ALL DAY BREAKFAST, LUNCH & DINNER

Avocado & Eggs I (GFO) 90k
2 scrambled eggs, sliced avocado, cherry tomatoes, feta, choice of toasted bread

Avocado & Eggs II (GFO) 90k
2 poached eggs, avocado mash, cherry tomatoes, feta, mixed seeds, choice of toasted bread

Avocado Pesto Bread (V, GFO) 80k
avocado mash, cherry tomatoes, mushrooms, pesto, choice of toasted bread

Turkish Breakfast 115k
2 eggs any style, olives, feta, cheddar, cherry tomatoes, cucumber, hummus, jam, grass-fed butter, choice of toasted bread

Big Surfer Breakfast (GFO) 115k
2 eggs any style, cheddar, ham **45g**, honey, grass-fed butter, cherry tomatoes, choice of toasted bread, fruit juice/salad

Protein Breakfast Plate 140k
2 eggs any style, smoked salmon **45g**, fresh dill, green asparagus, cucumber slices, 2 slices of protein bread, ricotta cheese

Sweet Potato Florentine (GF) 80k
2 poached eggs, sweet potato hash brown, sautéed spinach, tomato relish

Fit & Slim Egg White Omelet (GF) 90k
3 egg white omelet with smoked salmon **20g**, spinach, tomato, seeds, and herbs

Mega Omelet (GFO) 85k
3 eggs omelet with capsicum mix color, ham **30g**, cheddar, choice of toasted bread, tomato relish

Turkish Omelet (GFO) 85k
3 eggs, spinach, tomato relish, feta cheese, fresh herbs, choice of toasted bread

Açaí Bowl (V, GFO) 115k
açaí, almond milk, vanilla granola, dry coconut, pomelo, banana, chia seeds

Bircher Muesli (VO) 65k
oats, apple, yogurt, raisins, milk, banana, almonds, honey

Fruit Bowl (V, GF) 75k
choice of Greek/coconut yogurt, walnuts, fruits, peppermint

Please inform our staff if you have any **ALLERGIES**!

GRILLED SANDWICHES

Vegan Kimchi Sandwich (V) 105k
tempeh, kimchi, sourdough, red cabbage, caramelized onion, green leaf salad

Kimchi Chicken Cheese Sandwich 115k
kimchi, sourdough, black sesame, red cabbage, cheddar cheese, avocado mayonnaise, greens, maple syrup, shredded chicken **50g**, green leaf salad

Ham & Cheese Sandwich 105k
cheese, red cabbage, sourdough, avocado mayonnaise, ham **45g**, tomato relish, green leaf salad

PANCAKES

Banana-Oat Pancakes 75k
banana, oats, grated coconut, fruits, maple syrup

Buckwheat Protein Pancakes (VO, GF) P 36.8g 75k
buckwheat flour, whey protein powder, cinnamon, egg, milk, maple syrup
Choose topping:
sliced avocado/ crispy bacon/ blueberry/ apple sauce

PROTEIN WAFFLE (VO, GFO)

original waffle	120k
medium waffle	95k
baby waffle *(savoury not available)*	65k

CHOOSE YOUR BASE & TOPPING

Protein pea (V)/whey
vanilla, chocolate or plain

Base **homemade strawberry jam - NEW**/ricotta/ coconut yogurt (V)/**Greek yogurt - NEW**/ original peanut butter🥜/protein-peanut butter🥜/ keto cream cheese frosting/chocolate spread/feta/ sliced or mashed avocado/hummus

Topping apple-cinnamon sauce & roasted almonds/ 1 or 2 fruits/strawberries/blueberries/ bacon/ham/cheddar/eggs any style/mixed veggies

GF-Gluten-free / GFO - GF Option / V-Vegan / VO-Vegan Option / 🥜 - Contains Peanuts

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SALADS (GF)

Served with a seed cracker & choice of dressing.

