



LIFEMOTIV

ZDROWO ZAKRĘCENI

BURGERS



SALAD
BURGER

WHEAT OR
GRAHAM
BUN

SPELT OR
GLUTEN-FREE
BUN

ALL BURGERS AND SAUCES ARE GLUTEN-FREE AND VEGAN (EXCEPT FOR THE CHICKEN BURGER OF COURSE).
SERVED ON YOUR CHOICE OF A BUN AND THREE SAUCES OF YOUR CHOICE (WE SUGGEST: BBQ-KETCHUP, GARLIC OR CHIPOTLE MAYO
PLUS THE THIRD SAUCE AS RECOMMENDED).

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|--|------|------|------|
| 1. AVOCADO & CHICKPEAS | 21,- | 23,- | 25,- |
| millet and chickpea burger with fresh avocado, lettuce, tomato, sour cucumber, red onion and lemon sauce | | | |
| 2. CAULIFLOWER & BBQ | 21,- | 23,- | 25,- |
| cauliflower and millet burger, sour cabbage salad, lettuce and BBQ sauce | | | |
| 3. BEET & HORSE RADISH | 21,- | 23,- | 25,- |
| adzuki bean and beet burger with baked beet, lettuce, tomato, sour cucumber, caramelized onions and dill-horseradish sauce | | | |
| 4. MANGO & LENTILS | 21,- | 23,- | 25,- |
| green lentil burger with fresh mango, lettuce, tomato, red onion and curry sauce | | | |
| 5. CHICKEN BURGER | 29,- | 31,- | 33,- |
| with grilled free-range chicken breast, lettuce, tomato, sour cucumber, caramelized onions, garlic mayo | | | |

BASKETS AND BURGER SIDES



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|---|------|------|
| 1. CHICKEN FINGERS | 26,- | 40,- |
| fried in chickpea flour, baked french fries, sour cabbage salad | | |
| 2. BAKED VEGETABLE FRIES | 8,- | 16,- |
| with nigella seeds and dipping sauce of your choice (we recommend dill-horseradish) | | |
| 3. BAKED SWEET POTATOE FRIES | 10,- | 20,- |
| with a sauce of your choice (we recommend chipotle mayo) | | |
| 4. VEGETABLE SALAD | 6,- | |

KASHAS OR HOT WRAPS 26,-



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

- AVOCADO & CHICKPEAS**
avocado, chickpeas, tomatoes, mung bean sprouts, mixed seeds, kale, millet, caramelized onions, cilantro, lemon vinaigrette
- BEET & LENTIL**
roasted beet, black lentils, walnuts, champignons, capers, parsley, arugola, buckwheat, caramelized onions, curry dressing
- ROASTED VEGETABLES PESTO**^{NEW}
roasted carrot, parsley, celery, broccoli, sun-dried tomatoes, arugola, buckwheat, caramelized onions, green pesto, vegan parmesan
- 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 free-range chicken

BOWLS 26,-



- CAULIFLOWER & TAHINI**^{NEW}
cauliflower and millet meatballs, potato puree, parsley, balsamic beets, tahini gravy
- THAI CURRY**
roasted brussel sprouts, pumpkin, parsley, red onion, quinoa, cilantro, sesame, tom kha sauce
- VEGAN BIGOS**
vegan version of a traditional Polish dish made from sour and fresh cabbage with tempeh, green lentils, wild mushrooms and red wine, potato puree or spelt sourdough bread
- SPAGHETTI VEGANESE**
rice or vegetable pasta, vegan bolognese sauce with tempeh, vegan parmesan

SOUPS



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

- CREAM OF TOMATO** 10,-
with basil olive oil and spicy chickpeas croutons
LOADED WITH 5 DIFFERENT HIDDEN VEGETABLES, INSPIRED BY OUR LITTLE ONES
- VEGAN CHILI** 14,-
with cashew sour cream and baked nachos (whole wheat flour)
HARD TO BELIEVE THAT IT IS MEAT FREE... SO GOOD!

