

ALL DAY BREAKFAST, LUNCH & DINNER

BREAKFAST

Avocado & Eggs I 2 scrambled eggs, sliced avocado, cherry tomatoes, feta, choice of toasted bread	90k	Apple Granola Bowl (VO, non-GF, GFO) apple-cinnamon sauce, yogurt, almonds, apple granola	75k
Avocado & Eggs II 2 poached eggs, avocado mash, cherry tomatoes, feta, mixed seeds, choice of toasted bread	90k	Vanilla Granola Bowl (V, non-GF, GFO) coconut yogurt, mango mousse, papaya jam, vanilla granola, almond slices	80k
Avocado - Pesto Bread (V) avocado mash, cherry tomatoes, mushrooms, pesto, choice of bread	80k	Bircher Muesli (VO, non GF) oats, apple yogurt, raisins, milk, banana, strawberries, almonds, honey	75k
Turkish Breakfast (non-GF) 2 eggs any style, olives, feta, cheddar, cherry tomatoes, cucumber, hummus, jam, butter, Turkish bread (non-GF)	95k	Fruit Bowl (V, GF) coconut yogurt, walnuts, fruits, peppermint	75k
Big Surfer Breakfast 2 eggs any style, cheddar, ham, jam, butter, cherry tomatoes, bread, fruit juice/ salad	95k	Chia Seed Coconut Pudding (V, GF) coconut milk, strawberries, mango, chia seeds, cashews, almonds, banana	80k
Protein Bagel Plate 2 eggs any style, smoked salmon & fresh dill, green asparagus, cucumber slices, protein bagel Choose between cottage or ricotta cheese	125k	Blueberry- Banana Bowl (V, non-GF, GFO) blueberry-banana mix, mango mousse, almond milk, coconut-chia seed pudding, vanilla granola, mixed seeds, strawberries	105k
Paleo Plate 2 poached eggs, sweet potato hash brown, spinach, tomato relish	80k	Açaí- Banana Bowl (V, non-GF, GFO) açai - banana mix, mango mousse, almond milk, coconut-chia seed pudding, vanilla granola, mixed seeds, strawberries	115k
Paleo Fit & Slim I 3 egg white omelet with spinach, tomato, smoked salmon, seeds, and herbs	90k	The Pure Bowls Pure Blueberry Bowl with toppings	120k
Paleo Fit & Slim II 3 egg white omelet with spinach, tomato relish, avocado slices, mushrooms	75k	Pure Açai Bowl with toppings	135k
Mega Omelet 3 eggs omelet with capsicum mix color, ham, cheddar, choice of toasted bread	85k	<ul style="list-style-type: none"> • PROTEIN WAFFLE • PROTEIN WAFFLE (Gf+V) • KETO CHOCO WAFFLES (Gf) 	
Turkish Omelet 3 eggs, spinach, tomato relish, feta cheese, fresh herbs, choice of toasted bread	85k	Original Waffle	110k
Keto Ham-Zucchini Muffin Plate (GF) green leaf salad and avocado slices with chimichurri sauce	70k	Medium Waffle	85k
Protein Buzz (GF) 2 poached eggs, potato hash brown, raw kale, lemon slice, olive oil	70k	Baby Waffle	65k
Protein Kick (V, GF) lentil patty, hummus, avocado slices, grated carrot & beetroot, tomato relish, walnuts	85k	Choose your Base & Topping	
PANCAKES		Protein	Plant (V)/Whey Vanilla, Chocolate or Plain
Banana-Oat Pancakes (non-GF, GFO) grated coconut, fruits, maple syrup	75k	Base	Ricotta/Cottage Cheese/Coconut Yoghurt (V)/ Original/Spiced Chocolate Protein - Peanut Butter/Chocolate Spread/ Keto Cream Cheese Frosting/Feta/ Sliced or Mashed - Avocado/Hummus
Paleo Apple Cinnamon Pancakes (GF) maple syrup, almonds, apple sauce	75k	Topping	Apple-Cinnamon Sauce & Roasted Almonds/ 1 or 2 Fruits / Strawberries & Blueberries/ Bacon/Ham/Cheddar/Eggs any style/Mixed Veggies
		Paleo Sweet Potato Waffle + Smoked Salmon	125k
		smoked salmon, lettuce, paleo ranch dressing, sour cream, avocado mayonnaise	
		Paleo Sweet Potato Waffle + Chocolate	80k
		chocolate spread, banana, almonds, cinnamon	
		Paleo Sweet Potato Waffle + Peanut Butter (V)	80k
		peanut butter, banana, almonds, tumeric	

