

# CREATE YOUR PLATE FROM 7AM TO 10PM

## BREADS & ROLLS (GF & Vegan Option)

Fitness Bread (Almond & Oat Base, non GF) 1 slice	18k
Stone Age Bread (Nut & Seed Base) 1 slice	18k
Keto Bread (Seed Base, non V) 1 slice	18k
Buckwheat Bread (Seed Base, GF) 1 slice	15k
Keto Bun (Almond & Mozzarella Base, non V)	40k
Paleo Roll (Almond Base)	30k
Banana Coconut Bread	45k
Whole Wheat Multi Grain Bread (non-GF)	20k
Sourdough (non GF)	20k
Seed Cracker	15k

## WAFFLES & HASHBROWNS (plain)

Protein Waffle Sweet (V, non GF, GFO)	65k
Protein Waffle Sweet (non GF, GFO)	65k
Protein Waffle Savory (V, non GF, GFO)	65k
Paleo Sweet Potato Waffle (V)	50k
Keto Choco Waffle	65k
Keto Coconut Waffle	65k
Potato Hash Brown (VO)	28k
Sweet Potato Hash Brown (VO)	28k

## BASE FOR YOUR BOWL

### VEGAN

Coconut Yoghurt	25k
Coconut Milk	20k
Organic Soy / Almond/ Cashew/ Oat Milk	25k
Chia Seed Pudding with Coconut Milk	45k
Green Smoothie Bowl	45k
Açaí Smoothie Bowl	65k
Blueberry Smoothie Bowl	55k

<b>Pure Açaí Bowl</b>	<b>90k</b>
<b>Pure Blueberry Bowl</b>	<b>70k</b>

### NON-VEGAN

Yoghurt	25k
Fresh Milk/ Skim Milk	15k

## GRANOLAS & PORRIDGE Vegan & GFO

Apple Granola add base (non GF)	20k
Vanilla Granola add base (non GF)	20k
Low Carb Nutfree Granola add base (GF)	25k
Oatmeal-Vanilla & Coconut Water (non GF)	25k
Buckwheat Porridge	35k

Add Toppings as Fruits, Nuts, and Seeds

<b>Walnuts/ Almonds/ Cashews/ Mix (40g)</b>	<b>20k</b>
<b>Pumpkin/ Sunflower/ Sesame/ Flax Seeds/ Mix (20g)</b>	<b>20k</b>
<b>Add 1 Tbsp Peanut Butter (Original/Protein)</b>	<b>12k</b>

## CHEESE

Cream Cheese	20k
Feta Cheese	20k
Cheddar Cheese	20k
Ricotta	35k
Grated Parmesan	20k

## VEGAN CHEESE

Vegan Feta by Mindful Muncheese	25k
Vegan Cheddar by Mindful Muncheese	25k

## FRUITS & VEGGIES

Mixed Fruit Salad S	20k
Mixed Fruit Salad L	
Choose: Banana, Blueberry, Papaya, Pineapple, Dragon Fruit, Apple, Pear, Orange, Seasonal: Strawberry, Mango	40k
Cinnamon Apple (cubes/sauce)	25k
Sliced or Mashed Avocado	20k
Raw Cherry Tomatoes/ Carrots/ Beetroot	20k
Sautéed/Steamed Kale	25k
Sautéed/Steamed Broccoli/ Cauliflower S	35k
Sautéed/ Steamed Broccoli/ Cauliflower L	50k
Additional Broccoli/ Cauliflower 20g	25k
Sautéed/Steamed Green Beans	20k
Sautéed/Steamed Zoodles	40k
Sautéed/Steamed Mushrooms/ Spinach	20k
Caramelized Pumpkin Cubes/ Corn Slices	20k
Sautéed/Steamed Mix Colored Veggies S	25k
Sautéed/Steamed Mix Colored Veggies L	45k
Grilled Onion	20k
Cauliflower Rice	28k
Sweet Potato Grilled/Boiled/MashedP	18k
Potato Grilled/ Boiled/ Mashed	18k
Raw Mixed Color/ Green Leaf Salad	28k
Homemade Sauerkraut S	15k
Homemade Sauerkraut L	25k

