



LIFEMOTIV

ZDROWO ZAKRĘCENI

BURGERS



	SALAD BURGER	WHEAT GRAHAM BUN	SPELT GLUTEN-FREE BUN
1. AVOCADO & CHICKPEAS millet and chickpea burger with fresh avocado and lemon sauce	21,-	23,-	25,-
2. CAULIFLOWER & BBQ cauliflower and millet buger, coleslaw and BBQ sauce	21,-	23,-	25,-
3. BEET & HORSERADISH adzuki bean burger with baked beet and dill-horseradish sauce	21,-	23,-	25,-
4. MANGO & LENTILS green lentil burger with fresh mango and curry sauce	21,-	23,-	25,-
5. ZUCCHINI & COMPANY ^{NEW} grilled zucchini, bell peppers, mushrooms, alfa-alfa sprouts, lemon sauce		23,-	25,-
6. CHICKEN CAESAR with grilled organic chicken breast, romaine lettuce, almond and roasted garlic caesar sauce	29,-	31,-	33,-

BURGER SIDES



Seasonal coleslaw	6,-
Baked vegetable fries with nigella seeds with the dipping sauce of your choice (we recommend chipotle mayo)	8,- / 16,-
Baked sweet potato fries with the dipping sauce of your choice (we recommend dill-horseradish mayo)	9,- / 18,-

KASHAS OR WRAPS 26,-



AS A BOWL OR WRAPPED IN A TORTILLA. ADD GRILLED TOFU, TEMPEH, ORGANIC CHICKEN BREAST, AVOCADO MANGO OR OTHER VEGGIES. MODIFY OR CREATE YOUR OWN COMPOSITION.

- 1. AVOCADO & CHICKPEAS**
avocado, chickpeas, tomatoes, mung bean sprouts, mixed seeds, kale, cilantro, millet, lemon vinaigrette
- 2. BURGER BOWL** ^{NEW}
cauliflower "meatballs", ratatouille sauce, buckwheat, kale, seasonal veggies salad
- 3. BEET & LENTIL**
roasted beet, black lentils, walnuts, champignons, capers, parsley, arugula, buckwheat, curry dressing
- 4. MANGO & VEGETABLES**
mango, red cabbage, zucchini, carrot, mung bean sprouts, kale, cilantro, quinoa, sesame seeds, peanut dressing
- 5. SEASONAL PESTO VEGETABLES** ^{NEW}
zucchini and carrot tagliatelle, beet leaves/asparagus/green beans, peas/broad beans/corn, tomatoes, almonds, buckwheat, kale, basil dressing
- 6. BROCCOLI & CAULIFLOWER** ^{NEW}
roasted broccoli and cauliflower, green lentils, fresh and sun-dried tomatoes, cucumber, parsley, scallions, pumpkin seeds, buckwheat, raspberry vinaigrette
- 7. CREATE YOUR OWN**
choose 5 vegetables or fruits, kasha, herb, nuts or seeds to sprinkle and your favourite dressing; enhance your creation with additional tofu, tempeh or organic chicken

SOUP



ALL OUR SOUPS ARE VEGAN, THICK AND LOADED WITH VEGETABLES. WE RECOMMEND OUR FRESHLY-BAKED ORGANIC 100% RYE - SPELT SOURDOUGH BREAD

- 1. 5V CREAM OF TOMATOES** 10,-
with basil olive oil and spicy chickpeas croutons
LOADED WITH 5 DIFFERENT HIDDEN VEGETABLES, INSPIRED BY OUR LITTLE ONES
 - 2. VEGAN CHILI** 14,-
with cashew sour cream and baked nachos (whole wheat flour)
HARD TO BELIEVE THAT IT IS MEAT FREE... SO GOODD!
 - 3. SOUP OF THE DAY**
IN THIS COMMING SPRING-SUMMER SEASON WE WILL OFFER LITHUENTIAN CHILLED BEET SOUP, CREAM OF GREEN PEAS AND ZUCCHINI WITH MINT, CREAM OF GREEN OR WHITE ASPARAGUS WITH ALMOND SLIVERS OR METABOLISM BOOSTING CABBAGE SOUP WITH CASHEW CREAM AND MANY OTHER DELICIOUS CREATONIS
 - 4. GULASZ DNIA Z KASZĄ, RYZEM LUB ZIEMNIAKAMI**
WE INTENT TO SURPRISE YOU WITH NEW PROPOSALS EVERYDAY SUCH AS YOUNG CABBAGE STEW WITH YOUNG POTATOES AND DELL, EGGPLANT AND BROAD BEANS CURRY WITH RICE, ZUCCHINI SPAGHETTI BOLOGNESE...
- ORGANIC 100% RYE - SPELT SOURDOUGH BREAD**
with sunflower, flax and nigella seeds and rolled oats
- | | |
|-------------|------|
| thick slice | 2,- |
| half a loaf | 12,- |
| whole loaf | 22,- |

SALADS 21,- OR FRESH WRAPS 23,-



AS A BOWL OR WRAPPED IN A TORTILLA. ADD GRILLED TOFU, TEMPEH, ORGANIC CHICKEN BREAST, AVOCADO MANGO OR OTHER VEGGIES. MODIFY OR CREATE YOUR OWN COMPOSITION.