Mega Chicken Salad 105k
chicken strips **150g**, feta, egg, carrot, cucumber, corn, cherry tomatoes, lettuce, red cabbage, cashews, pineapple, avocado slices

Chopped Chicken Salad 105k
chopped chicken **150g**, lettuce, iceberg, red cabbage, carrot, cucumber, avocado, corn, parmesan, pumpkin seeds, poached egg

Paleo Beef & Avocado Salad 135k
premium imported beef strips **125g**, egg, pork bacon **65g**, avocado slices, cherry tomatoes, lettuce, pesto, pumpkin seeds

Tropical Vegan Salad (V) 75k
grilled curried tempeh **100g**, beetroot, mixed seeds, carrot, cucumber, cherry tomatoes, corn, lettuce, red cabbage, pineapple, avocado slices

Smoked Salmon Garden Salad (GF) - NEW 125k
mixed lettuce, red cabbage, smoked salmon **60g**, feta cheese, cucumber, cherry tomatoes, red onion, walnuts, poached egg

CHOOSE YOUR DRESSING

DRESSING		VEGAN DRESSING	
yogurt-herb	10k	olive oil & balsamic	10k
paleo ranch	12k	olive oil & lemon	10k
honey-mustard	15k	Italian vinaigrette	10k
mustard-yogurt	18k		

BOWLS & Co (GF)

Healthy Gut Bowl (V) 110k
falafels **120g,** hummus, carrot-capsicum spread, avocado slices, grated carrot & beetroot, sautéed kale, sauerkraut, tomato relish

Raw Salmon Quinoa Bowl 125k
marinated raw salmon **100g,** quinoa, cucumber, mango, avocado, cashews, sour cream, soy sauce, honey, poached egg

Lean Protein Bowl 115k
quinoa, cauliflower rice, sautéed kale, steamed broccoli, grilled pumpkin, shredded chicken **80g**, red capsicum, yogurt dressing

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

Salmon Brown Rice Wok 125k
salmon **100g,** carrot, sautéed kale, garlic, onion, fresh herbs, lemon, paleo dressing, brown rice

Keto Chicken Lettuce Tacos 95k
shredded chicken **120g,** cheddar, sour cream, lettuce, avocado slices, cherry tomatoes, onions, lime, coriander, lemongrass

ORGANIC BEEF BONE BROTH (GF) - NEW RECIPE

24hour-cooked organic marrow & oxtail bones served with fresh herbs & apple cider vinegar

Large Cup 500ml 95k
Medium Cup 250ml 48k
Small Cup 125ml 25k

PASTA (V, GFO)

Pasta Pesto 85k
wheat pasta with almonds, green salad, mixed seeds

Pasta Tomato 85k
wheat pasta with tomato sauce, basil, green salad

add cheese (cheddar/parmesan) +15k
add minced beef S/L +55k/70k
sub with quinoa/buckwheat/konjac noodles +10k

LOW-CARB Mie Goreng 65k
konjac noodles, carrot, cabbage, spinach, ginger, garlic, onion, gf soy sauce, lime, coriander, cashews, coconut nectar, sambal matah
add chicken/minced beef/tempeh/poached egg

BURGERS

Chicken Burger 95k
chicken breast **110g**, avocado slices, boiled egg, carrot, lettuce, homemade mayonnaise (with pickles)

Cheese Beef Burger 105k
beef patty **130g**, cheddar, tomato, pickles, caramelized onion, mustard mayonnaise

includes a choice of side dish (mixed salad/ fries, etc.)
add premium imported pork bacon 90g +35k
add gluten-free homemade bread +10k

WRAPS - NEW

Beef Avocado Wrap 145k
wheat tortilla, tenderloin beef strips **100g**, sliced avocado, homemade tomato ketchup, lettuce, tomato, red cabbage, cucumber, red onion, chili flakes, mustard-yogurt dressing

Chicken Avocado Wrap 105k
wheat tortilla, chicken strips **100g**, sliced avocado, homemade tomato ketchup, lettuce, tomato, red cabbage, cucumber, red onion, chili flakes, mustard-yogurt dressing

Falafel Wrap 105k
wheat tortilla, falafels **120g**, hummus, red onion, lettuce, red cabbage, tomato, tzatziki, tahini, pickled cucumber, chili flakes

HEARTY BOWLS (GF)

Chicken-Cashew Curry 500ml 85k
chicken, carrot, cashews, green bean, capsicum, cauliflower, coconut cream, turmeric, onion, garlic, lemongrass

Lentil Soup (V) 500ml 75k
brown lentils, carrot, onion, celery, garlic, tomatoes, vegetable broth

Pumpkin Soup (V) 500ml 75k
pumpkin, carrots, onion, garlic, parsley, coconut cream

Lean Beef Stew (slow-cooked) 400ml 125k
lean beef, olive oil, onion, garlic, carrots, celery, green beans, tomatoes, beef broth, tomato paste, herbs & spices, apple cider vinegar
add veggies/grains/proteins/breads

