HEALTHY FITNESS DRINKS

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

# MOTION DRINKS HOT

## TEA

Green Jasmine / Pure Green Tea / English Breakfast	28k
Chamomile / Peppermint / Rooibos Original / Homemade Chai Tea / Slimming / Licorice / Matcha	30k
	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