

# BUILD YOUR OWN BREAKFAST BUFFET

IDR 345.000 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 395.000 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 395.000 PER PERSON FOR 10 ITEMS OR 5  
ITEMS FOR 225.000 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