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CREATE YOUR PLATE

BASE FOR YOUR BOWL

VEGAN

coconut yogurt 120ml	25k
coconut milk 120ml	20k
organic soy/almond/oat milk 150ml	25k
chia seed pudding with coconut milk 250g	45k

NON-VEGAN

yogurt plain 150ml	25k
fresh milk/skim milk 150ml	15k
Greek yogurt 150ml - NEW	35k

GRANOLAS & PORRIDGE (V)

apple or vanilla granola add base 60g	20k
low carb nut free granola add base (GF) 60g	20k
oatmeal-vanilla & coconut water 100g	25k

PROTEIN RICE PORRIDGE (VO, GF)

white rice, water, stevia, protein powder (choco/vanilla, plain, whey/plant)

small (150g cooked rice, 18.8g Protein)	65k
large (300g cooked rice, 42g Protein)	80k

ADD TOPPINGS AS FRUITS, NUTS & SEEDS

walnuts/almonds/cashews/mix 40g	20k
pumpkin/sunflower/sesame/flax seeds/mix 20g	20k
1 tbsp original/protein peanut butter	20k
1 tbsp cherry jam	20k
honey/coconut syrup 40ml	10k
homemade strawberry jam 40g - NEW	25k

FRUITS

mixed fruit salad S/L 150g/300g	25k/45k

choose: banana, blueberry, papaya, pineapple, dragon fruit, apple, orange, strawberry, mango

BREADS, HASHBROWNS & WRAPS

nut & seed bread (V, GF)	20k
keto bread (GF)	18k
buckwheat bread (V, GF)	18k
protein bread (GF)	20k
whole wheat multigrain bread	20k
sourdough bread	20k
seed cracker (VO, GF)	15k
potato hash brown, sweet potato hash brown	28k
buckwheat protein pancakes 2 pcs	50k
tortilla wrap 30cm - NEW	13k

SAUCES, SPREADS & DRESSINGS (V, GF)

avo mayo/pesto/tomato ketchup/tomato chili/ chimichurri 30ml/dijon mustard/homemade mayonnaise (non-v) 45g/sambal matah 35g/ **tzatziki 45g/mustard-yogurt dressing 60g - NEW**	18k
hummus/carrot-capiscum spread 75g/ homemade tomato sauce 150ml	20k 25k

EXTRAS

olive oil 20ml/ghee (non-V) 1 tbsp	20k
extra grass-fed butter (non-V) 1tbsp	10k

PROTEIN VEGAN

curried tofu scrambled 100g	25k
curried tofu slices S/L 100g/200g	25k/50k
curried tempeh S/L 100g/185g	20/35k
falafels 120g (GF) - NEW	45k

EGGS, POULTRY & MEAT

Please note that our poultry, meat, and fish is marinated

1 egg any style order any number	9k
4 egg white omelet	35k
ham 90g	45k
premium imported pork bacon 90g	35k
chicken strips S/L 150g/ 250g	40k/60k
homemade beef patty (GF) 130g	50k
Australian premium beef strips 125g	105k
Australian premium tenderloin steak 250g	195k
minced beef S/L 150g/200g - NEW	55k/70k

FISH

grilled salmon filet 160g	135k
smoked salmon 45g	45k
grilled barramundi filet 160g	80k
red snapper 180g - NEW	75k

CHEESE

cream cheese/feta cheese 45g	20k
cheddar cheese 30g	20k
ricotta 45g	35k
grated parmesan 20g	20k

RAW VEGETABLES

cucumber/capsicum/carrots/cherry tomatoes/ beetroot 100g	25k
mashed/sliced avocado 100g	28k
mix colorful salad/green leaf salad 100g	28k

COOKED VEGETABLES sauteed/steamed

kale/spinach/grilled pumpkin 150g	28k
broccoli/cauliflower S/L 100g/200g	35k/50k
zoodles 300g	40k
green beans/mushrooms 100g	28k
corn slices 50g	25k
mix colorful veggies S/L 150g/250g	25k/45k
green asparagus 100g	35k
grilled onion rings 100g	25k
curried cauliflower rice 100g	35k
potato/sweet potato (grilled/boiled/mashed) 150g	20k
sweet potato chips/french fries 165g	28k