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

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SALADS (GF)

Mega Chicken/ Mahi Mahi Salad 105k
feta, egg, carrot, cucumber, corn, cherry tomatoes, lettuce, cashews, pineapple, avocado slices

Tropical Vegan Salad (V) 85k
beetroot, organic tempeh, mixed seeds, carrot, cucumber, cherry tomatoes, corn, lettuce, pineapple, avocado slices

Paleo Beef & Avocado Salad 135k
premium imported beef stripes, egg, bacon, avocado slices, cherry tomatoes, lettuce, pesto, pumpkin seeds

Smoked Salmon Salad 125k
lettuce, feta, mango, avocado, walnuts

Fitness Plate (V) 85K
sweet potato, broccoli, spinach, mushrooms, cucumber, capsicum, hummus, carrot-capsicum

Salmon Quinoa Bowl (GF) 125k
quinoa, cucumber, mango, avocado, cashews, sour cream, salmon, soy sauce, honey, poached egg

Chopped Chicken Salad NEW 105k
Chicken, Lettuce, Iceberg, Red Cabbage, Carrot, Cucumber, Avocado, Corn, Parmesan, Pumpkin Seeds, Yoghurt Dressing, Poached Egg

Caramelized Pumpkin Salad NEW 95k
Lettuce, Broccoli, Chickpeas, Quinoa, Red Cabbage, Pumpkin, Fresh Herbs, Goji Berries, Feta Cheese, Sunflower & Sesame Seeds, Italian Dressing

KETO SALADS (GF)

Keto Chicken Salad (GF) 105k
shredded chicken, eggs, pickles, onion walnuts, red cabbage, lettuce, mustard-mayonnaise, cheddar cheese, dill, parsley

Keto Smoked Salmon Salad (GF) 125k
smoked salmon, eggs, avocado cubes, cucumber, lettuce, walnuts, sour creme dill dressing

KETO LETTUCE WRAPS GF

Keto Chicken/ Mahi Mahi Tacos 95k
chicken/mahi mahi, cheddar, sour cream, lettuce, avocado slices, cherry tomatoes, onions, lime, coriander, lemongrass

VEGGIES, PASTA & GRAINS

LOW CARB Mie Goreng (GF, V) 65k
konjak noodles, carrot, cabbage, spinach, ginger, garlic, onion, gfs soy sauce, lime, coriander, cashews, coconut nectar, sambal matah
Add protein: Chicken/Mahi Mahi/ Tempeh/ Tofu
(Motion Tip: Add Chicken and 1 poached egg)

Salmon Brown Rice Wok (GF) 125k
salmon, brown rice, carrot, bok choy, garlic, onion, fresh herbs, lemon, paleo dressing

Veggie Wok (V, GF) 85k
mixed veggies, salad, tempeh, brown/ red/or jasmine rice, vegan ranch dressing

Quinoa Pasta Pesto (V, GF) 85k
with almonds, green salad, mixed seeds
Add cheese (Cheddar/ Parmesan) +15k

Quinoa Pasta Tomato (V, GF) 85k
with tomato sauce, basil, green salad
Add cheese (Cheddar/ Parmesan) +15k

Pesto Zoodles (V, GF) 95k
zucchini noodles, pesto, almonds, peas, cherry tomatoes, fresh basil

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

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

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

BURGERS add gluten-free bun +10k or keto bun +20k
choice of side dish (mixed salad/ veggies/ fries, etc.)