**Sweet Potato/ Potato Chips 28k**

## GRAINS & PASTA

**Konjak Noodles (GF, V, Low-Cal, Low-Carb) 38k**

Quinoa Pasta/ Buckwheat Noodles (Gf, V)	38k
Quinoa/ Buckwheat Grain (Gf, V)	38k
Brown Rice/ Red Rice/ Jasmine Rice (GF, V)	15k
Lemon Couscous (contains Gluten)	28k

GF- Gluten-free / GFO- GF Option / V-Vegan / VO-Vegan Option

# CREATE YOUR OWN PLATE

## PROTEIN

### PROTEIN VEGAN

Tofu Scrambled/ Slices	25k
Tempeh S (4pcs)	20k
Tempeh L (8pcs)	35k
Lentil Patty	35k
Chickpea-Mushroom Patty	35k

<b>1 Egg any style order any number</b>	<b>9k</b>
<b>4 Egg White Omelet</b>	<b>35k</b>

### POULTRY & MEAT

Ham (3 Slices)	45k
Premium Imported Bacon (4 Slices)	35k
Chicken Stripes S (4pcs)	40k
Chicken Stripes L (8pcs)	60k
Beef Patty	50k
Beef Stripes	65k
Premium Imported Tenderloin Steak (Australian) 250g	165K
Premium Imported Rib Eye Steak (Australian) 150g	105K

### FISH

Grilled Mahi Mahi	65k
Grilled Tuna	75k
Grilled Salmon	135k
Smoked Salmon (2 Slices)	45k
Grilled Barramundi	80k

### SPREADS, SAUCES & RELISHES GF

Avocado Mayonnaise/ Pesto/ Tomato Ketchup/ Chimichurri/ Tomato - Chilly/ Peanut Sauce/ Tahini	18k
Carrot - Capsicum/ Hummus	20k
Mint-Basil Tzaziki (Nut- & Oil-Free, non-V)	18k
Dijon Mustard	18k
Sambal Matah	18k
Ghee	20k
Extra Butter (non-V)	10k

<b>Slow cooked Tomato Sauce</b>	<b>25k</b>
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### TAKE ME HOME (480ml Jar)

Ghee	225k
Peanut Butter (V)	95k
Protein Peanut Butter (V)	125k

Option to cook with our plain or herbal **Ghee** +20k!

#### Why Ghee?

- improves digestion & immunity
- increases bone density & development
- provides nourishment
- helps balance weight

## WAFFLES & CO

### PROTEIN WAFFLES (non GF & VO, GFO)

Original Waffle	105k
Medium Waffle	80k
Baby Waffle	60k

#### Choose your Topping

<b>Protein</b>	Plant (V)/Whey Vanilla or Chocolate
<b>Base</b>	Ricotta/ Coconut Yoghurt (V)/ Original-/ Spiced Chocolate-/ Protein- Peanut Butter

<b>Topping</b>	Apple-Cinnamon Sauce & Roasted Almonds/1 or 2 Fruits / Strawberries & Blueberries
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### PALEO SWEET POTATO WAFFLES (GF)

<b>Waffle + Smoked Salmon</b> smoked salmon, lettuce, paleo ranch dressing, sour cream, avocado mayonnaise	115k
<b>Waffle + Chocolate</b> chocolate spread, banana, almonds	70k
<b>Waffle + Peanut Butter (V)</b> peanut butter, banana, almonds, golden spices	70k

### KETO WAFFLES (GF)

<b>Keto Choco Waffle</b> topped with cream cheese frosting, pear and roasted walnuts	105k
<b>Keto Coconut Waffle</b> topped with cream cheese frosting, starfruit	105k

