

CREATE YOUR OWN PLATE

BREADS & ROLLS VEGAN & GF

based on nut & seed flour

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|------------------------------------|-----|
| 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)

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|-------------------------------|-----|
| 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

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|--|-----|
| Apple Granola (60g) add base | 20k |
| Vanilla Granola (60g) add base | 20k |
| Quinoa Granola (60g) add base | 25k |
| Oatmeal with Vanilla & Coconut Water | 35k |
| add toppings | |
| Oatmeal Buckwheat | 35k |
| Walnuts/Almonds/Cashews/Mix (40g) | 20k |
| Pumpkin/Sunflower/Seasme/Flax Seeds/ Mix (20g) | 20k |

GRAINS & PASTA

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

BASE & TOPPINGS FOR YOUR BOWL & PLATE

VEGAN

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| 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

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|--|-----|
| 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

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|------------------------------------|------|
| 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 PLATE 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

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|--------------|-----|
| Yoghurt-Herb | 10k |
| Paleo Ranch | 12k |

SPREAD, SAUCE & RELISH

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|---|-----|
| 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

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

KETO WAFFLES

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

SALADS

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

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

ALL DAY LONG MOTION FITNESS FOODS

VEGGIES & PASTA

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|---|-----|
| 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

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|--|-----|
| 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, parsley, coconut cream | 60k |
| Organic Bone Broth 12-hour-cooked fresh organic whole chicken | 75k |
| Vegetable Broth carrot, celery, potato, onion, bay leaves | 55k |

BURGERS add Gluten-free bun +10k

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| 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

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

QUICK AND EASY

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|---|------|
| Raw High Protein Bar | 55k |
| Vegan Keto Bar | 55k |
| Bars Energy & Protein (ask for Vegan) | 30k |
| Keto Ham-Zucchini Muffin | 45k |
| Raw Balls (V) (Energy, Magnesium, Vitamin) | 30k |
| Homemade Healthy Cakes (check chiller) | 100g |
| Protein TO GO Whey Protein Choco / Vanilla, Soy Protein Choco / Vanilla, Pea Protein Belgium, Plant Protein Choco, Vegan Blend Choco | 250g |

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 |

SIGNATURE PROTEIN SHAKES

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|---|------|
| 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

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

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| Bintang Small | 35k |
| San Miguel Light | 40k |
| Henri's Ginger Beer | 45k |

MILKSHAKES

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|--|-----|
| 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

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|---|-----|
| 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 |
| RECOVER - Probiotics & Electrolytes 600ml | 45k |
| Aloe Vera Juice Bottle 300ml | 45k |
| Homemade Almond Milk 300ml | 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 |
| Decaf coffee | +5k |

ICED COFFEE

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|--|-----|
| 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

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|-------------------------------------|-----|
| 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 |