

# SIGNATURE BOWLS



## PLANTED CHICKEN BOWL

AFMNO  
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

ADEFMNO  
NOT SO BIG: **9.50**  
BIG: **13.90**

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



## VEGAN BOWL R RITO BOWL

AFMO  
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

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

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



## SPICY FALAFEL BOWL

AEFHMN  
NOT SO BIG: **7.50**  
BIG: **9.90**

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



## JERK CHICKEN BOWL

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

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



## TOFU SESAME BOWL

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

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



## CAESAR SALAD BOWL

ACDGM  
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.



**NEW SPECIALS  
BOWLING SOON!**

# CREATE YOUR OWN BOWL

NOT SO BIG FROM: 8.90  
BIG FROM: 9.90

## 01 BASE

CHOOSE 1

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

## 02 VEGAN DRESSING

CHOOSE 1

**MARACUJA** 🍊  
LADYLIKE  
**SESAME-SOY**  
POKE <sup>AFN</sup>  
**SWEET-SOY**  
TERIYAKI <sup>AFO</sup>  
**NATURAL-SOY** 🍯  
TAMARI <sup>F</sup>

### **SALAD-DRESSING**

CAESAR <sup>ACDGM</sup>  
(NOT VEGAN)

## 03 GREEN

CHOOSE 4

AVOCADO-MASH  
BOILED EGG <sup>C</sup>  
CARROTS  
CUCUMBER  
EDAMAME <sup>F</sup>  
HUMMUS <sup>N</sup>  
KIDNEY BEANS  
LEAF SPINACH  
MANGO  
PINEAPPLE  
RED CHICKPEAS  
RED CABBAGE  
RED CHILI CABBAGE <sup>O</sup>  
SWEET CORN  
SWEET POTATO-  
MASH <sup>HLNO</sup>  
TOMATO SALSA

## 04 PROTEIN

CHOOSE 1

**MEAT**  
CHICKEN BREAST  
JERK CHICKEN <sup>AFM</sup>  
PULLED CHICKEN <sup>FM</sup>  
**FISH**  
SALMON <sup>DFN</sup> +1€/0.5€  
**VEGAN**  
PLANTED.CHICKEN <sup>N</sup>  
+1€/0.5€  
PLANTED.KEBAB +1€/0.5€ <sup>F</sup>  
FALAFEL <sup>AF</sup>  
TOFU MARINATED <sup>AFNO</sup>

## 05 VEGAN MAYO

CHOOSE 1

AIOLI <sup>M</sup>  
MARACUJA <sup>M</sup>  
SESAME <sup>FMN</sup>  
SPICY MANGO <sup>M</sup>  
SRIRACHA <sup>FM</sup> 🌶️  
TRUFFLE <sup>MN</sup>  
WASABI <sup>M</sup>

## 06 TOPPING

CHOOSE 2

**CRUNCHY**  
BREAD CHIPS <sup>A</sup>  
FRIED ONIONS <sup>A</sup>  
PEANUTS <sup>E</sup>  
SESAME <sup>N</sup>  
SOLNUTS  
TORTILLA CHIPS  
**VEGGIE**  
CORIANDER  
SPRING ONIONS  
SHREDDED NORI  
**SPICY** 🌶️  
CHILI  
DUKKAH <sup>EFHN</sup>

## WANT MORE?

PROTEIN 3.00€

FALAFEL  
CHICKEN  
TOFU  
PLANTED.CHICKEN  
PLANTED.KEBAB  
SALMON

GREEN 1.50€

TOPPING 0.50€



# DRINKS & COOKIES

## DRINKS

**FANCY WATER 0.5L\***

VARIOUS FLAVOURS

2.<sup>90</sup>

**VÖSLAUER 0.33L**

STILL | SPARKLING

2.<sup>90</sup>

**RAUCH EISTEE 0.33L**

LEMON | PEACH

3.<sup>90</sup>

**ORGANICS 0.25L**

SIMPLY COLA

3.<sup>90</sup>

**KOMBUCHA 0.33L**

CLASSIC

3.<sup>90</sup>

**SINGHA LAGER 0.33L**

4.<sup>50</sup>

\*Youth Drinks

## COOKIES



ASK ABOUT OUR CURRENT FLAVOURS!

1.<sup>90</sup>



**CARDS ONLY – NO CASH**

PRICES APPLY TO ALL VIENNA STORES EXCEPT FAT MONK - WESTBAHNHOF.  
YOU CAN FIND ALL CURRENT PRICES IN OUR ONLINE PICK-UP-STORE  
OR IN THE FAT MONK-APP.

## FANCY COMBO

FANCY WATER with  
BOWL only 1.<sup>90</sup>



**GET THE  
FAT MONK-APP!**

**COLLECT MONKS &  
RECEIVE SPECIAL DEALS!**