FERMENTED VEGETABLES

homemade sauerkraut S/L 100g/200g	15k/25k
homemade kimchi 100g	25k

GRAINS & PASTA (V, GFO) garlic sauteed pasta

quinoa/buckwheat grain 100g	38k
natural rice/white rice 150g	15k
konjac noodles (low-cal, low-carb) 160g	28k
quinoa pasta/buckwheat noodles 160g	38k
wheat pasta (non-GF) 200g	28k

add minced beef with our homemade tomato sauce

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HOMEMADE TREATS

HEALTHY CAKES

Triple Chocolate Cake (GF) 65k
egg, yogurt, raw chocolate, peanut butter, cassava, coffee, grass-fed butter, vanilla, erythritol, honey

Carrot Cake (GF) 45k
almond flour, eggs, carrot, shredded coconut, honey, coconut oil, apple sauce, cinnamon, vanilla

Apple Banana Walnut Crumble (GF) banana, egg, maple syrup, coconut oil, almond flour, cinnamon, walnuts, apple 45k

Light Chocolate Brownie (GF) 45k
cassava flour, eggs, grass-fed butter, yogurt, honey, walnuts, espresso, cocoa

Creamy Lemon Slice (GF) 55k
almond flour, coconut oil, vanilla, stevia, lemon juice, egg, coconut flour

Banana Coconut Cake (V) 45k
banana, pure vanilla extract, flax egg, coconut oil, erythritol, apple sauce, almond milk, cinnamon, almond flour, oats

LOW-CARB Cheesecake - NEW 50k
eggs, cream cheese, Greek yogurt, whipping cream, oats, erythritol, cinnamon, spekulatius spice, vanilla, lemon juice, lemon zest, coconut oil

PROTEIN MUFFINS

Protein Chocolate Zucchini Muffin (GF) P 13.7g 50k
zucchini, cassava flour, purple sweet potato flour, cocoa powder, honey, vanilla liquid, egg, dark chocolate 80%, apple puree, red rice flour, whey chocolate protein powder, milk

Protein Apple Muffin P 24.5g 55k
coconut yogurt, apple, oats, whey protein vanilla, erythritol, eggs, cinnamon, baking powder, zucchini

Protein Lemon Muffin (GF) P 20.2g 55k
buckwheat flour, cassava flour, banana, plain yogurt, honey, eggs, vanilla, lemon, lemon juice, vanilla whey protein powder

COOKIES & PROTEIN BARS

Oat Cookie (V) 30k
oats, whole wheat flour, coconut oil, coconut nectar, vanilla

Peanut Choco Cookie (V) 30k
oats, cassava flour, coconut, coconut nectar, peanut butter, choco chips

Choco Protein Cookie (GF) P 9g / Big Choco Protein Cookie (GF) P 27g 30/65k
vegan protein powder, coconut flour, egg, peanut butter, vanilla, erythritol, chocolate

Raw High Protein Bar (V) P 29.3g 65k
rolled oats, vegan vanilla protein powder, raw chocolate powder, spekulatius spice, peanut butter, apple sauce, coconut cream

BLISS BALLS

Bounty Bliss Ball (V, GF) 35k
coconut, coconut oil, coconut cream, stevia, cacao powder

Coconut Energy Ball (V) 35k
oats, flax seeds, sunflower seeds, peanut butter, coconut syrup, coconut flakes

Spirulina Protein Ball (V) P 12.9g 35k
spirulina, pumpkin seeds, sunflower seeds, vanilla, oats, coconut nectar, sesame seeds, lime juice

Power Ball (GF) P 12.7g 35k
rice puff, vegan protein chocolate powder, peanut butter, raisins, raw cocoa powder, honey, vanilla

NATURAL FITNESS FOODS & DRINKS DELIVERY

SNACK SMART WITH OUR DELICIOUS, NUTRIENT-DENSE FITNESS FOODS. FUEL YOUR BODY AND MIND WITH BALANCED ENERGY!

ONLINE SHOP

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

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MOTION DRINKS

HEALTHY FITNESS DRINKS 600ml

HEAL MEDICINE V - turmeric boost 55k
fresh turmeric, ginger, black pepper, lemon, water

HEAL MEDICINE - turmeric boost & honey 55k
fresh turmeric, ginger, black pepper, lemon, water, honey

COCO HYDRATE - coconut water 35k

FUEL MINERAL - probiotics & electrolytes 55k
apple vinegar, ginger, turmeric, lemon, clove, anise, cinnamon, black pepper, celtic sea salt

ELECTROLYTE WATER - coconut water, 55k
spirulina, potassium, lemon, celtic sea salt

REFRESH TONIC - NEW - rosella, water, 55k
fresh mint, ginger, celtic sea salt, lemon juice, stevia