### PANCAKES

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

# ALL DAY LONG MOTION FAVORITES

## FAVORITES

<b>Avocado &amp; Eggs I</b> 2 scrambled eggs, avocado cubes, cherry tomatoes, feta, choice of toasted bread	85k
<b>Avocado &amp; Eggs II</b> 2 poached eggs, avocado mash, cherry tomatoes, feta, mixed seeds, choice of toasted bread	85k
<b>Avocado - Pesto Bread (V)</b> avocado mash, cherry tomatoes, mushrooms, pesto, choice of bread	75k
<b>Turkish Breakfast (non GF)</b> 2 eggs any style, olives, feta, cheddar, cherry tomatoes, cucumber, hummus, jam, butter, turkish bread (non GF)	85k
<b>Big Surfer Breakfast</b> 2 eggs any style, cheddar, ham, jam, butter, cherry tomatoes, bread, fruit juice/ salad	90k

<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 slices, mushrooms	65k

<b>Mega Omelet</b> 3 eggs omelet with capsicum mix color, ham, cheddar, choice of toasted bread	85k
<b>Turkish Omelet</b> 3 eggs, spinach, tomato relish, feta cheese, fresh herbs, choice of toasted bread	85k
<b>Keto Ham-Zucchini Muffin (GF)</b> parmesan, ham, zucchini, sour cream, almond flour, eggs	50k
<b>Protein Buzz (GF)</b> 2 poached eggs, potato hash brown, lettuce, lemon slice, olive oil	65k
<b>Protein Kick (V, GF)</b> lentil patty, hummus, avocado slices, grated carrot & beetroot, tomato relish, walnuts	75k

New at Motion:  
**BUILD YOUR OWN  
 MEAL PLAN!**



<b>Raw High Protein Bar (V, non GF)</b> soy protein powder, maple syrup, oats, chia seeds, coconut milk, cashews, coconut flakes, almonds	65k
<b>Vegan Keto Bar (V, GF)</b> almond flour, roasted almonds, cashews, walnuts, coconut oil, vanilla, erythritol, stevia, flaxseeds, speculates spice, coconut syrup	65k
<b>Apple Granola Bowl (VO, non GF, GFO)</b> apple-cinnamon sauce, yogurt, almonds, apple granola	65k
<b>Vanilla Granola Bowl (V, non GF, GFO)</b> coconut yogurt, mango mousse, papaya jam, vanilla granola, almond slices	75k
<b>Bircher Muesli (VO, non GF)</b> oats, apple yogurt, raisins, milk, banana, strawberries, almonds, honey	70k
<b>Fruit Bowl (V, GF)</b> coconut yogurt, walnuts, fruits, peppermint	65k
<b>Chia Seed Coconut Pudding (V, GF)</b> coconut milk, strawberries, mango, chia seeds, cashews, almonds, banana	70k
<b>Blueberry- Banana Bowl (V, non GF, GFO)</b> blueberry-banana mix, mango mousse, almond milk, coconut-chia seed pudding, vanilla granola, mixed seeds, strawberries	95k
<b>Açaí- Banana Bowl (V, non GF, GFO)</b> açaí - banana mix, mango mousse, almond milk, coconut-chia seed pudding, vanilla granola, mixed seeds, strawberries	110k

**Pure Blueberry Bowl with toppings** 120k  
**Pure Açaí Bowl with toppings** 135k

<b>LOW CARB Mie Goreng (GF, V)</b> konjak noodles, carrot, cabbage, spinach, ginger, garlic, onion, gf soy sauce, lime, coriander, cashews, coconut nectar Add protein: Chicken/Mahi Mahi/ Tempeh/ Tofu <b>(Motion Tip: Add Chicken and 1 fried egg)</b>	65k
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## VEGGIES & PASTA

