

# CREATE YOUR OWN PLATE

## BREADS & ROLLS VEGAN & GF

based on nut & seed flour

Hemp/Fitness/Stone Age Bread	18k
Seed Cracker	15k
Fitness Roll	25k
Sweet Raisin Roll	25k
Banana Bread	45k
Keto (GF) non vegan	18k
Whole Wheat Multi Grain Bread	20k
Sourdough non vegan	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 Coconut 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
Oatmeal Buckwheat	35k
Walnuts/Almonds/Cashews/Mix (40g)	20k
Pumpkin/Sunflower/Seasme/Flax Seeds/ Mix (20g)	20k

## GRAINS & PASTA

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

### NON- DAIRY

Vegan Feta (35g) by Mindful Munchese	25k
Vegan Cheddar by Mindful Munchese	25k

## 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 PLATE FROM 7AM TO 9PM

## FISH

Grilled White Fish	45k
Grilled Tuna	55k
Grilled Salmon	90k
Smoked Salmon (2 Slices)	40k
Grilled Barramundi	75k

## DRESSING VEGAN

Honey-Mustard	10k
Olive Oil With Balsamic or Lemon	10k
Italian Vinaigrette	10k
Orange - Basil	10k
Avocado - Herb	15k
Vegan Ranch	12k
Orange- Poppy	12k

## 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

## 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 &	

## PALEO SWEET POTATO WAFFLES

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

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

## SALADS

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

### KETO SALADS IN THE JAR

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

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	75k
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
Green Soup zucchini, capsicum, green beans, peas, onion, garlic, coconut oil, thyme	60k

## BURGERS add Gluten-free bun +10k

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
Vegan Keto Bar	60k
Bars Energy & Protein (ask for Vegan)	30k
Keto Ham-Zucchini Muffin	45k
Raw Balls (V) (Energy, Magnesium, Vitamin)	30k
Homemade Healthy Cakes (check chiller)	
Protein TO GO Whey Protein Choco / Vanilla, Soy Protein	100g
Choco / Vanilla, Pea Protein Belgium, Plant Protein Choco,	250g
Vegan Blend Choco	

## DREAMS IN THE JAR

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

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
---	-----

### NON-ALCOHOLIC BEVERAGES

Kombucha- various flavors	45k
Rain Tea- Sugar-free Sparkling Water	55k
Rain Water- Non-alcoholic Root Beer	55k

### ALCOHOLIC BEVERAGES

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

### 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
RECOVER - Probiotics & Electrolytes 600ml	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

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