



PLANTED CHICKEN



Rice | Teriyaki
planted.chicken
Edamame
Hummus ^{by NENI}
Mango
Red chili cabbage
Spicy Mango-Mayo
Sesame

AFMN023



VEGAN BOWLRRITO



Rice | Teriyaki
planted.kebab
Avocado-Mash
Kidney beans
Sweet corn
Tomato Salsa
Aioli-Mayo
Spring onions
Tortilla chips

AFM023



TOFU SESAME



Rice | Poke
Tofu marinated
Avocado-Mash
Red cabbage
Red chickpeas
Sweet potato-Mash
Sesame-Mayo
Peanuts
Spring onions

AEFHLMN01243



SPICY FALAFEL



Rice | Poke
Falafel ^{by NENI}
Hummus ^{by NENI}
Leaf spinach
Red cabbage
Red chickpeas
Sriracha-Mayo
Dukkah

A EFH.11MN234



SALMON WASABI

Rice | Teriyaki
Salmon
Avocado-Mash
Carrots
Edamame | Mango
Wasabi-Mayo
Shredded Nori
Peanuts

ADEFMN0123



PULLED CHICKEN



Rice | Marajuja
Pulled Chicken
Avocado-Mash
Carrots
Cucumber | Mango
Marajuja-Mayo
Chili
Solnuts

FM23



JERK CHICKEN



Rice | Teriyaki
Jerk Chicken
Edamame | Red cabbage
Pineapple
Sweet potato-Mash
Sriracha-Mayo
Dukkah
Spring onions

AEFH.11LMN0234



CAESAR SALAD

Romaine lettuce
Caesar-Dressing
Chicken Breast
Boiled egg
Tomato Salsa
Bread chips
Spring onions

AA.3CDGM23

CREATE YOUR OWN BOWL

1. BASE

Choose 1

Rice
Leaf spinach
Quinoa
Romaine lettuce

2. DRESSING

Choose 1

Maracuja  
Poke ^{A FN 4} 
Teriyaki ^{A F 0} 
Tamari ^F  

SALAD-DRESSING

Caesar ^{A.3 C D G M 2 3}

3. GREEN

Choose 4

Avocado-Mash ³
Boiled egg ^C
Carrots
Cucumber
Edamame ^F
Hummus ^{by NENI N 2 3}
Kidney beans
Leaf spinach
Mango
Pineapple
Red chickpeas
Red cabbage
Red chili cabbage ⁰
Sweet corn
Sweet potato-Mash ^{HLNO}
Tomato Salsa

4. PROTEIN

Choose 1



MEAT

Pulled Chicken ^{FM}
Jerk Chicken ^{AFM}
Chicken Breast

FISH

Salmon ^{DFN}

VEGAN

Planted.chicken 
Planted.kebab 
Falafel ^{by NENI}
Tofu marinated ^{AFN012}

5. MAYO

Choose 1

Aioli ^{M 2}
Maracuja ^{M 2 3}
Sesame ^{FMN 2}
Spicy Mango ^{M 2} 
Sriracha ^{FM 2 3 4} 
Wasabi ^{M 1 2 3}

6. TOPPING

Choose 2

CRUNCHY

Bread chips ^{A 2}
Fried onions ^A
Peanuts ^E
Sesame ^N
Solnuts
Tortilla chips

VEGGIE

Spring onions
Shredded Nori

SPICY

Chili
Dukkah ^{EFH1IN}

DRINKS

Beverage selection may vary by store

VÖSLAUER 0.5 l

still | sparkling

RAUCH EISTEE ⁴⁸⁹ 0.33 l

lemon | peach

FRITZ-KOLA ¹¹ 0.33 l

classic | super zero

FRITZ SPRITZ 0.33 l

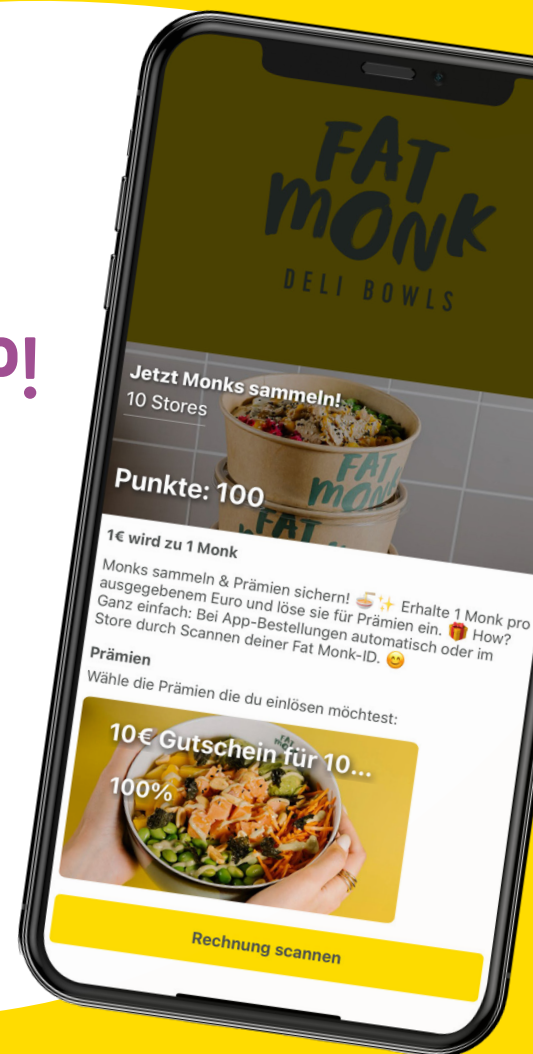
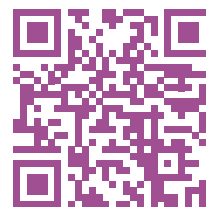
organic apple juice

PAULANER SPEZI ¹³¹⁰¹¹ 0.33 l

ALMDUDLER 0.35 l

GET THE FAT MONK-APP!

Collect Monks &
& receive special deals!



ALLERGENS AND ADDITIVES

A. CEREAL PRODUCTS (CONTAINING GLUTEN): WHEAT
A.3 CEREAL PRODUCTS (CONTAINING GLUTEN): BARLEY
B. CRUSTACEANS
C. EGGS
D. FISH
E. PEANUTS
F. SOYBEANS
G. MILK & LACTOSE

H. HAZELNUTS
H.1 CASHEW NUTS
L. CELERY
M. MUSTARD
N. SESAME SEEDS
O. SULPHUR DIOXIDE & SULPHITES
P. LUPINE
R. MOLLUSKS

1. WITH COLORANT
2. WITH PRESERVATIVE
3. WITH ANTIOXIDANT
4. WITH FLAVOR ENHANCER
5. SULPHURED
6. BLACKENED
7. WAXED
8. WITH SWEETENER

9. SOURCE OF ASPARTAME/PHENYLALANINE
10. WITH PHOSPHATE
11. CAFFEINE-CONTAINING
12. CONTAINS QUININE

Cards Only - No Cash. All prices are in euro including VAT. Product changes as well as typographical and printing errors are subject to change.

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