Quinoa Pasta/ Buckwheat Noodles & **Konjak Noodles** GF, V +10k

<b>Veggie Wok (V, GF)</b> mixed veggies, salad, tempeh, brown/ red/ or jasmine rice, vegan ranch dressing	75k
<b>Gluten-free Penne Pasta Pesto (V, GF)</b> with almonds, green salad, mixed seeds	75k
<b>Gluten-free Penne Pasta Tomato (V, GF)</b> with tomato sauce, basil, green salad	75k
<b>Zoodles (V, GF)</b> zucchini noodles, pesto, almonds, peas, cherry tomatoes, fresh basil	95k

# ALL DAY LONG MOTION FITNESS FOODS

## SALADS

<b>Mega Chicken/ Mahi Mahi Salad</b> feta, egg, carrot, cucumber, corn, cherry tomatoes, lettuce, cashews, pineapple, avocado slices	95K
<b>Tropical Vegan Salad (V)</b> beetroot, organic tempeh, mixed seeds, carrot, cucumber, cherry tomatoes, corn, lettuce, pineapple, avocado slices	80K
<b>Paleo Beef &amp; Avocado Salad</b> australian beef stripes, egg, bacon, avocado slices, cherry tomatoes, lettuce, pesto, pumpkin seeds	115K
<b>Smoked Salmon Salad</b> lettuce, feta, mango, avocado, walnuts	115K
<b>Caramelized Pumpkin Salad</b> feta, raisins, quinoa, walnuts, pumpkin seeds, shallots, lettuce	85K
<b>Fitness Plate (V)</b> sweet potato, broccoli, spinach, mushrooms, cucumber, capsicum, hummus, carrot-capsicum dip	80k

<b>Salmon Quinoa Bowl (GF)</b> quinoa, cucumber, mango, avocado, cashews, sour cream, salmon, soy sauce, honey, poached egg	125k
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## KETO SALADS

<b>Keto Chicken Salad</b> shredded chicken, eggs, pickles, onion walnuts, red cabbage, lettuce, mustard-mayonnaise, cheddar cheese, dill, parsley	95k
<b>Keto Smoked Salmon Salad</b> smoked salmon, eggs, avocado cubes, cucumber, lettuce, walnuts, sour creme dill dressing	115k

## DRESSING Vegan

Olive Oil With Balsamic or Lemon	10k
Italian Vinaigrette	10k
Orange - Basil	10k
Vegan Ranch	12k

## DRESSING

Yoghurt-Herb	10k
Paleo Ranch	12k
Honey-Mustard	15k

## KETO LETTUCE WRAPS

<b>Keto Chicken/ Mahi Mahi Tacos</b> chicken/mahi mahi, cheddar, sour cream, lettuce, avocado slices, cherry tomatoes, onions, lime, coriander, lemongrass	85k
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## BURGERS

add gluten-free bun +10k or keto bun +20k

choice of side dish (mixed salad/ veggies/ fries, etc.)

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

## CURRY & SOUPS

add veggies/ grains/ proteins/ breads

Check our Chiller to take them home in our recyclable jars!

<b>Chickpea Curry (V, GF)</b> chickpeas, tomato, cardamom, coriander, cumin, onion, garlic, sweet paprika powder	75k
<b>Jackfruit Vegetable Curry (V, GF)</b> jackfruit, onion, garlic, turmeric, coriander, cumin, ginger, carrot, red capsicum, green beans, tomato, coconut cream, lemongrass	75k
<b>Chicken-Cashew Curry (GF)</b> chicken, carrot, green bean, capsicum, coconut cream, turmeric, onion, garlic, lemon grass	85k
<b>Lentil Soup (V, GF)</b> brown lentils, carrot, capsicum, parsley (option to blend)	75k
<b>Magic Chunky Veggie Soup (V, GF)</b> mixed veggies, spirulina, sesame, parsley (option to blend)	75k
<b>Pumpkin Soup (V, GF)</b> pumpkin seeds, parsley, coconut cream	75k

Check our **Tuck Shop** to take your favorite items home!