- 1. AVOCADO & CHICKPEAS**
avocado, chickpeas, tomatoes, mung bean sprouts, mixed seeds, kale, cilantro, millet, lemon vinaigrette
- 2. SPINACH & FRUITS**
spinach, walnuts, bio tofu a la feta, seasonal fruits: oranges, strawberries, blueberries or raspberries, baked sweet potatoes, pickled red onion, poppy-seed dressing
- 3. GREEEK**
bio tofu a la feta, tomatoes, cucumbers, chickpeas, kalamata olives, pickled red onion, salad mix, lemon vinaigrette
- 4. AVOCADO & BROCCOLI**
avocado, broccoli, chickpeas, tomatoes, cucumber, red cabbage, carrots, mung bean sprouts, salad mix, lemon vinaigrette
- 5. TABULI & HUMMUS BOWL** ^{NEW}
quinoa tabuli with tomatoes and cucumbers, grilled zucchini and peppers, hummus, baked broccoli, spinach, tabuli dressing
- 6. VEGAN CEZAR & TEMPEH** ^{NEW}
smoked tempeh, baked potatoes croutons, tomatoes, romaine, almond and roasted garlic caesar dressing
- 7. BEET & PEAR**
baked beet, pear, gluten-free, hand-made rosemary crackers, salad mix, lemon vinaigrette and cashews cream
- 8. CREATE YOUR OWN**
choose 5 vegetables or fruits, kasha, herb, nuts or seeds to sprinkle and your favourite dressing; enhance your creation with additional tofu, tempeh or organic chicken

EXTRA TOPPINGS FOR SALADS, KASHAS OR WARPS



organic Chicken small	12,-
organic Chicken large	22,-
organic Tofu or Tempeh, Avocado or Mango	5,-
Other fruits or vegetables	3,-
Slice of our Organic 100% rye-spelt sourdough bread	2,-
Biodegradable container to go	1.5,-

CALL TO ORDER TEL: 884-888-374



Minimum order size is 50zł. Free delivery for orders over 100zł. Surcharge of 1,50zł for biodegradable containers to go applies
DELIVERY ZONE 1 - CHARGE 9ZŁ

Upper and lower Mokotów, Ursynów (Jary and Stokłosy up to ul. Indiri Ghandi), Ochota (Wygładów, Filtry, Rakowiec, Szczęśliwice), Stegny, Sadyba, Sielce, Włochy, Okęcie, Grabów (in the radius of approx 6km from Galeria Mokotów)

DELIVERY ZONE 2 - CHARGE 12ZŁ

Śródmieście, Wola, Imielin, Natolin, Kabaty, Wilanów, Saska Kępa, Stare Włochy (in the radius of approx 6-9km from Galeria Mokotów)

DELIVERIES OVER ABOVE MENTIONED LIMITS ARRANGED INDIVIDUALLY



LIFEMOTIV

ZDROWO ZAKRĘCENI

We are passionate about conscious, whole-food, 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 syrup, carob molasses, 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 use extra virgin olive oil and coconut oil. We do not use semi-processed products. We support and serve organic fairtrade coffee, tea and cocoa. We check our suppliers and we serve only organic meat eggs or dairy. The same holds for tofu, tempeh or plant-based milks.

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 bio tofu, tempeh, mango, avocado or organic chicken breast or other fruits and vegetables.

All our dressings are vegan and hand-made from scratch. All desserts, like millet chocolate pudding, cashew cheesecakes or apple pie over buckwheat crust are gluten free, dairy free, refined sugar free. Instead they are loaded with fiber, protein and flavor, suitable for breakfast or afternoon tea. We serve only sugar-free drinks. We recommend our freshly squeezed and blended vegetable-fruit juices, smoothies or lemonades, sweetened with xylitol, on filtered ionized Kangen water, with fresh lemon juice, ginger and bio cranberry juice.

All our disposable containers and utensils are biodegradable, even those that look very plastic. Our napkins come from recycled materials and so do our paper towels that we use in the kitchen. The menu you are holding is printed on 100% recycled paper.

