

**MOTION**<sup>®</sup>  
Restaurant, Bar and Lounge

# FOOD

M E N U

SHARM EL SHEIKH, NABQ- LA STRADA,

RESERVATIONS: +20 109 199 1755

# APPETIZERS

**Nachos** \_\_\_\_\_ **450.00**  
**Half Portion** \_\_\_\_\_ **250.00**

## *That's nacho plate!*

Crispy tortilla chips bursting with flavor, covered with melted cheese and a variety of toppings, including red beans, jalapenos and green onions. Served with pico de gallo and sour cream.

Add Chicken \_\_\_\_\_ 165.00  
 Add Beef \_\_\_\_\_ 300.00  
 Add Guacamole \_\_\_\_\_ 130.00



**Mozzarella Sticks** \_\_\_\_\_ **280.00**

## *Sweet dreams are made of cheese*

Mozzarella cheese coated in seasoned breadcrumbs, fried until golden brown and crispy. Served with sweet chilli sauce. ( 6 pieces )

**Chicken Tenders** \_\_\_\_\_ **375.00**

## *Tender Loving Chicken*

Classic hand breaded chicken tenders fried in homemade breadcrumbs. Served with Honey Dijon mustard and Barbecue Sauce.

**Chicken Quesadillas** \_\_\_\_\_ **450.00**

## *Love at first bite*

Juicy diced sautéed chicken served in a warm tortilla with lots of melty cheese. Served with sour cream and pico de gallo.



**Sliders** \_\_\_\_\_ **400.00**

## *Live, love, burgers.*

The perfect set of three mini burgers topped with melted cheese, lettuce, tomato and a fresh onion ring. Served with honey mustard.

Add Beef Bacon \_\_\_\_\_ 80.00



**Loaded Fries** \_\_\_\_\_ **400.00**

## *Pretty please with extra cheese!*

Crispy french fries loaded with cheese, beef bacon, ground beef, onions, and jalapenos then topped with sour cream and green onions.

**Mac n Cheese Bites** \_\_\_\_\_ **400.00**

## *Mac: cheese me up!*

Indulge in cheesy heaven with our breaded, fried Mac n Cheese Bites infused with beef bacon — the perfect bite sized comfort!

**\*\* Please advise us if you have any food allergies or dietary restrictions prior to placing your order\*\***

Prices are in Egyptian pounds and include 12% service charge and 14% government taxes.



## Spicy Shrimp \_\_\_\_\_ 350.00

### *Shrimply the best*

Crispy shrimp tossed in a creamy spicy sauce sprinkled with sesame seeds and green onions, served on a delicious bed of our home made chilli mayonnaise.

## Fried Calamari \_\_\_\_\_ 300.00

### *Seafood and eat it*

Crumbed tender calamari fried and served with garlic chilli mayonnaise.

## Chicken Wings \_\_\_\_\_ 300.00

### *In it to wing it*

Well-Marinated chicken wings dipped in a mouth-watering spicy buffalo sauce. Served with blue cheese dressing and veggie sticks. Don't like it spicy? Enjoy your wings in Tangy or BBQ sauce.

## Potato Skins \_\_\_\_\_ 300.00

### *Thankful, blessed and potato obsessed*

Fried unpeeled potato halves, hollowed and dressed with beef bacon, cheddar cheese, parsley and green onions. Served with sour cream.

## Get in Motion Pick 3 \_\_\_\_\_ 650.00

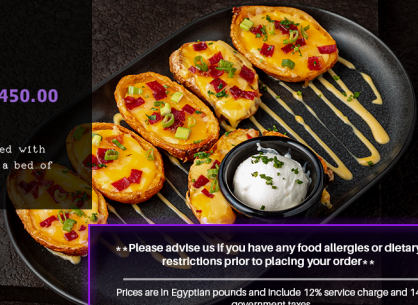
### *Decisions, decisions*

Can't decide? Customize your plate by choosing 3 of Motion's famous appetizers. (Does not include nachos, queso dip or loaded fries)

## Stuffed Mushrooms \_\_\_\_\_ 450.00

### *Mushroom Magic Awaits!*

Roasted mushrooms generously stuffed with seasoned spinach. Served sizzling on a bed of parmesan cheese.



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# Queso Dip

350.00

## ***Queso Dip***

A velvety blend of cheddar cheese, minced meat and red beans mixed with cumin, chili and paprika. Served with warm tortilla chips.