# ALL DAY LONG MOTION BONE BROTH

## CHICKEN/BEEF BONE BROTH

<b>Organic Chicken Bone Broth</b> 480ml 12-hour-cooked organic whole chicken	85k
<b>Organic Beef Bone Broth</b> 480ml 12-hour-cooked organic beef bones	85k

**Bone Broth** is rich in collagen and minerals and is fantastic for the digestive system, relieving joint pain and osteoarthritis, detoxifying the liver, aiding in wound healing, preventing aging skin, and has a lot of other health benefits.

Drink it clear or give it a boost and choose one of our favorite combos to add to your broth:

#### **Cleanse +10k**

Finley chopped 1Tbsp. Parsley + 1Tbsp. Cilantro

#### **Overall Wellness +15k**

1Tbsp. Apple Vinegar/Lemon + thinly chopped 1Tbsp. Ginger

#### **Heal & Energy +10k**

1Tsp smashed Garlic + 1Tsp. Turmeric + black Pepper

#### **Fatty Detox +95k**

100g Rib Eye Stripes + 1Tbsp Parsley

#### **Easy Detox +25k**

½ cup cooked Sweet Potato cubes + ½ cup steamed Broccoli  
+ 1Tsp Parsley

### **Experience the power of food as medicine!**

#### **Bone Broth Detox**

Anyone who is frequently experiencing health issues can benefit from this DETOX, as well as those dealing with digestive problems such as leaky gut, autoimmune disorder symptoms, fatigue and sleeping disorders.

#### **Chicken or Beef Bone Broth?**

The best option is a combination of both, since they both provide different nutrients and flavours.

Order your complete **Motion Bone Broth Detox** and learn more about our Meal Plans here:



or stock up in our **Café Tuck Shop** or at one of our partners and create your own Detox.

Recommended is a 1-3 days Bone Broth Detox + adding herbs/spices and other ingredients that suit your detox plan.

We recommend: 1,5l per day= 3 jars Motion Bone Broth

**\*Motion Tip:** Add 1 Spoon of Ghee to your Bone Broth +15k

# ALL DAY LONG HOMEMADE TREATS

## KETO PASTRIES

<b>Vegan Keto Bar (V)</b> almond flour, roasted almonds, cashews, walnuts, coconut fat, vanilla, erythritol, stevia, flaxseeds, speculates spice,	65k
<b>Creamy Keto Lemon Slice</b> almond flour, coconut oil, vanilla, stevia, lemon juice, egg, coconut flour, poppy seeds	55k
<b>Keto Bounty Ball (V)</b> coconut, coconut oil, coconut cream, stevia, cacao powder	35k
<b>Keto Ham-Zucchini Muffin</b> Pro Tip: add green leaf salad parmesan, ham, zucchini, sour cream, almond flour, eggs, baking powder	50k
<b>Bulletproof Coffee Regular/ Large</b> MCT, ghee, espresso, cinnamon, vanilla, pink salt	55k/ 70k

## SNACKS, BARS & MORE

<b>Oat Cookie (V, non GF)</b> oats, whole wheat flour, coconut oil, coconut nectar, vanilla	30k
<b>Peanut Choco Cookie (V, non GF)</b> oats, cassava flour, coconut, coconut nectar, peanut butter, choco chips	30k
<b>Choco Protein Cookie (GF)</b> vegan protein powder, coconut flour, egg, peanut butter, vanilla, erythritol, chocolate	30k
<b>Peanut Power Bar (non GF)</b>	65k
<b>Raw High Protein Bar (non GF)</b>	65k
<b>Blueberry Protein Ball (V, GF)</b>	35k
<b>Coconut Energy Ball (V, non GF)</b>	
<b>Spirulina Protein Ball (V, non GF)</b>	

## SNACKS PACKED

Energy/ Protein Bar Vegan Protein/ Power Bar (non GF)	40k
Salty Snack (curried nuts & seeds)	65k
Power Snack (nuts, cacao beans & gojis)	65k
Mini Oat Cookies (V, non GF)	55k
Mini Peanut Choco Cookies (V, non GF)	55k