Kids menu



HEALTHY AND DELICIOUS MEALS FOR KIDS
FOR KIDS UP TO 12 YEARS OLD
ONE KID PER ADULT
WITH PURCHASE OF 50zł OR MORE
ONLY ON WEEKENDS (SAT-SUN)

SALADS OR FRESH WRAPS 23,-



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

- AVOCADO & CHICKPEAS**
avocado, chickpeas, tomatoes, mung bean sprouts, mixed seeds, kale, cilantro, millet, lemon vinaigrette
- SPINACH & ORANGE**
spinach, walnuts, bio tofu a la feta, orange, baked sweet potatoes, pickled red onion, poppy-seed dressing
- AVOCADO & BROCCOLI**
avocado, roasted broccoli, chickpeas, tomatoes, red cabbage, carrots, mung bean sprouts, mixed lettuce, lemon vinaigrette
- VEGAN CEZAR & TEMPEH**
balsamic tempeh, baked potato croutons, tomatos, romaine lettuce, almond and roasted garlic caesar dressing
- BEET & PEAR**
baked beet, pear, gluten-free, hand-made rosemary crackers, mixed lettuce, lemon vinaigrette and cashews cream
- 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 WRAPS



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|---|-------------|
| Free-range chicken small | 12,- |
| Free-range 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 | 3,- |
| Organic 100% rye-spelt sourdough bread, whole/half | 12,- / 22,- |
| 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 - SURCHARGE 9zł

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

DELIVERY ZONE 2 - SURCHARGE 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 use 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 support and serve organic fairtrade coffee, tea and cocoa. We check our suppliers and if we do, we choose to serve only meat eggs or dairy raised sustainably or organically. 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 recommend our freshly squeezed and blended vegetable-fruit juices, smoothies or lemonades, sweetened with xylitol, on filtered ionized Kangen water, with fresh lemon juice and ginger.

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

JOIN OUR LOYAL CUSTOMER CLUB



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ALL DAY BREAKFAST



All gluten-free and vegan.

- 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. APPLE & CINNAMON OMEGA OATMEAL** 15,-
with white mulberries, ginger, maple syrup, flax and hemp seeds - loaded with protein, fiber and omega 3 and 6
- 4. BUCKWHEAT GRANOLA WITH PLANT-BASED MILK** 15,-
chocolate, buckwheat groats, rolled oats, almonds, served with our hand-made fresh coconut milk or other milk of your choice

HEALTHY DESSERTS OR BREAKFASTS



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.

We bake new cakes everyday, so please check our daily offer.

1. Coconut cream **BALLS** (a little treat to go with your coffee) 3,-
2. **BAJADERKA** rich chocolate cake pop 7,-
3. **VEGAN ICE CREAM** - various flavors 7,-
4. **OATMEAL COOKIE** with tahini and chocolate chips 8,-
5. Our muesli **BAR** with amaranth and almonds 8,-
6. Bean **BROWNIE** with walnuts 12,-
7. **CHOCOLATE MUSSE** with a hint of mint and crunchy quinoa 16,-
8. **CASHEW CHEESECAKES** with hazelnut base and preserves 16,-
9. **APPLE PIE** with cranberries over buckwheat crust 16,-
10. **RAFAELLO CAKE** rice-coconut pudding over oatmeal-chocolate-chip crust with tahini 16,-
11. **PUMPKIN PIE** over buckwheat crust with coconut whipped cream 16,-
12. **CARROT CAKE** - low fat with chocolate ganache and walnuts 16,-
13. **TOFU-CHEESECAKE** bio tofu over buckwheat crust 18,-
14. **FRUIT CRUMBLE** best with a scoop of vegan ice cream 18,-
15. **ZUCCHINI BREAD** sweet, loaf 450g 20,-
16. Hand-made **CHOCOLATE HAZELNUT SPREAD**, 150g 16,-

SMOOTHIES 0,4L 16,-



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|---|---|
| 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
young barley, pineapple, banana, kale, apple |
| MANGO & ORANGE
mango, orange, banana, mint | CHERRY & BEET
cherry, beet, apple, banana, pear, mint |
| CHOCOLATE MILKSHAKE
rice milk, peanut butter, banana, dates, cocoa, oatmeal, hemp seeds | |

JUICES 0,4L 16,-



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

LEMONADES



KANGEN WATER



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|--|--|
| KANGEN WATER, SWEETENED WITH XYLITOL | CHOOSE THE PH OF YOUR WATER |
| Cranberries & 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 12,- |
| Winter tea 12,- | Coconut 2,- |
| Latte, Iced Latte, Frappe 12,- | Spelt 2,- |
| Cappuccino 12,- | Spelt-Almond 2,- |
| Flat White 11,- | Oat 2,- |
| Espresso 6,- | Rice 2,- |
| Double espresso 9,- | Almond - Rice 2,- |
| Americano 9,- | Almond - Rice - Hazelnut 2,- |
| Pumpkin-spice syrup (our hand-made) 2,- | Soy 2,- |

OUR COFFEE AND TEA ARE FAIRTRADE AND ORGANIC!

BEER ARTISAN 0,5L



WINE ORGANIC



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

CIDER SLAVIC 0,33L 12,-

BEVERAGES



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|---|--|
| 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,- |
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