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# SALADS

## Chicken Cobb Salad ..... 550.00

Half Portion ..... 350.00

### ***Cobb it up!***

A bed of fresh lettuce topped with bursting flavors of beef bacon, hard-boiled eggs, grilled chicken, cheese, avocados, onions and tomatoes.

## Tuna Salad ..... 400.00

Half Portion ..... 250.00

### ***Tune into Tuna!***

A bed of greens engulfed by delicious tuna, sweet corn, tomatoes, onion, avocado, red & yellow peppers, cucumbers and cheese. Served with a vinaigrette dressing.

## Caesar Salad ..... 250.00

Half Portion ..... 150.00

### ***The Palace on a plate!***

Fresh lettuce tossed in a delightfully creamy Caesar dressing, topped with crunchy croutons and parmesan cheese

Add Chicken ..... 165.00

Add Beef ..... 300.00

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# STEAKS

## NEVER A MISTAKE!

Let one of our delicious cuts of steak melt in your mouth. Cooked to your desire. Served with your choice of mushroom sauce, peppercorn sauce, or garlic and herb butter. Choose two sides.



Filet Steak  
8 OZ ..... 1250.00

Ribeye Steak  
10 OZ ..... 1250.00



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# Tomahawk

16 OZ

1800.00



Best  
Cuts



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# T-Bone

13 OZ \_\_\_\_\_ 1800.00



**Best  
Cuts**



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# RIBS

Ribs .....1500.00

***Get saucy, eat ribs!***

Succulent ribs smothered in BBQ sauce served with a side of hearty beans and crispy fries.



**Best  
Cuts**



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# SEAFOOD

## Pepper crusted salmon \_\_\_\_\_ 900.00

***You're my special salmon!***

8oz of tender flakey grilled salmon encrusted with black pepper. Served with garlic butter.



## Mixed Seafood \_\_\_\_\_ 800.00

***Seafood mix: oceans of flavor!***

A delicious combination of shrimp, calamari and fresh salmon. Served with your choice of rice or fries.

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# TEX-MEX

## Fajitas

***So juicy, so tender, so satisfying!***

A traditional Mexican skillet of juicy marinated steak, chicken or shrimp served on a bed of grilled onions and bell peppers. Served with sour cream, mixed cheese, pico de gallo and guacamole.

Veggies .....	400.00
Chicken .....	550.00
Beef Steak .....	650.00
Shrimp .....	650.00
Duo .....	600.00
Trio .....	700.00



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## Burritos ..... 500.00

### *It's a wrap!*

A warm tortilla wrapped and stuffed with a filling of ground beef, rice, beans, sweet corn and cheese. One of the best meals ever! Served with fries.

## Buffalo Tacos ..... 450.00

Two soft flour tortillas filled with buffalo fried chicken, Pico de Gallo and blue cheese sauce. Served with fries.



## Tacos ..... 450.00

### *These tacos are Mexcellent!*

Three warm crunchy corn tortillas filled with your choice of chicken, beef or shrimp topped with pico de gallo, avocado, onion, lettuce and tomato. Served with a mango salsa and chimichurri rice.

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# CHICKEN & PASTA

## Wicked Chicken — 600.00

**Wicked Chicken : cluck yeah!**

Two Cajun-spiced chicken breasts served over Spanish rice with a side of corn on the cob.



## MOTION Chicken Mushroom — 650.00

**A tasty twosome!**

A fried chicken breast topped with mushrooms and melted mozzarella cheese. Served with fried button mushrooms and corn on the cob.



## Cheesy Mac & Chicken — 450.00

**You mac me so happy!**

Cavatappi pasta tossed in Parmesan cheese, Alfredo sauce and fresh garlic. Topped with your choice of grilled or fried chicken. Served with our mouth watering garlic bread.

Want to turn up the heat? Ask for our spicy version!

## Motion Pasta — 500.00

**Pesto pasta: where herbs party!**

Penne pasta tossed in a spinach alfredo sauce topped with grilled chicken breast. Served with garlic bread.



## Chicken Alfredo — 450.00

**Cheesy, creamy, and oh-so-delicious!**

Your choice of Fettuccini or Penne Pasta tossed in alfredo sauce with fresh mushrooms and garlic. Topped with grilled chicken breast, parmesan cheese and parsley. Served with our mouth watering garlic bread.



## Arrabiata — 250.00

**Feeling saucy?**

Penne Pasta tossed in marinara and alfredo sauce with fresh basil, olive oil, oregano and parmesan cheese.