With sense and passion,

ZDROWO ZAKRĘCENI

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ALL DAY BREAKFAST



1. TOFU SCRAMBLE WITH KALE AND BAKED VEGETABLES 25,-
Southwest bio tofu scrambled with sauteed kale, red bell peppers, red onion and baked vegetables
2. MINDBLOWING SWEET POTATO PANCAKES 25,-
almond meal, coconut milk, maple syrup and seasonal fruits
3. ACAI BOWL WITH FRUITS ^{NEW} 25,-
acai, strawberries, banana, almond butter, coconut milk topped with fresh forest fruits and buckwheat granola
4. APPLE & CINNAMON OMEGA OATMEAL 15,-
with white mulberries, ginger, maple syrup, flax and hemp seeds - loaded with protein, fiber and omega 3 and 6
5. BUCKWHEAT GRANOLA WITH PLANT-BASED MILK 15,-
chocolate, buckwheat groats, rolled oats, almonds, carob molasses with our hand-made fresh coconut milk or other milk of your choice

HEALTHY DESSERTS OR BREAKFAST



Sweetened with dates, carob molasses, maple or agave syrup, xylitol instead of refined sugar. Gluten-free (yes, yes we use gluten-free rolled oats), vegan, loaded with nutrients and fiber

1. Coconut cream BALLS (a perfect little treat to go with your coffee) 3,-
2. OATMEAL COOKIE with tahini and chocolate chips 6,-
3. Our muesli BAR with amaranth 8,-
4. Bean BROWNIE with walnuts 12,-
5. Millet CHOCOLATE PUDDING with wild cherry preserves 15,-
6. Millet VANILLA PUDDING with fruits 15,-
7. PUDDING CHIA with fruits 15,-
8. Amazing CASHEW CHEESECAKE 15,-
9. Orange TAPIOCA PUDDING with crispy chocolate nut topping 15,-
10. APPLE PIE with cranberries and buckwheat crust 15,-
11. TOFU-CHEESECAKE bio tofu over buckwheat crust 15,-
12. RAFAELLO CAKE naturally sweetened by coconut and rice 15,-
13. CHIA CAKE with fresh fruits (seasonal only) 15,-
14. FRUIT CRUMBLE (seasonal only) 20,-
15. VEGAN ICE CREAM - various flavors 7,-
16. BANANA BREAD, 450g 20,-
17. Hand-made NUTELLA with hazelnuts, 150g 15,-

SMOOTHIES ^{0,4L} 16,-



- | | |
|---|---|
| KALE 101
kale, banana, apple, pear | MANGO & SPINACH
mango, spinach, lemon, coconut milk |
| KALE 102
kale, banana, apple, parsley, celery | KIWI & SPINACH
kiwi, spinach, apple, banana, ginger |
| GREEN ORANGE
parsley, orange, kiwi, banana | BARLEY & PINEAPPLE ^{NEW}
young barley, pineapple, banana, kale, apple |
| MANGO & ORANGE ^{NEW}
mango, orange, banana, mint | CHERRY & BEET ^{NEW}
cherry, beet, apple, banana, pear, mint |
| CHOCOLATE MILKSHAKE ^{NEW}
rice milk, peanut butter, banana, dates, cocoa, oatmeal, hemp seeds | |

JUICES ^{0,4L} 16,-



- | | |
|----------------------------------|---------------------------------------|
| ACE orange, carrot, apple, lemon | PIMS orange, ginger, carrot, celeriac |
| PURPLE beet, celeriac, apple | CREATE YOUR OWN |

LEMONADES



KANGEN WATER



- | | |
|---|--|
| KANGEN WATER, SWEETENED WITH XYLITOL | CHOOSE THE PH OF YOUR WATER |
| bioCranberries & Orange small 7,-
Mint & Lemon large 14,-
Ginger & Trumeric | after exercise, up to 30min small 7,-
before or after the meal large 14,-
PH 8 - 8,5 |

BIO COFFEE / TEA



BIO PLANT MILK



- | | |
|---|----------------------------|
| Tea 9,- | Fresh coconut milk 1l 10,- |
| Winter tea 15,- | Fresh almond milk 28,- |
| Latte, Iced Latte, Frappe 12,- | (call to order) 1l |
| Cappuccino 12,- | Coconut fresh 2,- |
| Flat White 11,- | Spelt 2,- |
| Espresso 6,- | Spelt-Almond 2,- |
| Double espresso 9,- | Oat 2,- |
| Americano 9,- | Rice 2,- |
| Pumpkin-spice syrup (our hand-made) 2,- | Almond 2,- |
| | Soy 2,- |
- OUR COFFEE AND TEA ARE FAIRTRADE!

BEER ARTISAN ^{0,5L}



WINE ORGANIC



- | | | |
|-------------|------------|-------------|
| bottle 14,- | glass 19,- | bottle 95,- |
|-------------|------------|-------------|

CIDER SLAVIC ^{0,33L} 12,-

BEVERAGES



- | | |
|---|------------------------------|
| Dry, Sweet, Goosberry, Aronia, Strawberry, Cherry | Cisowianka Perlage 0,33l 6,- |
| | Cisowianka Still 0,33l 6,- |
| | Kwas chlebowy 0,5l 9,- |
| | Chia 100% Natural Omega 10,- |