## TREATS IN A JAR! Dine-in or take me Home!

<b>Keto Chia Seed Pudding (V)</b> chia seeds, coconut milk, vanilla, peanut butter, almond extract, cacao powder	65k
<b>Keto Choco Coffee Mousse (V)</b> coconut milk, avocado, coconut oil, vanilla, cacao, coffee, stevia, protein powder	65k
<b>Fruity Chia Seed Pudding (V)</b> coconut cream, chia seeds, coconut syrup, almonds, 5 spices, seasonal fruit mousse	65k

## HEALTHY CAKES (GF)

<b>Tropical Vegan Cheese Cake (V, non GF)</b> chia seeds, almond milk, oats, soy protein powder, erythritol, shredded coconut, cinnamon, vanilla, coconut oil, cashews, coconut cream, lemon, agar agar, passionfruit, mango	65k
<b>Chocolate Peanut Sponge Cake</b> eggs, erythritol, coconut oil, coconut flour, cacao powder, peanut butter, coconut cream, raw chocolate	50k
<b>Zucchini Chocolate Chip Muffin</b> flax seeds, cassava flour, honey, cacao, red rice flour, sweet potato flour, zucchini, walnuts, apple, cinnamon, coconut oil	45k
<b>Carrot Cake</b> almond flour, eggs, carrot, shredded coconut, honey, coconut oil, apple sauce, cinnamon, vanilla	45k
<b>Blueberry Cashew Cream-Cheese Cake (V, non GF)</b> mixed bars, choco chip, coconut oil, cashews, coconut nectar & syrup, lemon juice, coconut cream, vanilla, blueberry, chia seeds, cinnamon, cardamon, cloves	65k
<b>Paleo Blueberry Crumble (V)</b> almond flour, blueberries, maple syrup, cinnamon, vanill	65k
<b>Paleo Brownie</b> zucchini, coconut, raw chocolate, dates, pumpkin seeds, eggs	45k
<b>Light Chocolate Brownie</b> cassava flour, eggs, butter, yoghurt, honey, walnuts, espresso, cacao	45k
<b>Protein Apple Muffin (non GF)</b> Coconut Yogurt, Apple, Oats, Stevia, Whey Protein Vanilla, Erythritol, Eggs, Cinnamon, Unsalted Butter	55k

# MOTION DRINKS COLD

We have **sustainable** and **compostable** **Takeaway Cups** and **Lids!**  
+5k if you want to take our drinks to-go

## HEALTHY FITNESS DRINKS 600ml

<b>HEAL MEDICINE</b> -Turmeric Boost <b>V</b> fresh turmeric, ginger, black pepper, lemon, water	55k
<b>HEAL MEDICINE</b> -Turmeric Boost & Honey	55k
<b>COCO HYDRATE</b> - Coconut Water	35k
<b>BURN SHAPE</b> - Slim Tonic pineapple, cinnamon, water	55k
<b>PUSH ENERGY</b> - Green Lean Tea green tea, lemon, lime, water	55k
<b>FUEL MINERAL</b> - Probiotics & Electrolytes apple vinegar, ginger, turmeric, lemon, clove, anise, cinnamon, black pepper	55k
<b>FLUSH DETOX</b> - Pure Elixir parsley, ginger, lemon, cucumber, water	55k

## FRESH & COLD-PRESSED JUICES 400ml

<b>Frog</b>	apple, parsley, spinach, basil, cucumber, lemon, ginger	55k
<b>Sexy</b>	beetroot, carrot, orange, ginger	55k
<b>Alkaline</b>	cucumber, mango, celery, spinach, orange	55k
<b>Detox</b>	beetroot, carrot, apple, ginger, lime	55k
<b>Orange</b>	fresh squeezed oranges, ice	55k
<b>Magic</b>	watermelon, pineapple, orange, mint	55k
<b>Gold</b>	pineapple, orange, lemon, ginger	55k