FRESH COLD PRESSED JUICES 400ml

FROG - apple, parsley, spinach, basil, cucumber, lemon, ginger 65k

SEXY - beetroot, carrot, orange, ginger 65k

ALKALINE - cucumber, mango, celery, spinach, orange 65k

DETOX - beetroot, carrot, apple, ginger, lime 65k

ORANGE - fresh squeezed oranges, ice 65k

MAGIC - watermelon, pineapple, orange, mint 65k

GOLD - pineapple, orange, lemon, ginger 65k

SHOTS - IMMUNE BOOSTER

beetroot/turmeric/apple cider vinegar
papaya leaf/wheat grass/ginger/spirulina 30k

SMOOTHIES 400ml

GREEN - spinach, banana, lemon, parsley, flax seeds, yogurt plain 60k

PASSION - passion fruit, mango, pineapple, banana, coconut cream 60k

BERRY - strawberry, blueberry, banana, flax seeds, yogurt plain 75k

AÇAÍ - açaí, blueberry, banana, strawberry, mint, almond milk 95k

Add a spoon of one of our **SUPERFOODS** to your drink!

SUPERFOODS

REISHI MUSHROOM EXTRACT 6g 30k
(nervous system support & better sleep)

CHLORELLA 6g (detoxifying & boost immunity) 25k

MACA 3g (hormonal balance & great energy) 15k

ASHWAGANDHA 6g (anti-stress & hormonal balance) 25k

PROTEIN 28g (muscle support & recovery) 35k

SPIRULINA 6g (antioxidant & Vitamin B) 25k

CREATINE 5g (muscle support & anti-aging) 25k

COLLAGEN PEPTIDES 22g grass-fed 75k
(skin, hair, joint booster)

PROTEIN SHAKES GF 600ml

protein shake with water 55k
whey flavor: vanilla/chocolate/
mango/strawberry - NEW
pea (V) flavor: vanilla/chocolate
fresh milk/skim milk 65k
coconut milk/coconut water 70k
almond milk/oat milk 75k
add 1 scoop protein (28g) **35k**

GAINER PROTEIN SHAKE (non-GF) P 46.5g 95k
vanilla whey/pea protein, oats, cocoa powder, banana, peanut butter, almond milk, dates

MOCHA PROTEIN SHAKE P 40g 85k
chocolate whey/pea protein, espresso, banana, peanut butter, almond milk

AÇAÍ PROTEIN SHAKE P 33g 105k
vanilla whey/pea protein, açaí berries, mixed berries, banana, mint, almond milk
Motion tip: add 1 açaí pack extra + 15 k

BANANA PEANUT PROTEIN SHAKE P 34.5g 85k
chocolate whey/pea protein, banana, homemade peanut butter, almond milk

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MOTION DRINKS

HOT TEA

green jasmine/pure green tea	28k
english breakfast	28k
chamomile/peppermint	30k
homemade chai tea/slimming	35k

ICED TEA/MATCHA

summer iced tea	45k
lemon ginger iced tea	45k
iced matcha latte	37k
iced strawberry matcha latte - NEW	55k

Barista's choice: oat milk

HOT COFFEE

ESPRESSO

espresso/double espresso	25k/35k
single/double macchiato	28k/37k
piccolo	30k

MILK-BASED	**S/M/L**
cappuccino	32k/40k/48k
latte	
flat white	

BLACK & SPECIALTY

americano (1 shot)	30k
long black (2 shots)	38k
mochaccino	37k
decaf coffee	+10k

ICED COFFEE

iced latte	37k
iced cappuccino - NEW	37k
iced frappuccino	37k
iced chocolate frappuccino	37k
iced black coffee	35k

Motion tip: make it blended

BULLETPROOF COFFEE

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

regular	55k
large	75k

COLD BREW COFFEE

house blend cold brew 330ml	55k

We have **sustainable** and **compostable takeaway cups** and **lids!**

HOT DRINKS

golden spice latte (tip: add espresso)	32k
chai latte	35k
matcha latte	35k
babyccino	15k
hot chocolate	30k

COLD DRINKS

equil sparkling 380ml	35k
equil still 380ml	30k
lemon squash 600ml	45k
kombucha - various flavors 330ml	49k
whole coconut	35k
coca-cola zero 330ml	25k

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	10k
caramel/vanilla syrup (sugar-free)	12k

ALCOHOLIC BEVERAGES

bintang small 330ml	35k

MACROS MENU

PICTURE MENU

MEAL PLANS

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