Add Chicken — 165.00

Add Beef — 300.00

Add Shrimp — 350.00

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# SIDES

Fries	65.00
Mashed Potato	65.00
Loaded Baked Potato	175.00
Rice	90.00
Onion Rings	150.00
Garlic Bread	75.00
Corn on the Cob	75.00
Side Salad <i>(Garden or Caesar)</i>	90.00
Seasonal Vegetables	80.00

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## DESSERTS

### Molten Cake ..... 250.00

#### *You're gonna lava it*

Delicious homemade chocolate cake with a liquid chocolate core, erupting to create the perfect volcano of chocolate bliss. Served with a scoop of vanilla ice cream.

### Hot Fudge Sundae Brownie ..... 375.00

#### *Chill out with your brownie out*

The glorious chocolate blend of fudge and cake, served with hot fudge and a scoop of your favorite flavor ice cream. Have it your way, sprinkled with nuts or hold them back!

### Apple Pie ..... 250.00

#### *You are the apple of my pie*

A warm pastry dessert featuring apples as the star ingredient. Served with a divine scoop of vanilla ice cream.

### Cheesecake ..... 400.00

#### *Slice, Slice baby*

New York style cheesecake dressed with raspberry, blueberry, toffee or chocolate sauce.

### Ice Cream ..... 170.00

#### *We scream for ice cream*

How many scoops? The perfect bowl of one, two or three scoops of heaven.

### Milkshakes ..... 180.00

#### *Let's shake things up a little*

Cool off with a sweet cold blend of ice cream and milk in your favorite flavor.

#### **Available flavors:**

Vanilla, Chocolate, Strawberry, Oreo, Snickers, Kit Kat

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# BUILD YOUR OWN BURGER

I LIKE IT LIKE

## STEP 1: PICK YOUR BURGER / WHAT'S YOUR STYLE?

☐ Beef 300 LE

☐ Grilled Chicken 275 LE

☐ Fried Chicken 275 LE

☐ Veggie Patty 250 LE

## STEP 2: PICK YOUR SIZE / HOW MUCH CAN YOU HANDLE?

☐ One Patty ☐ Two Patties Add 180 LE

☐ Three Patties Add 300 LE

## STEP 3: CHOOSE YOUR BUN / YOUR FAVORITE BUNS?

☐ House Bun

☐ Sesame Bun

☐ Whole Wheat Bun

## STEP 4: GET CHEESY / SAY CHEESE! (ADD 65 LE)

☐ Provolone

☐ Gouda

☐ Cheddar

☐ Swiss

☐ Mozzarella

☐ Red Cheddar

☐ Blue Cheese Crumbles

☐ White Cheddar

## STEP 5: SAUCE TIME / LET'S GET SAUCY

☐ Ketchup

☐ Garlic Mayo

☐ Ranch

☐ Mayo

☐ Mustard

☐ Buffalo Sauce

☐ Spicy Mayo

☐ BBQ Sauce

☐ Sweet Chilly Sauce

## STEP 6: TOPPINGS / TOP IT UP

☐ Lettuce

☐ Fresh Onion

☐ Fried Egg 60 LE

☐ Sautéed Mushrooms 80 LE

☐ Tomato

☐ Pickles

☐ Onion Rings 70 LE

☐ Jalapenos 40 LE

☐ Bell Peppers

☐ Beef Bacon 80 LE

☐ Caramelized Onions 60 LE

## ADD EXTRAS

## STEP 7: SIDE / ON THE SIDE

Choose your side from our delicious side item choices

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**T-BONE**



**TOMAHAWK**



**RIBS**







# Sunday Roast

Every Sunday  
From 4 PM

Beef ..... 600.00



Quarter  
Chicken ..... 420.00

Half  
Chicken ..... 550.00

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MOTION<sup>®</sup>  
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# TACO TUESDAY

**1 FREE DRINK  
WITH YOUR ORDER**





# FAJITA FRIDAY



MOTION®

Restaurant, Bar and Lounge

*Free Brownie with  
every order of Fajitas*





# ALL YOU CAN EAT **WINGS**

**500 LE**

**EVERY WEDNESDAY**  
FROM 6PM TILL 8PM



**Sharm El Sheikh, Nabq- La Strada**  
**For Reservations : +2010 9199 1755**

Discounts Not Applicable

# Kids Menu

(Ages 12 & Under)

Meal includes a kid's drink and a scoop of ice cream.

Drink choices of milk, juice, or soft drink.



