



# LIFEMOTIV

ZDROWO ZAKRĘCENI

## BURGERS

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).

- |  |              |                     |                          |
|--|--------------|---------------------|--------------------------|
|  | SALAD BURGER | WHEAT OR GRAHAM BUN | SPELT OR GLUTEN-FREE BUN |
| 1. AVOCADO & CHICKPEAS <small>NEW RECIPE</small>   | 21,-         | 23,-                | 25,-                     |
| millet and chickpea burger with fresh avocado, lettuce, tomato, sour cucumber, red onion and lemon sauce                   |              |                     |                          |
| 2. BEET & HORSERADISH  | 21,-         | 23,-                | 25,-                     |
| adzuki bean and beet burger with baked beet, lettuce, tomato, sour cucumber, caramelized onions and dill-horseradish sauce |              |                     |                          |
| 3. PORTOBELLO & BBQ  |              | 23,-                | 25,-                     |
| grilled portobello, lettuce, tomato, sour cucumber, caramelized onions, broccoli and red cabbage slaw, BBQ sauce           |              |                     |                          |
| 4. ZUCCHINI & COMPANY  |              | 23,-                | 25,-                     |
| grilled zucchini, red peppers, mushrooms, sprouts, lettuce, tomato, sour cucumber, caramelized onions, lemon sauce         |              |                     |                          |
| 5. CHICKEN BURGER  | 29,-         | 31,-                | 33,-                     |
| grilled free-range chicken breast, lettuce, tomato, sour cucumber, caramelized onions, lemon sauce                         |              |                     |                          |

## BASKETS & SIDES

- |  |      |      |
|--|------|------|
| 1. BAKED VEGETABLE FRIES with nigella seeds and dipping sauce of your choice (we recommend dill-horseradish) | 8,-  | 16,- |
| 2. BAKED SWEET POTATOE FRIES with a sauce of your choice (we recommend chipotle mayo)                        | 10,- | 20   |
| 3. FRESHLY PICKLED CUCUMBER  | 2,-  |      |

## 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
- 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

### NEW KASHAS

- BUCKWHEAT DETOX**  
mushrooms, broccoli, carrots, red cabbage, sprouts, kale, parsley, buckwheat groats, red onion, your choice of: tofu, tempeh or avocado
- MEATBALLS & ROMANESCO**  
vegetable meatballs with chickpeas, zucchini & sweet potato noodles, kale, basil, quinoa, caramelized onions, romanesco sauce with roasted peppers
- EGGPLANT & POMGRANADE**  
za'atar roasted eggplant, cashew cream cheese, pomgranade seeds, parsley, black lentils, kale, quinoa, caramelized onion, lemon vinaigrette
- ZUCCHINI & BOLOGNESE**  
zucchini & sweet potato noodles, vegan bolognese sauce with red wine basil, 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 cashew sour cream
- SOUP OF THE DAY**

## Kids menu

- TOMATO SOUP WITH RICE NOODLES & CREAM** 10,-  
cream of tomato with rice noodles, cashew sour cream and fresh parsley - optional
- BOLOGNESE NOODLES** 18,-  
rice pasta, vegan bolognese tempeh sauce with red wine (alcohol free:), vegan parmesan
- VEGETABLE MEATBALLS** 18,-  
vegetable meatballs, baked fries, organic ketchup, broccoli and red cabbage slaw
- SLOPPY JOE JUNIOR** 18,-  
wheat bun with tempeh mince in tomato sauce, lettuce, sour cucumber - optional
- AVOCADO & TOMATO MILLET BOWL** 18,-  
avocado, tomato, sunflower seeds, kale, millet, caramelized onion, parsley (optional), lemon vinaigrette

## 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 & FRUITS**  
spinach, walnuts, bio tofu a la feta, seasonal fruits, baked sweet potatoes, pickled red onion, poppy-seed dressing
- SALAD OF THE WEEK**  
Taking advantage of the season bounty we will unleash our creativity and amaze You constantly with new creations
- 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

### NEW SALADS

- RAW PAD THAI**  
zucchini and sweet potato noodles, red cabbage, mung bean sprouts, broccoli, mango, cilantro, seasame, peanut and tamarind pad thai dressing
- MANGO & CHIPOTLE**  
mango, adzuki beans, corn, cucumber, cilantro, spinach, quinoa, lime-chipotle dressing (slightly spicy)

