



**TOFU SESAME MONK**  
AEFHMNO2

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

NOT SO BIG: 8,90  
BIG: 13,90



**PLANTED CHICKEN MONK**  
AFMNO23

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

NOT SO BIG: 8,90  
BIG: 13,90



**RED FALAFEL MONK**  
AEFHMN234

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

NOT SO BIG: 7,90  
BIG: 11,90



**JERK CHICKEN MONK**  
AEFHMNO234

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

NOT SO BIG: 8,90  
BIG: 13,90



**PULLED CHICKEN MONK**  
DM23

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

NOT SO BIG: 8,90  
BIG: 13,90



**TRUFFLE ROASTBEEF MONK**  
AFHMNO2

RICE  
TERIYAKI  
ROASTBEEF  
CORN  
CUCUMBER  
LEAF SPINACH  
SWEET POTATO MASH  
TRUFFLE-MAYO **NEW**  
FRIED ONIONS

NOT SO BIG: 9,90  
BIG: 15,90



**SALMON WASABI MONK**  
ADEFHMNO123

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

NOT SO BIG: 9,90  
BIG: 15,90

# CREATE YOUR OWN BOWL

NOT SO BIG AB: 8,90  
BIG AB: 13,90

## 01 BASIS

CHOOSE 1

RICE  
LEAF SPINACH +1€  
QUINOA +1€

## 02 VEGAN DRESSING

CHOOSE 1

**LEMON-SOY**  
PONZU AF  
**MARACUJA**  
LADYLIKE 2  
**SWEET-SOY**  
TERIYAKI AF05

## 03 GREEN

CHOOSE 4

AVOCADO-MASH  
CARROTS **NEW**  
CORN  
CUCUMBER  
EDAMAME F  
HUMMUS N3  
LEAF SPINACH  
MANGO  
PINEAPPLE  
RED CHICKPEAS  
RED CABBAGE  
RED CHILI CABBAGE O  
SWEET POTATO MASH HN2

## 04 PROTEIN

CHOOSE 1

**MEAT**  
JERK CHICKEN AFM2  
PULLED CHICKEN D23  
ROASTBEEF +3€/2€  
**FISH**  
SALMON DN +3€/2€  
**VEGAN**  
PLANTED.CHICKEN +2€/1€  
RED FALAFEL AF  
TOFU MARINATED AEFNO12

## 05 VEGAN MAYO

CHOOSE 1

MARACUJA M23  
SESAME FMN2  
SPICY MANGO M2  
SRIRACHA FM234  
TRUFFLE MN2  
WASABI M123

## 06 TOPPING

CHOOSE 2

**CRUNCHY**  
PEANUTS E  
FRIED ONIONS A  
SESAME N  
SOLNUTS  
**VEGGIE**  
SPRING ONIONS  
CORIANDER  
SHREDDED NORI  
**SPICY**  
CHILI  
DUKKAH EHN

## DESSERT

MATCHA COOKIE ACFGH 2,50  
CHOCOLATE GINGER COOKIE ACFG 2,20

## WANT SOME EXTRA?



PROTEIN  
ROASTBEEF, SALMON 4,00  
FALAFEL, CHICKEN, TOFU,  
PLANTED.CHICKEN 3,00

GREEN 1,50  
TOPPING 0,50