Kid's Burger.....	250 LE
Kid's Fried Chicken Burger.....	250 LE
Chicken Fingers.....	250 LE
Grilled Chicken Burger.....	250 LE
Grilled Chicken on Mac n Cheese.....	250 LE
Hot Dog.....	250 LE
Spaghetti Bolognese.....	250 LE

## Sides

(Choose one)



Fries  
Mashed Potato  
Rice  
Garlic Bread  
Corn on the Cob  
Seasonal Vegetables



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# BEVERAGE MENU





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# BEER

## BOTTLE

Heineken 330ml	180 LE
Sakara Gold 500ml	180 LE
Stella 500ml	180 LE
Meister Max 330ml	250 LE
Desperados	250 LE

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# LOCAL SPIRITS

## LOCAL SPIRITS PREMIUM

Vodka Blue 40	300 LE
Gin Butlers	300 LE
Rum Cubana	300 LE
Tequila Malvado	300 LE
Whiskey Devlin	350 LE

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# READY TO DRINK

ID Watermelon Vodka 275ml	250 LE
ID Energy Vodka 275ml	250 LE
Butler's Lemon & Mint Gin 275ml	250 LE
Blue 40 Freeze ( Original / Pink Berry )	250 LE

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## RED WINE

	BOTTLE	GLASS
Omar Khayyam	850 LE	220 LE
365	900 LE	
Grand Marquis	1100 LE	
Castello Di Trevi	1100 LE	
Cape Bay	1400 LE	
Chateau De Granville	1450 LE	

## SPARKLING WINE

Valmont Rose/White	1800 LE
Le Baron Rose/White	1800 LE

## WHITE WINE

Omar Khayyam	850 LE	220 LE
365	900 LE	
Grand Marquis	1100 LE	
Castello Di Trevi	1100 LE	
Cape Bay	1400 LE	
Chateau De Granville	1450 LE	

## ROSE WINE

Omar Khayyam	850 LE	220 LE
365	900 LE	
Castello Di Trevi	1100 LE	

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WINE



## BLUE COCONUT 400LE

### *Going coconuts for you!*

A deliciously refreshing sweet cocktail with a tropical flair. The perfect combination of vodka, pineapple juice, pina colada mix and blue curacao, with a coconut rim, it's like a party in your glass!

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## PIÑA COLADA 400LE

### *You are the pina to my colada!*

A true tropical classic. Made with rum, cream of coconut and pineapple juice, served with pineapple slices and cherries on top.

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## PORNSTAR MARTINI 400LE

### *Fake it till you make it!*

A precise combination of passion fruit, vanilla, lime juice and vodka creating an explosion of flavor for your pleasure.

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## GIN SMASH 400LE

### *Let's Get Fresh*

A modern classic twist of gin, lemon juice, and basil leaves creating a bright and herbaceous playground of flavor.

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# TAILS

## ELECTRIC PARTY

400LE

### *Electrify my love!*

A refreshing blend of vodka, gin, rum, blue curacao syrup and sweet and sour mix, served over ice with a lime garnish. Perfect for a taste of tropical paradise!

## SEX ON THE BEACH SLUSHIES

400LE

### *Life's a beach!*

A fruity frozen delicious vodka-based drink blended with peach schnapps, orange and cranberry juice.

## STRAWBERRY DAIQUIRI

400LE

### *I like you berry much!*

A lush blend of whole strawberries, rum, and lime juice. Sweet, refreshing, and irresistible.

## FASHION MOJITO

400LE

### *Mo-jito, Mo' fun*

The traditional Cuban combination of rum, sweetness, lime, and fresh mint. All you need is love & mojitos!

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## STRAWBERRY MINT MOJITO ..... 400LE

### *Berry Minty Shenanigans!*

Deliciously sliced strawberries, fresh mint leaves and lime juice complimenting your rum in this traditional cocktail with a fruity citrus minty vibe.

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## THE ULTIMATE BLOODY MARY ..... 400LE

### *I love you from my head tomatoes!*

The ultimately refreshing cocktail containing vodka, tomato juice, and other spices and flavorings including Worcestershire sauce, hot sauce and horseradish. Splashed with lemon juice, topped with celery, olives and cherry tomatoes. Get back in the game!

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## FROZEN STRAWBERRY MARGARITA— 400LE

### *Salt and lime, it's margarita time!*

Fresh and frozen strawberries mixed with the perfect combination of tequila, triple sec and lime juice.