Lentil Burger (V) 85k
lentil patty, avocado slices, tomato, tahini

Chicken Burger 95k
chicken breast, avocado slices, boiled egg, carrot, lettuce, pickles homemade mayonnaise

Cheese Beef Burger 105k
beef patty, cheddar, tomato, pickle, caramelized onion, mustard mayonnaise

CHICKEN & BEEF BONE BROTH GF

24hour-cooked organic beef bones and whole chicken

Organic Chicken Bone Broth 480 ML 95k
Organic Beef Bone Broth 480 ML 115k

HEAL & ENERGY Combo for your broth:

ADD 1Tsp smashed Garlic + 1Tsp. Turmeric + Black Pepper 10K

CURRY & SOUPS add veggies/grains/proteins/breads

Chickpea Curry (V, GF) 75k
chickpeas, tomato, cardamom, coriander, cumin, onion, garlic, sweet paprika powder, coconut cream

Chicken-Cashew Curry (GF) 85k
chicken, carrot, green bean, capsicum, coconut cream, turmeric, onion, garlic, lemon grass

Lentil Soup (V, GF) 75k
brown lentils, carrot, capsicum, parsley
(option to blend)

Magic Chunky Veggie Soup (V, GF) mixed 75k
veggies, spirulina, sesame, parsley
(option to blend)

Pumpkin Soup (V, GF) 75k
pumpkin seeds, parsley, coconut cream

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CREATE YOUR PLATE

BASE FOR YOUR BOWL Vegan

Coconut Yogurt 120g	25k
Coconut Milk	20k
Organic Soy / Almond/ Oat Milk	25k
Chia Seed Pudding with Coconut Mil	45k
Green Smoothie Bowl	45k
Açaí Smoothie Bowl	65k
Blueberry Smoothie Bowl	55k
Pure Açaí Bowl	90k
Pure Blueberry Bowl	70k

NON-VEGAN

Yogurt 150g	25k
Fresh Milk / Skim Milk	15k

GRANOLAS & PORRIDGE Vegan & GFO

Apple OR Vanilla Granola add base (non-GF)	20k
Low Carb Nutfree Granola add base (GF) 60g	20k
Oatmeal-Vanilla & Coconut Water (non-GF)	25k

Add Toppings as Fruits, Nuts, and Seeds

Walnuts/ Almonds/ Cashews/ Mix (40g)	20k
Pumpkin/ Sunflower/ Sesame/ Flax Seeds/ Mix (20g) 1 Tbsp Peanut Butter (Original)	20k 12k
1 Tbsp Protein Peanut Butter	20k
1 Tbsp Spiced Choco Peanut Butter	18k

FRUITS

Mixed Fruit Salad S	20k
Mixed Fruit Salad L	40k
Choose: Banana, Blueberry, Papaya, Pineapple, Dragon Fruit, Apple, Pear, Orange, Seasonal: Strawberry, Mango	
Cinnamon Apple (cubes/ sauce)	25k

BREADS & BAGELS (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 and Buckwheat Base, GF) 1 slice	15k
Protein Bread (Oats, yogurt, chia seeds, flax seed mixed seeds, ground, whey, eggs, GF)	20k
Keto Bun (Almond & Mozzarella Base, non V)	40k
Protein Bagel Tip: add. cottage cheese or ricotta to it	40k
Banana Coconut Bread	45k
Whole Wheat Multi-Grain Bread (non-GF)	20k
Sourdough (non-GF)	20k
Turkish Bread (non-GF)	25k
Seed Cracker	15k

HASHBROWNS

Potato Hash Brown (VO, GF)	28k
Sweet Potato Hash Brown (VO, GF)	28k

SPREADS, SAUCES & RELISHES (GF)

Avocado Mayonnaise/ Pesto/ Tomato Ketchup/ Chimichurri/ Tomato - Chilli/ Tahini	18k
Carrot - Capsicum Spread/ Hummus	20k
Dijon Mustard	18k
Sambal Matah	18k
Ghee	20k
Extra Butter (non-V)	10k

Slow cooked Tomato Sauce	25k
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PROTEIN

VEGAN

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

EGGS, Poultry & Meats

1 Egg any style order any number	9k
4 Egg White Omelet	35k
Ham (3 Slices)	45k
Premium Imported Bacon (4 Slices)	35k
Chicken Stripes S (4pcs)	40k
Chicken Stripes L (8pcs)	60k
Curried Chicken Breast filled with Feta & Dates	65k
Curried Chicken Breast filled with Spinach & Tomato Relish	65k
Homemade Beef Patty (NON GF)	50k
Premium Imported Beef Stripes	85k
Premium Imported Tenderloin Steak (Australian) 250g	165k
Premium Imported Rib Eye Steak (Australian) 150g	105k