## EXTRAS for salads, kashas or wraps

- |   |             |
|---|-------------|
| 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  | 15,- / 28,- |
| Biodegradable container to go                       | 1,5,-       |

## DELIVERIES tel: 884-888-374

Minimum order size is 50zł. Free delivery for orders over 150zł. 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 (Wygłędów, 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 6-8km 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 we choose to serve only meat, eggs or dairy raised sustainably or organically that is if we choose to serve them at all. 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 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, 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 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. SWEET POTATO PANCAKES 26,- almond meal, coconut milk, maple syrup and seasonal fruits
2. TAHINI & FRUIT OATMEAL 15,- with tahini, flax seeds, white mulberries, maple syrup and hemp seeds - full of protein, fibre, omega 3&6

### NEW BREAKFAST

3. HUMMUS WRAP 25,- home-made hummus, carrots, lettuce, cucumber, tomato, sprouts, kalamata olives, wholewheat tortilla
4. ACAI SMOOTHIE BOWL 25,- acai, strawberries, banana, almond butter, fresh fruits

## bio COFFEE/TEA bio PLANT MILK

Tea	9,-	Spelt-Almond	3,-
Latte, Iced Latte, Frappe	12,-	Oat (aks for gluten free)	3,-
Cappuccino	9,-	Almond-Rice	3,-
Flat White	9,-	Almond-Rice-Hazelnut	3,-
Espresso	6,-	Coconut-Rice	3,-
Double espresso	9,-	Rice	2,-
Americano	9,-	Soy	2,-

### MATCHA LATTE 12,-

matcha & spelt-almond milk or your favourite milk

## HEALTHY DESSERTS



Sweetened with dates, xylitol, maple or agave syrup, instead of refined sugar. Gluten-free (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. VEGAN ICE CREAM - various flavors by Vegestacja 8,-
2. Jumbo OATMEAL COOKIE with tahini, chocolate and walnuts 8,-
3. Our MUESLI BAR with amaranth and almonds 8,-
4. CHIA PUDDING WITH FRUITS coconut milk based 12,-
5. Non-bake CASHEW CHEESECAKES with hazelnuts, dates & fruits 16,-
6. APPLE PIE over buckwheat pastry with oat&almond crumble 16,-
7. ORGANIC TOFU CHEESECAKE over buckwheat crust with fruits 18,-
8. DESSERT OF THE DAY expect the best of the season - BLUEBERRY MUFFINS <sup>OIL-FREE</sup>, CHIA CAKES, CRUMBLES, SPONGE CAKES and more

## SMOOTHIES <sup>0.4l</sup>

16,-



- KALE 101 kale, banana, apple, pear
- KALE 102 kale, banana, apple, parsley, celery
- GREEN ORANGE parsley, orange, kiwi, banana

### MANGO & ORANGE

mango, orange, banana, mint  
CHOCOLATE MILKSHAKE rice milk, peanut butter, banana, dates, cocoa, oatmeal, hemp seeds

### MATCHA & BANANA <sup>NEW</sup>

matcha, banana, rice milk

### CAFFE FRAPPE

WALNUT 16,-  
espresso, dates, walnuts, oat milk

CHOCOLATE 16,-  
espresso, chocolate ice cream, rice milk

BANANA 16,-  
espresso, banana, cocoa, oat milk

VANILLA 16,-  
espresso, vanilla ice cream, rice milk

## JUICES <sup>0.4l</sup>

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  
Cranberries & Orange 7zł / 0,4ml  
Mint & Lemon 14zł / 1ltr  
Cucumber & Lemon

CHOOSE THE PH OF YOUR WATER  
after exercise, up to 30min 7zł / 0,4ml  
before or after the meal 14zł / 1ltr  
PH 8 - 8,5  
Fruit-flavored Water

## BEER artisan <sup>0.5l</sup>

bottle 14,-

## WINE organic

glass 19,- bottle 75,-

## CIDER slavic <sup>0.33l</sup> 12,- BEVERAGES

Dry, Sweet, Goosberry, Aronia, Strawberry, Cherry

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