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## BLUE OCEAN VOLCANO ..... 400LE

### *Erupt, Sip, Repeat.*

A fruity and refreshing burst featuring rum, luscious raspberry syrup, blue curacao and zesty margarita mix.

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# TAILS

## Tickled Pink

400LE

### *Sip me baby one more time*

A smooth mix of vodka, pina colada mix and sweet raspberry syrup delivering the perfect refreshing sip after a sunny day!

## PURPLE HAZE

400LE

### *Haze, Sip, Escape!*

An intriguing blend featuring vodka and rum mixed with tangy sweet and sour and luscious blackberry syrup. A vibrant refreshing cocktail that's sure to elevate your spirits!

## PURPLE KISS

400LE

### *Kiss it Better*

A fusion of rum and vodka, with a splash of coconut mixed with grape and pineapple juice. A kiss you'll never forget!



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# WINE COCKTAILS

*Indulge yourself with one of our fruit infused rum sangria wine cocktails,  
served by the glass or in a carafe, perfect for sharing.  
Made with the finest Omar Khayyam wines.*

By The Glass \_\_\_\_\_ **420LE**

By The Carafe \_\_\_\_\_ **1500LE**

## WHITE WINE COCKTAILS

Strawberry Mango Sangria

Caramel Apple Sangria

## ROSE WINE COCKTAILS

Peach Rosé Sangria

Passion Fruit Punch Sangria

## RED WINE COCKTAILS

Fall Spiced Apple Cider Sangria

Summer Berry Sangria

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# MOCKTAILS

## MANGO BANANA SMOOTHIE 195LE

*Let's go bananas!*

The perfect refreshing combination of mango and fresh bananas blended with yogurt, milk and honey. This smoothie is sure to transport you to an island paradise

## STRAWBERRY PINEAPPLE SMOOTHIE 195LE

*A berry special one!*

Indulge in a frozen blend of strawberries and pineapples with yogurt and protein powder. A healthy and decadent treat.

## BULLPRITE 195LE

*Get energized!*

This refreshing concoction combines the sweet, tangy goodness of fresh pineapple with the energizing kick of Red Bull and the crisp carbonation of Sprite. The perfect thirst quencher for any time of day

## STRAWBERRY LIMEADE 195LE

*When life gives you lemons!*

Our summer cooler, this refresher has the perfect blend of sweet and tangy. Fresh lemon and lime with ripe juicy strawberries served over ice, with fresh basil

## COFFEE BANANA SMOOTHIE 195LE

*Life begins after coffee!*

A deliciously satisfying smoothie made with premium coffee, fresh bananas, silky smooth almond milk, and a touch of honey. Topped with a sprinkle of cocoa powder, this is a blend that's sure to leave you feeling energized and refreshed

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# SOFT DRINKS

Mineral Water (Large)	75 LE
Mineral Water (Small)	45 LE
Sparkling Water	75 LE
Coca-Cola	75 LE
Coke Zero	75 LE
Sprite	75 LE
Sprite Zero	75 LE
Fanta	75 LE
Tonic	75 LE
Soda	75 LE
Birell	60 LE
Schweppes (Pomegranate/Pineapple)	75 LE
Fayrouz Malt (Pineapple/Apple)	75 LE

# ENERGY DRINKS

## Red Bull

Energy Drink

Sugar Free

White Edition

Blue Edition

200LE

# JUICES

Mango	75 LE
Guava	75 LE
Apple	75 LE
Orange	75 LE
Pineapple	75 LE

# HOT DRINKS

Tea	60 LE
Cappuccino	95 LE
Americano	60 LE
Café Latte	95 LE
Espresso	75 LE
Double Espresso	110LE
Nescafe	60 LE
Hot Chocolate	85 LE

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# FIND YOUR PERFECT ESCAPE

SHISHA  
(REGULAR)

**300LE**

VIP LUXURY  
FRUIT SHISHA

**600LE**

**Our VIP Luxury Fruit Shisha promises an exceptional experience, blending the finest exotic seasonal fruits.**

AVAILABLE  
FLAVORS

Apple, Blueberry, Mint,  
Lemon, Kiwi, Peach, Grape,  
Watermelon, Cherry,  
Strawberry, Mixed Fruit.

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# LATE NIGHT SNACKS

*Full menu available until 2 AM*

*After 2 ? Or just have the munchies?*

## Try our:

Mixed Cheese Board .....	500
Fruit Platter .....	300
Mixed Nuts .....	400
Veggie Platter .....	250



@motionsharmelsheikh