FISH

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

CHEESE

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

VEGETABLE

Cucumber, Capsicum, Carrots, Raw Cherry	20k
Tomatoes, Beetroot (slices/sticks or cube), Mashed Avocado	
Sautéed/Steamed	
Kale / Bok Choy	25k
Broccoli/ Cauliflower S/L	35/50k
Additional Broccoli/ Cauliflower 20g	25k
Zoodles	40k
Green Beans, Mushrooms, Spinach, Caramelized	25k
Pumkin Cubes/ Corn Slices	
Mix Colored Veggies S/L	25/45k
Green Asparagus	35k
Grilled Onion Rings	25k
Curried Cauliflower Rice	28k
Potato/Sweet Potato Grilled,Boiled, Mashed	20k
Raw Mixed Color/ Green Leaf Salad Homemade	28k
Homemade Sauerkraut S/L	15k/25k

Sweet Potato Chips / French Fries	28k
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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

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HOMEMADE TREATS

SNACKS, BARS & MORE

Oat Cookie (V, non GF)	30k
oats, whole wheat flour, coconut oil, coconut nectar, vanilla	
Peanut Choco Cookie (V, non-GF)	30k
oats, cassava flour, coconut, coconut nectar, peanut butter, choco chips	
Choco Protein Cookie (GF)	30k
vegan protein powder, coconut flour, egg, peanut butter, vanilla, erythritol, chocolate	
Vegan Keto Bar (V)	65k
almond flour, roasted almonds, cashews, walnuts, coconut fat, vanilla, erythritol, stevia, flaxseeds, speculates spice	
Raw High Protein Bar (V, non-GF)	65K
soy protein powder, maple syrup, oats, chia seeds, coconut milk, cashews, coconut flakes, almonds	
Keto Bounty Ball (V)	35k
coconut, coconut oil, coconut cream, stevia, cacao powder	
Coconut Energy Ball (V, non GF)	35k
Oats, Flax Seeds, Sunflower Seeds, Peanut Butter, Coconut Syrup, Coconut Flakes	
Spirulina Protein Ball (V, non GF)	35k
Spirulina, Pumpkin Seeds, Sunflower Seeds, Vanilla, Oats, Coconut Nectar, Sesame Seeds, Lime Juice	

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

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

MOTION BARS

Protein/Vegan Protein (non GF) Salty	40k
Snack (curried nuts & seeds) 200g	85k
Power Snack (nuts, cocoa beans & gojis) 200g	85k

HEALTHY CAKES

Tropical Cashew Cheese Cake (V, non-GF)	65k
chia seeds, almond milk, oats, soy protein powder, erythritol, shredded coconut, cinnamon, vanilla, coconut oil, cashews, coconut cream, lemon, agar agar, passionfruit, mango	
Triple Chocolate Cake (GF)	65k
Egg, Yoghurt, Raw Chocolate, Peanut Butter, Cassava, Coffee, Butter, Vanilla, Erythritol, Honey	
Carrot Cake (GF)	45k
almond flour, eggs, carrot, shredded coconut, honey, coconut oil, apple sauce, cinnamon, vanilla	
Blueberry Cashew Cheese Cake (V, non-GF)	65k
mixed bars, choco chip, coconut oil, cashews, coconut nectar and syrup, lemon juice, coconut cream, vanilla, blueberry, chia seeds, cinnamon, cardamom, cloves	
Paleo Blueberry Crumble (GF, V)	65k
almond flour, blueberries, maple syrup, cinnamon, vanilla	
Apple Banana Walnut Crumble (P, GF)	45k
banana, egg, maple syrup, coconut oil, almond flour, cinnamon, walnuts, apple	
Light Chocolate Brownie (GF)	45k
cassava flour, eggs, butter, yogurt, honey, walnuts, espresso, cocoa	
Zucchini Chocolate Chip Muffin (GF)	45k
flax seeds, cassava flour, honey, cacao, red rice flour, sweet potato flour, zucchini, apple, cinnamon, coconut oil	
Protein Apple Muffin (non-GF)	55k
coconut yogurt, apple, oats, stevia, whey protein vanilla, erythritol, eggs, cinnamon, unsalted butter	
Protein Lemon Muffin (GF)	55k
Buckwheat flour, cassava flour, banana, plain yogurt, honey, eggs, vanilla extra, lemon, lemon juice, vanilla whey protein powder, baking powder, baking soda	
Creamy Keto Lemon Slice (GF)	55k
almond flour, coconut oil, vanilla, stevia, lemon juice, egg, coconut flour, poppy seeds	