## SHOTS - IMMUNE BOOSTERS

Beetroot / Turmeric / Apple Cider Vinegar/ Papaya Leaf/ Wheat Grass / Ginger / Spirulina	30k
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## PROTEIN SHAKES

### PROTEIN SHAKE 600ml

Whey / Soy (V) / Pea (V) Protein Shake Flavor: Vanilla / Chocolate -with water	55k
Fresh Milk / Skim Milk	65k
Soy Milk / Coconut milk / Coconut Water	70k
Almond Milk / Cashew Milk / Oat Milk	75k
Add 1 Scoop Protein (28g)	35k

<b>Mass Gainer Shake</b>	
Fresh Milk / Skim Milk	85k
Soy Milk / Coconut milk / Coconut Water	90k
Almond Milk / Cashew Milk / Oat Milk	95k

### SIGNATURE PROTEIN SHAKES 600ml

<b>GAINER PROTEIN SHAKE (non GF)</b> vanilla whey/plant/soy protein, oats, cacao powder,banana, peanut butter, almond milk, dates	95k
<b>MOCHA PROTEIN SHAKE</b> chocolate whey/soy/plant protein, espresso, banana, peanut butter, almond milk	90k
<b>THE BURNER</b> vanilla whey/plant/soy protein, cinnamon, moringa, turmeric, chili powder, cacao beans, almond milk	95k
<b>THE POWER GREEN</b> vanilla whey/plant/soy protein, spinach, moringa, orange & lemon juice, banana	105k
<b>AÇAÍ PROTEIN SHAKE</b> vanilla whey/plant/soy protein, açai berries, mixed berries, banana, mint, almond milk	105k

### SMOOTHIES 400ml

<b>Green</b>	spinach, banana, lemon, parsley, flax seeds, yogurt	60k
<b>Tropy</b>	banana, mango, flax seeds, yogurt	60k
<b>Passion</b>	passion fruit, mango, pineapple, banana, coconut cream	60k
<b>Berry</b>	strawberry, blueberry, banana, flax seeds, yogurt (Pure Blueberry + 25k)	60k
<b>Keto</b>	avocado, spinach, plant protein, powder, coconut milk, coconut oil, matcha powder	70k
<b>Açaí</b>	açaí, blueberry, banana, strawberry, mint, almond milk (Pure Açaí +25k)	95k

### MILKSHAKES 400ml

<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 Change Milk to Soy or Coconut Milk	48k 55k
Change Milk to Cashew or Almond Milk	60k

# MOTION DRINKS HOT/ ICED

We have **sustainable** and **compostable** **Takeaway Cups** and **Lids!**  
**+5k** if you want to take our drinks to-go

## TEA

Green Jasmine / Pure Green Tea / English Breakfast	28k
Chamomile / Peppermint	30k
Original / Homemade Chai Tea / Slimming	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
Moccachino	37k
Decaf coffee	+10k

### Bulletproof Coffee Regular/ Large

MCT, ghee, espresso, cinnamon, vanilla, pink salt

55k/  
70k

## ICED COFFEE

Iced Latte	37k
Iced Cappuccino	37k
Iced Frappuccino	37k
Iced Black Coffee	35k
Iced/Hot Coffee With Vanilla Ice Cream	55k
Iced Chocolate Frappuccino	37k

## HOT DRINKS

Golden Spice Latte (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 / Oat Milk	15k
Coconut Syrup / Honey / Maple Syrup	5k

Lemon Squash 600ml	45k
Balian Sparkling 330ml	35k
Balian Still 330ml	25k
Orange Squash 600ml	45k
Apple Spritzer 600ml	45k
Kombucha- various flavors	49k
Whole Coconut	35k

## ALCOHOLIC BEVERAGES

Bintang Small	35k
San Miguel Light	40k

Scan our QR Code to get the **Macros** for all our dishes and drinks!



Get more information about all our **Meal Plans** and order here:

