



# LIFEMOTIV

ZDROWO ZAKRĘCENI

## BURGERS



WHITE OR  
WHOLEWHEAT  
BUN

SALAD  
BURGER

GLUTENFREE  
FUN

ALL BURGERS AND CONDIMENTS ARE GLUTEN-FREE AND VEGAN (EXCEPT FOR THE CHICKEN BURGER OF COURSE)

WE SERVE THEM WITH THREE SAUCES OF YOUR CHOICE

WE SUGGEST: KETCHUP, GARLIC AIOLI OR CHIPOTLE AIOLI PLUS THE THIRD SAUCE AS SUGGESTED

- |  |      |      |      |
|--|------|------|------|
| 1. AVOCADO & CHICKPEA <sup>BESTSELLER</sup>  | 21,- | 23,- | 25,- |
| chickpea & millet burger, avocado, lettuce, tomato<br>sour cucumber, red onion, lemon dressing                               |      |      |      |
| 2. BLACK BEAN & QUINOA   | 18,- | 20,- | 22,- |
| black bean & millet burger, lettuce, tomato<br>sour cucumber, red onion, plum-BBQ dressing                                   |      |      |      |
| 3. BEET & HORSERADISH  | 18,- | 20,- | 22,- |
| soy protein burger with sun-dried tomatoes and beets, lettuce<br>tomato, sour cucumber, red onion, dill-horseradish dressing |      |      |      |
| 4. BREAKFAST BURGER  | 18,- | 20,- | 22,- |
| two chickpea omelettes with kale and red bell peppers, lettuce, tomato,<br>sour cucumber, red onion, ranch dressing          |      |      |      |
| 5. CHICKEN BURGER  | 28,- | 30,- |      |
| grilled free-range chicken breast, lettuce, tomato<br>sour cucumber, caramelized onion, lemon dressing                       |      |      |      |

DODATKI DO BURGERÓW (+5 ZŁ): ŚWIEŻE MANGO, AWOKADO, BEKON Z KOKOSA

## FRIES



- |  |      |      |
|--|------|------|
| 1. BAKED POTATO FRIES  | 8,-  | 13,- |
| 2. BAKED VEGETABLE FRIES potatoes, carrots,<br>parsley root with nigella seeds | 9,-  | 15,- |
| 3. BAKED SWEET POTATO FRIES  | 10,- | 18,- |

SOSY DO WYBORU: KETCHUP, MAJONEZ CZOSNKOWY, MAJONEZ CHIPOTLE, ŚLIWKOWE BBQ

## SOUPS



ALL OUR SOUPS ARE VEGAN AND FULLY-LOADED WITH VEGETABLES

- |  |     |      |
|--|-----|------|
| 1. VEGAN CHILLI<br>with cashews sour cream | 7,- | 14,- |
| 2. SOUP OF THE DAY                         | 6,- | 12,- |

## KASHA BOWLS 24,-

ADD GRILLED TOFU, TEMPEH, FREE-RANGE CHICKEN, AVOCADO, MANGO OR OTHER VEGETABLES.  
MODIFY OR CREATE YOUR OWN BOWL.

- |  |   |
|--|---|
| 1. AVOCADO & CHICKPEA<br>avocado, chickpea, tomato, mung<br>bean sprouts, mixed seeds, kale,<br>cilantro, millet, caramelized onion,<br>lemon dressing                         | 3. MANGO & VEGGIES <sup>COME BACK</sup><br>mango, red bell pepper, red<br>cabbage, carrots, mung bean<br>sprouts, kale, sesame, cilantro,<br>quinoa, tahini dressing        |
| 2. EGGPLANT & POMGRANADE<br>roasted half of eggplant, cashews<br>sour cream, pomgranade and<br>tomato salsa, kale, cilantro,<br>oregano, millet, lemon dressing                | 4. GRILLED VEG & PESTO <sup>NEW</sup><br>grilled zucchini, red bell peppers<br>red onion, tomatos, buckwheat<br>groats, kale, almonds, lovage<br>pesto with sunflower seeds |
| 3. CREATE YOUR OWN<br>choose 5 vegetables or fruits, kasha, herb, nuts or seeds, your<br>favourite dressing; add extra toppings: grilled tofu, tempeh or<br>free-range chicken |   |

## SALADS 24,-

ADD GRILLED TOFU, TEMPEH, FREE-RANGE CHICKEN, AVOCADO, MANGO OR OTHER VEGETABLES.  
MODIFY OR CREATE YOUR OWN BOWL.