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

New at Motion:
BUILD YOUR OWN MEAL PLAN



Scan me!

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MOTION DRINKS

COLD

HEALTHY FITNESS DRINKS 600ml

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

PROTEIN SHAKES 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 / Oat Milk	75k
Add 1 Scoop Protein (28g)	35k
GAINER PROTEIN SHAKE (non-GF) vanilla whey/plant/soy protein, oats, cocoa powder banana, peanut butter, almond milk, dates	95k
MOCHA PROTEIN SHAKE chocolate whey/soy/plant protein, espresso, banana, peanut butter, almond milk	90k
THE BURNER vanilla whey/plant/soy protein, cinnamon, moringa, turmeric, chili powder, cocoa beans, almond milk	95k
THE POWER GREEN vanilla whey/plant/soy protein, spinach, moringa, orange & lemon juice, banana	105k
AÇAÍ PROTEIN SHAKE vanilla whey/plant/soy protein, açai berries, mixed berries, banana, mint, almond milk	105k
KETO PROTEIN SHAKE vanilla whey/plant/soy protein, avocado, spinach, plant protein, powder, coconut milk, coconut oil, matcha powder	95k

FRESH COLD PRESSED JUICES 400ml

FROG - apple, parsley, spinach, basil, cucumber, lemon, ginger	55k
SEXY - beetroot, carrot, orange, ginger	55k
ALKALINE - cucumber, mango, celery, spinach, orange	55k
DETOX - beetroot, carrot, apple, ginger, lime	55k
ORANGE - fresh squeezed oranges, ice	55k
MAGIC - watermelon, pineapple, orange, mint	55k
GOLD - pineapple, orange, lemon, ginger	55k

SHOTS - IMMUNE BOOSTER

Beetroot / Turmeric / Apple Cider Vinegar/ Papaya Leaf/ Wheat Grass / Ginger / Spirulina	30k
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SMOOTHIES 400ml

Green - spinach, banana, lemon, parsley, flax seeds, yogurt	60k
Tropy - banana, mango, flax seeds, yogurt	60k
Passion - passion fruit, mango, pineapple, banana, coconut cream	60k
Berry - strawberry, blueberry, banana, flax seeds, yogurt	60k
Açaí - açai, blueberry, banana, strawberry, mint, almond milk	95k

MILKSHAKES 400ml

Banana-Peanut-Almond banana, peanut butter, vanilla ice cream, almonds, fresh milk	48k
Avocado-Chocolate avocado, fresh milk, vanilla ice cream, cocoa powder	48k
Vanilla Bean vanilla, milk, vanilla ice cream, honey	48k
Change Milk to Soy/Coconut Milk	55k
Change Milk to Oat/Almond Milk	60k

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

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MOTION DRINKS

HOT

TEA

Green Jasmine / Pure Green Tea / English Breakfast	28k
Chamomile / Peppermint	30k
Homemade Chai Tea / Slimming	35k

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

MCT, ghee, espresso, cinnamon, vanilla, pink salt	
Regular	55k
Large	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

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HOT DRINKS

Golden Spice Latte (Tip: add espresso)	32k
Chai Latte	35k
Matcha Latte	35k
Babyccino	15K
Hot Chocolate	30K

EXTRAS

Espresso Shot	10k
Fresh Milk / Skim Milk	5k
Coconut Milk / Organic Soy Milk	10k
Almond Milk / Oat Milk	15k
Coconut Syrup / Honey / Maple Syrup	5k
Balian Sparkling 330ml	35k
Balian Still 330ml	25k
Lemon Squash 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

for all our dishes & drinks!



Get more information about all our

and order here:

