

BUILD YOUR OWN BREAKFAST BUFFET

IDR 220.000 PER PERSON

BOWLS (CHOOSE 1 PER DAY)

BLUEBERRY SMOOTHIE BOWL
GREEN SMOOTHIE BOWL
TROPICAL SMOOTHIE BOWL
COCONUT YOGURT BOWL

BREAD MIXED BASKET (CHOOSE 3 PER DAY)

COCONUT BANANA BREAD
HOMEMADE ZUCCHINI BREAD (VO)
HOMEMADE BUCKWHEAT BREAD
HOMEMADE STONE AGE BREAD
HOMEMADE FITNESS BREAD
HOMEMADE KETO BREAD (NON V)
SOURDOUGH BREAD (CONTAINS GLUTEN)
MULTIGRAIN BREAD (CONTAINS GLUTEN)
MINI PROTEIN WAFFLE (VANILLA OR CHOCO)

SWEET POTATO HASH BROWN (NON V)
PALEO PANCAKES

CONDIMENTS (CHOOSE 3 PER DAY)

MOTION PEANUT BUTTERS OR GHEE
TOMATO RELISH
MASHED AVOCADO
SAUTEED SPINACH
SAUTEED MUSHROOMS

FETA, CHERRY TOMATOES, BASIL OR
MARINATED VEGAN FETA CHEESE

KALIMANTAN OLIVES (50gr/portion 45.000 IDR)

FRUITS (CHOOSE 1 PER DAY)

WINTER-STYLE FRUIT SALAD
(Apple, Orange, Pears, Banana, Blueberries,
Orange Juice, Roasted Walnuts, Vanilla,
Cinnamon)

TROPICAL FRUIT SALAD
(Papaya, Mango, Watermelon, Pineapple,
Dragonfruit, Passionfruit, Orange Juice, Mint)

HOMEMADE APPLE CINNAMON SAUCE

PROTEIN (CHOOSE 3 PER DAY)

2 EGGS ANY STYLE
(PER PERSON FRESHLY MADE)

CURRIED SCRAMBLED TOFU
MARINATED TEMPEH HEARTS
CRISPY IMPORTED BACON (2 slices/Person)

SMOKED SALMON (2 slices, 45.000idr/person)

STANDARD TOPPINGS

HOMEMADE VANILLA GRANOLA
HOMEMADE APPLE GRANOLA
HOMEMADE LOW CARB NUT FREE GRANOLA

JUICE BOTTLE (300 ML)

FROG JUICE
ALOE VERA JUICE
DETOX JUICE
MAGIC JUICE
ORANGE JUICE

BUILD YOUR OWN LUNCH & DINNER

BUFFET IDR 260.000 PER PERSON

VEGETABLES (CHOOSE 2 PER SERVING)

VEGETABLE PAD THAI WITH ORGANIC TEMPEH

ITALIAN-STYLE ROASTED COLOURFUL VEGETABLES

SAUTEED MIXED GREEN VEGETABLES

OVEN-ROASTED PUMPKIN SLICES WITH HERBS DE PROVENCE

OVEN-ROASTED CARROTS
GREEN BEANS WITH/WITHOUT BACON
RED GAZPACHO SOUP

SIDES (CHOOSE 3 PER SERVING)

- BROWN RICE PILAF
- PULLED JACKFRUIT
- TABBOULEH (NON GF)
- SWEET POTATO WEDGES
- ZOODLES WITH PEAS
- CURRIED CAULIFLOWER RICE
- ROASTED ASPARAGUS

PROTEIN (CHOOSE 3 PER DAY)

FALAFEL
LENTIL PATTIES
CHICKPEAS CURRY
GRILLED MAHI MAHI FILET
CHICKEN STRIPES

CHICKEN BREAST FILLED WITH FETA & DATES
OR FETA & SPINACH

PALEO FRITTATA
MARINATED TEMPEH HEARTS
TUNA SKEWERS

GRILLED SALMON FILLET (95.000K/PERSON)
BEEF PATTY (110GR/ 55K)

TENDERLOIN BEEF STEAK IMPORTED
AUSTRALIAN GRAS FED (120GR/ 95.000K)

SALADS (CHOOSE 2 PER SERVING)

GREEN HERBAL SALAD
BEETROOT - TARRAGON CHICKEN SALAD
POMELO MANGO CUCUMBER MINT SALAD
TROPICAL SALAD
AVOCADO TOMATO SALAD

GREEK SALAD WITH COW OR VEGAN FETA
CHEESE

TOPPINGS (CHOOSE 2 PER SERVING)

MIXED ROASTED SEEDS
ROASTED CASHEWS
ROASTED ALMONDS SLICES
COW OR VEGAN FETA CHEESE
LIME SLICES

FRESH MIXED HERBS
(Basil, Mint, Parsley, Coriander)

DRESSING & DIPS (5 PER SERVING)

TOMATO RELISH
CHICKPEAS HUMMUS
EDAMAME HUMMUS
VEGAN TUNA DIP
AVOCADO MUSTARD MAYONAISE
CARROT CAPSICUM SPREAD
TOMATO CHILLY
BASILIKUM PESTO
PEANUT SAUCE
TZAZIKI
OLIVE OIL & LIME
VEGAN PALEO RANCH DRESSING

GLUTEN FREE BREAD (2 PER SERVING)

STONE AGE BREAD
FITNESS BREAD
BUCKWHEAT BREAD
KETO BREAD (NON V)
GARLIC CRUST (CONTAINS GLUTEN)
BRUSCHETTA (CONTAINS GLUTEN)
ZUCCHINI BREAD (VO)
SOURDOUGH

CHOOSE YOUR EXTRAS

CAKES & BROWNIES (IDR 45)

- CARROT CAKE
- PALEO BROWNIE
- COCONUT BANANA BREAD

COOKIES (IDR 30)

- OAT COOKIE (V, NON GF)
- PEANUT CHOCO COOKIE (V, NON GF)
- CHOCO PROTEIN COOKIE (GF)

TREATS IN A JAR (IDR 65)

- KETO CHIA SEED PUDDING (V)
- KETO CHOCO COFFEE MOUSSE (V)
- FRUITY CHIA SEED PUDDING (V)

IMMUNE BOOSTER (IDR 30)/SHOTS

BEETROOT / TURMERIC / APPLE CIDER VINEGAR / PAPAYA LEAF / WHEAT GRASS / GINGER / SPIRULINA

KETO PASTRIES

- VEGAN KETO BAR (V) IDR 65
- CREAMY KETO LEMON SLICE IDR 55
- KETO BOUNTY BALL (V) IDR 35
- KETO HAM-ZUCCHINI MUFFIN IDR 50

BARS & BALLS

- PEANUT POWER BAR (NON GF) IDR 65
- RAW HIGH PROTEIN BAR (NON GF) IDR 65
- COCONUT ENERGY BALL (V, NON GF) IDR 35
- SPIRULINA PROTEIN BALL (V, NON GF) IDR 35
- BLUEBERRY PROTEIN BALL (V) IDR 35

HEALTHY DRINKS (600ML)

- WHOLE COCONUT IDR 35
- HEAL MEDICINE IDR 55
- COCO HYDRATE IDR 35
- PUSH ENERGY IDR 55
- BURN SHAPE IDR 55
- FLUSH DETOX IDR 55
- FUEL MINERAL IDR 55

MOTION CATERING FINGERFOOD

IDR 330.000 PER PERSON

FINGERFOOD CATERING

- Falafel Sate with light yogurt dip & fresh mint
- Miracle Soup topped with fresh herbs
- Mini Chickpea Almond Burger & caramelized onions with gluten-free bun
- Zoodle Spoons with basil pesto topped with cherry tomato salsa
- Mini Frittatas topped with Parmesan Cheese
- Mini Lettuce Tacos filled with shredded beetroot & tarragon chicken
- Mini Greek Salad Cups
- Edamame hummus on seed cracker topped with slices of roasted veggies topped with fresh herbs
- Mini Paleo zucchini bread with avocado tomato salsa
- Fish cakes with chimichurri sauce
- Tuna Kebab Skewers
- Green Gazpacho topped with dried Tomatoes slices
- Mini Keto Chicken Tacos topped with cheddar cheese
- Mini Keto Bun Burger with beef patty and cornichons, red cabbage, homemade tomato salsa, and mustard
- Sauerkraut on mashed sweet potato with crunchy bacon bites
- Vegan Feta Cheese Crumbles on curried cauliflower rice and avocado herb dip
- Mini sweet potato hash browns topped with sour cream and smoked salmon and fresh dill