



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

AEFH.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

AEFHH.11LMN0234



MEATBALL TRUFFLE

Rice | Teriyaki
Beef meatballs
Cucumber | Leaf spinach
Red cabbage | Sweet potato-Mash
Truffle-Mayo
Fried onions
Spring onions

ACFHLMN025

CREATE YOUR OWN BOWL

1. BASE

Choose 1

Rice
Leaf spinach
Quinoa
Romaine lettuce

2. DRESSING

Choose 1

Maracuja  
Poke ^{AFN} 
Teriyaki ^{AF025} 
Tamari ^F  

SALAD-DRESSING

Caesar ^{A.3CDGM23}

3. GREEN

Choose 4

Avocado-Mash ³
Carrots
Cucumber
Edamame ^F
Grana Padano Flakes ^{CG2}
Hummus ^{by NENI N23}
Kidney beans
Leaf spinach
Mango

Pineapple
Red chickpeas ³
Red cabbage
Red chili cabbage ⁰²⁵
Sweet corn
Sweet potato-Mash ^{HLN025}
Tomato Salsa

4. PROTEIN

Choose 1

MEAT

Pulled Chicken ^{FM}
Jerk Chicken ^{AFM}
Chicken Breast
Beef meatballs ^{ACLM}

FISH

Salmon ^{DFN}

VEGAN

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

5. MAYO

Choose 1

Aioli ^{M2}
Maracuja ^{M23}
Sesame ^{FMN2}
Spicy Mango ^{M2} 
Sriracha ^{FM234} 
Wasabi ^{M123}
Truffle ^{MN2}

6. TOPPING

Choose 2

CRUNCHY

Bread chips ^{A23}
Fried onions ^A
Peanuts ^E
Sesame ^N
Solnuts
Tortilla chips

VEGGIE

Spring onions
Shredded Nori

SPICY

Chili
Dukkah ^{EFH1N}

DRINKS

Beverage selection may vary by store

VÖSLAUER 0.5 l

still | sparkling

RAUCH EISTEE ^{4 8 9} 0.33 l

lemon | peach

FRITZ-KOLA ¹¹ 0.33 l

classic | super zero

FRITZ SPRITZ 0.33 l

organic apple juice

PAULANER SPEZI ^{13 10 11} 0.33 l

ALMDUDLER 0.35 l

GET THE FAT MONK-APP!

Collect Monks &
receive special deals!



ALLERGENS & 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.

FOLLOW THE MONK: fatmonk_delibowls

**WE LIKE BIG
BOWLS & WE
CANNOT LIE!**