- |  |  |
|--|--|
| 1. AVOCADO & CHICKPEA<br>avocado, chickpea, tomato, mung<br>bean sprouts, mixed seeds, kale,<br>cilantro, millet, caramelized onion,<br>lemon dressing     | 4. SWEET POTATO & FRUIT<br>baked sweet potato, seasonal fruit,<br>walnuts, organic tofu a la feta<br>cheese, pickled red onion, lettuce<br>mix, poppy seed dressing                    |
| 2. COBB & CHIK'N <sup>NEW</sup><br>avocado, coconut becon or<br>free-range chicken, corn, tomatos,<br>chickpeas, lettuce mix, ranch<br>dressing            | 5. GREEK & TOFU <sup>NEW</sup><br>tomato, red bell peppers, kalamata<br>olives, cucumber, pickled red onion,<br>organic tofu a la feta cheese,<br>oregano, lettuce mix, lemon dressing |
| 3. SALMON & POTATOES <sup>NEW</sup><br>carrot salmon lox, baked<br>potatoes, green cucumber,<br>capares, pickled red onion, lettuce<br>mix, lemon dressing | 6. RAINBOW & TAHINI <sup>NEW</sup><br>tomato, red bell peppers, cucumber,<br>red cabbage, chickpeas, sweet<br>potatoe, kale, tahini dressing   |

7. CREATE YOUR OWN  
choose 5 vegetables or fruits, kasha, herb, nuts or seeds, your  
favourite dressing; add extra toppings: grilled tofu, tempeh or  
free-range chicken

## EXTRAS

Free-range chicken small / large portion  
Bio tofu or tempeh, avocado or mango  
Other fruits or vegetables  
Biodegradable containers



12,- / 22,-  
5,-  
3,-  
1,5,-

## all day BREAKFAST



- |  |   |
|--|---|
| 1. CHOCOLATE OATMEAL 16,-<br>rolled oats, cherries, coco, plant milk,<br>maple syrup, almonds, flax seeds                                | 5. CARROT LOX BAGLE 14,-<br>carrot lox, cashew cream cheese,<br>capares, red onion, lettuce   |
| 2. CINNAMON & APPLE<br>OATMEAL 14,-<br>rolled oats, apple, white mulberries,<br>ginger, cinnamon, plant milk, maple<br>syrup, flax seeds | 6. EGG BAGLE 14,-<br>fried egg, hummus, lettuce,<br>tomato                                    |
| 3. CHILI OATMEAL 14,-<br>rolled oats, ginger, corn, scallions, chili<br>sauce, sesame, flax seeds  | 7. HUMMUS BAGLE 14,-<br>hummus, tomato, cucumber, ,<br>carrot, olives, sprouts, lettuce       |
| 4. TOFU SCRAMBLE 19,-<br>organic tofu, red onions, kale, red bell<br>peppers, baked vegetable fries                                      | 8. AVOCADO BAGLE 14,-<br>avocado, scallions, tomato, lettuce                                  |
|  | 9. CHICKPEA OMELETTES 19,-<br>with kale, red bell peppers, red<br>onion, side salad, plum-BBQ |

## SMOOTHIES



0.4l

16,-



0.2l

9,-

- |   |   |
|---|---|
| KALE 101<br>kale, banana, apple, pear                             | MANGO & SPINACH<br>mango, spinach, lemon, coconut<br>milk |
| KALE 102<br>kale, apple, dates, parsley, celery                   | KIWI & SPINACH<br>kiwi, spinach, apple, banana,<br>ginger |
| ZIELONA POMARAŃCZA<br>parsley, orange, kiwi, banana               | BEET & CHERRY<br>beet, cherry, apple, banana, mint        |
| MANGO & ORANGE<br>mango, orange, banana, mint                     |   |
| CHOCOLATE MILKSHAKE<br>coco, rice milk, peanuts, banana,<br>dates |   |

## JUICES



0.4l

16,-



0.2l

9,-

- |                                     |   |
|-------------------------------------|---|
| ACE orange, carrot,<br>apple, lemon | PIMS orange, ginger,<br>carrot, celery root |
| PURPLE beet, celery root, apple     | CREATE YOUR OWN                             |

## BOX CATERING

Our box catering is different. Here is what sets it apart:

100% PLANT BASED	0% SUGAR	100% DIVERSITY
100% HEALTHY	0% GLUTEN	100% BALANCED
100% ECO-FRIENDLY	0% BOREDOM	100% PASSION

We offer two sets for which You can choose your calorie intake:

WHOLE DAY	FOR WORK
I breakfast, II breakfast, lunch (soup&main course), smoothie or juice, supper	II breakfast, lunch (soup&main course), smoothie or juice

1500KCAL OR 2000KCAL

1500KCAL OR 2000KCAL

## ORDER ONLINE

[www.lifemotiv.com.pl](http://www.lifemotiv.com.pl)

## LOYALTY CLUB



## DELIVERIES tel: 884-888-374



Minimum order for delivery is 50zł. Free delivery for orders over 150zł. Surcharge for biodegradable containers applies 1,50zł per container

### ZONE 1 - DELIVERY FEE 9 ZŁ

Upper and lower Mokotów, Ursynów (Jary and Stokłosy), Ochota (Wyględów, Filtry, Rakowiec, Szczęśliwice), Stegny, Sielce, Włochy, Okęcie, Grabów (in the radius of approx 4km from Domaniewska 49)

### ZONE 2 - DELIVERY FEE 12 ZŁ

Śródmieście, Imielin, Natolin, Sadyba, Stare Włochy (in the radius of approx. 4-6km from Domaniewska 49)

### ZONE 3 - DELIVERY FEE 16 ZŁ

Śródmieście, Wola, Kabaty, Wilanów, Stare Włochy (in the radius of approx. 6-8km from Domaniewska 49)

DELIVERY FEE FOR ADDRESSES FURTHER AWAY SET INDIVIDUALLY

## HEALTHY DESSERTS



We sweeten our desserts with dates, xylitol, agave or maple syrup instead of refined sugar. We make them gluten free (yes, yes, we do use gluten free rolled oats), vegan, full of fiber and nutrients. We bake fresh cakes and cookies daily so ask for dessert of the day.

1. OATMEAL COOKIE flourless, with tahini, chocolate and walnuts 8,-
2. BEAN BROWNIE - double chocolate, with almond flo 10,-
4. FRUIT TART with millet-coconut cream 12,-
5. APPLE PIE with rolled oats and almond crumble 12,-
6. RAW DATES BALLS with walnuts 12,-

## BIO COFFEE



Tea	9,-
Latte, Iced Latte, Frappe	12,-
Cappuccino	9,-
Flat White	9,-
Espresso	6,-
Double espresso	9,-
Americano	9,-
Matcha latte	12,-

## BIO PLANT MILK



Organic Spelt - Almond	3,-
Organic Oat - Almond	3,-
Organic Oat (gluten free)	3,-
Organic Rice-coconut (gluten free)	3,-
Coconut KOKO	3,-
Soy	2,-
	-

### NEW

ICED LATTE WITH COCONUT - RICE MILK 15,-  
DATE FRAPPE 15,-  
CHOCOLATE FRAPPE 15,-

## LEMONADES



WITH XYLITOL & FRESH LEMON JUICE

Cranberry Orange  
Lemon  
Ginger & Trumeric  
Cytrynowa Classic  
Lawendowa

7zł / 0,4ml  
14zł / 1litr

## BEVERAGES



Cisowianka Sparkling 0,33l	7,-
Cisowianka Still 0,33l	7,-
Kwas chlebowy 0,5l	9,-
Chia 100% Natural Omega	10,-



# LIFEMOTIV

## ZDROWO ZAKRĘCENI

We are passionate about conscious, wholefood, plant-based nutrition, environment protection, human and animal rights. We know how food impacts our wellbeing.

We cook with integrity, slowly, with good energy. We prefer plant-based and gluten-free cuisine. We sweeten with xylitol, dates, agave or maple syrup or other sweeteners, instead of white refined sugar. We do not fry but bake our fries. We do not exaggerate with salt, we use lots of fresh herbs instead. We do not use semi-processed products.

We uncover the new potential of millet, buckwheat as well as kale, beet and cabbage. We pair them with unique ingredients such as quinoa, chia seeds, tempeh or portobello mushrooms. We serve them in salads, warm kasha bowls, vegan burgers, wraps or desserts. We encourage You to modify your dishes and add grilled organic tofu, tempeh, mango, avocado or free-range chicken breast or other fruits and vegetables.

All our dressings are vegan and hand-made from scratch. All desserts, like millet chocolate pudding or apple pie over buckwheat crust are gluten free, dairy free, refined sugar free. They are loaded with fiber, protein and flavor, suitable for breakfast or afternoon tea. We recommend our freshly squeezed and blended vegetable-fruit juices, smoothies or lemonades, sweetened with xylitol, with fresh lemon juice and ginger.

We strive to offer disposable containers and utensils that are either biodegradable or made from recycled materials. Our napkins come from recycled materials.

With sense and passion,

## ZDROWO ZAKRĘCENI

## CONTACT & OPENING HOURS

Budynek Trinity I  
ul. Domaniewska 49  
02-726 Warszawa

Open: Mon - Fri 7:30-17:00  
Deliveries: Mon - Sun 12:00-20:00

daily Monday - Friday

## NEW LUNCH MENU

follow us on:  

[www.lifemotiv.com.pl](http://www.lifemotiv.com.pl)