

SIGNATURE BOWLS

GLUTENFREE VEGAN



PLANTED CHICKEN BOWL
AFMNO

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

NOT SO BIG: 8,90
BIG: 12,90



VEGAN BOWL Rrito BOWL
AFMNO

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

NOT SO BIG: 8,90
BIG: 12,90



TOFU SESAME BOWL
AEFHMNO

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

NOT SO BIG: 8,90
BIG: 12,90



SPICY FALAFEL BOWL
AEFHMN

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

NOT SO BIG: 7,50
BIG: 9,90



PULLED CHICKEN BOWL
FM

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

NOT SO BIG: 8,90
BIG: 12,90



JERK CHICKEN BOWL
AEFHMNO

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

NOT SO BIG: 8,90
BIG: 12,90



CAESAR SALAD BOWL
ACDGMN

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

BIG: 11,90



SALMON WASABI BOWL
ADEFMNO

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

NOT SO BIG: 9,50
BIG: 13,90

CREATE YOUR OWN BOWL

NOT SO BIG: 8,90 | BIG: 12,90

01 BASE

CHOOSE 1

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

02 VEGAN DRESSING

CHOOSE 1

MARACUJA
LADYLIKE
SESAME-SOY
POKE AFN
SWEET-SOY
TERIYAKI AFO
NATURAL-SOY
TAMARI F

SALAD-DRESSING
CAESAR ACDGM
(NOT VEGAN)

03 GREEN

CHOOSE 4

AVOCADO-MASH
BOILED EGG C
CARROT
CUCUMBER
EDAMAME F
HUMMUS N
KIDNEY BEANS
MANGO
PINEAPPLE
RED CABBAGE
RED CHICKPEAS
RED CHILI CABBAGE O
SWEET CORN
SWEET POTATO-MASH HLN
TOMATO SALSA

04 PROTEIN

CHOOSE 1

MEAT
CHICKEN BREAST
JERK CHICKEN AFM
PULLED CHICKEN FM
FISH
SALMON DFN +1€/0,5€

VEGETARIAN

FETA G

VEGAN

PLANTED.CHICKEN N +1€/0,5€
PLANTED.KEBAB +1€/0,5€
FALAFEL AF
TOFU MARINATED AFNO

05 VEGAN MAYO

CHOOSE 1

AIOLI M
MARACUJA M
SESAME FMN
SPICY MANGO M
SRIRACHA FM
TRUFFLE MN
WASABI M

06 TOPPING

CHOOSE 2

CRUNCHY
BREAD CHIPS
FRIED ONIONS A
PEANUTS E
TORTILLA CHIPS
SESAME N
SOLNUTS
VEGGIE
CORIANDER
SPRING ONIONS
SHREDDED NORI

SPICY J
CHILI
DUKKAH EFNH

WANT SOME EXTRA?

PROTEIN

SALMON, FALAFEL, CHICKEN, TOFU,
PLANTED.CHICKEN, PLANTED.KEBAB 3,00

GREEN 1,50

TOPPING 0,50

CARDS ONLY

NO CASH

ALL PRICES ARE IN EURO AND INCLUDED VAT.



COOKIES

ASK ABOUT OUR CURRENT FLAVOUR

1,90

DRINKS

FANCY WATER 0,5L 2,90

VARIOUS FLAVOURS

VÖSLAUER 0,33L 2,90

STILL | SPARKLING

RAUCH EISTEE 0,33L 3,90

LEMON | PEACH | POMEGRANATE

ORGANICS 0,25L 3,90

SIMPLY COLA

KOMBUCHA 0,33L 3,90

CLASSIC

SINGHA LAGER A 0,33L 4,50

FANCY COMBO
FANCY WATER WITH
BOWL ONLY 1,90



GET THE FAT MONK-APP!
COLLECT MONKS & GET SPECIAL DEALS!