

SIGNATURE BOWLS



PLANTED CHICKEN BOWL

AFMN023

NOT SO BIG: **8.90**
BIG: **12.90**

RICE
TERIYAKI
PLANTED.CHICKEN
MANGO
EDAMAME
HUMMUS
RED CHILI CABBAGE
SPICY MANGO-MAYO
SESAME



SALMON WASABI BOWL

ADEFMN0123

NOT SO BIG: **9.90**
BIG: **13.90**

RICE
TERIYAKI
SALMON
EDAMAME
MANGO
AVOCADO-MASH
CARROTS
WASABI-MAYO
SHREDDED NORI
PEANUTS



VEGAN BOWL Rrito

AFM023

NOT SO BIG: **9.90**
BIG: **13.90**

RICE
TERIYAKI
PLANTED.KEBAB
SWEET CORN
KIDNEY BEANS
AVOCADO-MASH
TOMATO SALSA
AIOLI-MAYO
TORTILLA CHIPS
SPRING ONIONS



PULLED CHICKEN BOWL

FM23

NOT SO BIG: **9.90**
BIG: **13.90**

RICE
LADYLIKE
PULLED CHICKEN
MANGO
AVOCADO-MASH
CUCUMBER
CARROTS
MARACUJA-MAYO
CHILI
SOLNUTS



SPICY FALAFEL BOWL

AEFH.11MN234

NOT SO BIG: **7.90**
BIG: **9.90**

RICE
POKE
FALAFEL
RED CABBAGE
HUMMUS
RED CHICKPEAS
LEAF SPINACH
SRIRACHA-MAYO
DUKKAH



JERK CHICKEN BOWL

AEFHH.11LMN0234

NOT SO BIG: **9.90**
BIG: **13.90**

RICE
TERIYAKI
JERK CHICKEN
EDAMAME
RED CABBAGE
PINEAPPLE
SWEET POTATO-MASH
SRIRACHA-MAYO
DUKKAH
SPRING ONIONS



TOFU SESAME BOWL

AEFHLMN01243

NOT SO BIG: **9.90**
BIG: **13.90**

RICE
POKE
TOFU MARINATED
AVOCADO-MASH
SWEET POTATO-MASH
RED CHICKPEAS
RED CABBAGE
SESAME-MAYO
PEANUTS
SPRING ONIONS



CAESAR SALAD BOWL

AA.3CDGM23

BIG: **11.90**

ROMAINE LETTUCE
CAESAR SALAD-DRESSING
CHICKEN BREAST
TOMATO SALSA
BOILED EGG
BREAD CHIPS
SPRING ONIONS

We gladly exchange 1 equivalent ingredient of your Signature Bowl.

CREATE YOUR OWN BOWL

NOT SO BIG FROM: 9.90
BIG FROM: 13.90

01 BASE

CHOOSE 1

RICE
LEAF SPINACH +1€
QUINOA +1€
ROMAINE LETTUCE +1€

02 VEGAN DRESSING

CHOOSE 1

MARACUJA 🍊
LADYLIKE
SESAME-SOY
POKE ^{AFN4}
SWEET-SOY
TERIYAKI ^{AFO}
NATURAL-SOY 🍯
TAMARI ^F

SALAD-DRESSING

CAESAR ^{A.3CDGM23}
(NOT VEGAN)

03 GREEN

CHOOSE 4

AVOCADO-MASH ³
BOILED EGG ^C
CARROTS
CUCUMBER
EDAMAME ^F
HUMMUS ^{N3}
KIDNEY BEANS
LEAF SPINACH
MANGO
PINEAPPLE
RED CHICKPEAS
RED CABBAGE
RED CHILI CABBAGE ^O
SWEET CORN
SWEET POTATO-
MASH ^{HLNO}
TOMATO SALSA

04 PROTEIN

CHOOSE 1

MEAT

CHICKEN BREAST
JERK CHICKEN ^{AFM2}
PULLED CHICKEN ^{FM23}

FISH

SALMON ^{DFN} +1€/0.5€

VEGAN

PLANTED.CHICKEN ^N
+1€/0.5€
PLANTED.KEBAB +1€/0.5€ ^F
FALAFEL
TOFU MARINATED ^{AFNO12}

05 VEGAN MAYO

CHOOSE 1

AIOLI ^{M2}
MARACUJA ^{M23}
SESAME ^{FMN2}
SPICY MANGO ^{M2}
SRIRACHA ^{FM234} 🌶️
WASABI ^{M123}

06 TOPPING

CHOOSE 2

CRUNCHY

BREAD CHIPS ^{A2}
FRIED ONIONS ^A
PEANUTS ^E
SESAME ^N
SOLNUTS
TORTILLA CHIPS

VEGGIE

CORIANDER
SPRING ONIONS
SHREDDED NORI

SPICY

 🌶️

CHILI
DUKKAH ^{EFH1IN}

WANT MORE?

PROTEIN 3.00€

FALAFEL,
CHICKEN,
TOFU,
PLANTED.CHICKEN,
PLANTED.KEBAB,
SALMON

GREEN 1.50€

TOPPING 0.50€



DRINKS & COOKIES

DRINKS

PRICES EXCLUDING BOTTLE DEPOSIT 0.15 €

VÖSLAUER 0,33L STILL SPARKLING	3,50
RAUCH EISTEE ^{4,8,9} 0,33L LEMON PEACH	3,90
FRITZ COLA ¹¹ SUPER ZERO ¹¹ 0,33L	3,90
FRITZ SPRITZ BIO APPLE SPRITZER 0,33L	3,90
PAULANER SPEZI ^{1,3,10,11} 0,33L	3,50
ALMDUDLER 0,35L	3,90

COOKIES

ASK ABOUT OUR CURRENT FLAVOURS 1,90



GET THE
FAT MONK-APP!

COLLECT MONKS &
RECEIVE SPECIAL DEALS!

