

# CREATE YOUR PLATE FROM 7AM TO 9PM

## BREADS & ROLLS (GF & Vegan Option)

based on nut & seed flour

Hemp/ Fitness/ Stone Age/ Keto Bread	18k
Seed Cracker	15k
Fit Roll	25k
Sweet Raisin Roll	25k
Banana Coconut Bread	45k
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 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
Buckwheat Oatmeal	35k
Walnuts/ Almonds/ Cashews/Mix(40g)	20k
Pumpkin/ Sunflower/ Sesame/ Flax Seeds / Mix (20g)	20k

## GRAINS & PASTA

Quinoa / Whole Wheat Pasta / Buckwheat	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

Check our Tuck Shop to take  
your favorite items home!

## 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 Muncheese	25k
Vegan Cheddar by Mindful Muncheese	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
Sliced or Mashed Avocado	15k
Raw Cherry Tomatoes	15k
Sauteed Broccoli/ Kale	25k
Sauteed Mushrooms/ Spinach	15k
Caramelized Pumpkin Cubes	15k
Sauteed Mixed Colored Veggies S	25k
Sauteed Mixed Colored Veggies L	45k
Sweet Potato Hash Brown/ Chips	28k
Sweet Potato Grilled/ Boiled/ Mashed	18k
Potato Hash Brown	28k
Potato Grilled/ Boiled/ Mashed	18k
Raw Mixed Green Leaf Salad	28k
Raw Mixed Color Salad	28k
Homemade Sauerkraut	25k

For MEAL PLAN, FIT MEAL &  
Nutrition Consultation:  
+62 821-4425-2606

# CREATE YOUR OWN PLATE

## PROTEIN

### 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
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### POULTERY & MEAT

Ham (3 Slices)	20k
Premium Imported Bacon (4 Slices)	35k
Chicken Stripes S (4pcs)	30k
Chicken Stripes L (8pcs)	55k
Beef Patty	45k
Beef Stripes	55k
Tenderloin Steak (Australian) 250g	155K

### FISH

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

### SPREADS, SAUCES & RELISHES

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)	15k
Carrot - Capsicum (V)/Hummus (V)	28k
Bacon Jam	28k

### TAKE ME HOME (250ml Jar)

Bacon Jam (GF)	85k
Ghee	120k
Carrot - Capsicum (V)	45k
Hummus (V)	45k
Tomato Chilly (V)	45k

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Check our delicious homemade Pastries  
& more Fitness Treats in our Chiller!

## WAFFLES & CO

### MOST WANTED STYLE

#### PROTEIN WAFFLES (GF & Vegan Option)

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 & Blueberries	

#### PALEO SWEET POTATO WAFFLES (GF)

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

### PANCAKES

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

### QUICK AND EASY

Raw High Vegan Protein Bar (V, GF)	55k
Vegan Keto Bar (V, GF)	60k
Bars Energy & Protein (GF, ask for Vegan)	30k
Banana Peanut Choco Bar (V, GF)	45k
Keto Ham-Zucchini Muffin (GF) Pro Tip: add mixed green leaf side salad	45k
Spinach Feta Muffin (GF) Pro Tip: add tomato relish	45k
Raw Balls (V, GF) (Energy, Magnesium, Vitamin)	30k
Homemade Healthy Cakes (check chiller)	
Protein TO GO Whey Protein Choco / Vanilla, Soy Protein Choco / Vanilla, Pea Protein Unflavored, Plant Protein Choco, Vegan Blend Vanilla (100g/ 250g portions- price on request)	

# ALL DAY LONG MOTION FITNESS FOODS

Check our Tuck Shop to take your favorite items home!

## 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 (option to blend)	60k
Magic Chunky Veggie Soup (V, GF) mixed veggies, spirulina, sesame, parsley (option to 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

## 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

## 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

## BURGERS

add gluten-free bun +10k  
choice of side dish (mixed salad/ veggies/ fries, etc.)

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

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# 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
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### 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 & COLD-PRESSED 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 600ml Bottles

HEAL MEDICINE - Turmeric Boost	45k
COCO HYDRATE - Coconut Water	35k
PUSH ENERGY - Green Lean Tea	35k
BURN SHAPE - Slim Tonic	35k
FLUSH DETOX - Pure Elixir	45k
FUEL MINERAL- Probiotics & Electrolytes	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 (Keto)	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 (Secret Tip: add espresso)	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

# ALL DAY LONG MOTION KETO FOODS

## 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

We've got the best  
**KETO MEALS** and  
**KETO SNACKS** in Bali!

Check the Tuck Shop to take them home!

## KETO SALADS

### 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

### TRY OUR **KETO MEAL PLAN!**

Go to [motionfitnessbali.com](http://motionfitnessbali.com) to learn more about our KETO MEAL PLAN and our VEGAN KETO MEAL PLAN!

Or send us an email to [motionfitness@foodorder.com](mailto:motionfitness@foodorder.com) or a dm on Whatsapp +62 821-4425-2606.

## KETO TACOS

Keto Chicken Tacos chicken, cheddar, sour cream, lettuce, avocado, cherry tomatoes, onions, lime, coriander	85k
Vegan Keto Tacos tempeh, vegan cheddar, homemade peanut sauce, coconut cream, lettuce, avocado, cherry tomatoes, onions, lime, coriander	75k

Scan our QR Code for more  
Infos about our Meal Plans  
and Fit Meals!

## KETO PASTRIES

Vegan Keto Bar	60k
Creamy Keto Lemon Bar	55k
Keto Bounty Ball	30k
Keto Ham-Zucchini Muffin	45k
Keto Bread (1 slice)	18k

### DREAMS IN THE JAR

Keto Chia Seed Pudding	60k
Keto Choco Coffee Mousse	60k

