



TOFU SESAME MONK

AEFHMNO

NOT SO BIG: 9,50

BIG: 13,90

RICE
POKE
TOFU MARINATED
-100 g / -50 g
AVOCADO-MASH ^{NEW}
SWEET POTATO
MASH
RED CHICKPEAS
RED CABBAGE
SESAME-MAYO
PEANUTS
SPRING ONIONS



PLANTED CHICKEN MONK

AFMNO

NOT SO BIG: 9,50

BIG: 13,90

RICE
TERIYAKI
PLANTED.CHICKEN
-80 g / -50 g
MANGO
EDAMAME
HUMMUS
RED CHILI CABBAGE
SPICY-
MANGO-MAYO
SESAME



RED FALAFEL MONK

AEFHMN

NOT SO BIG: 8,50

BIG: 10,90

RICE
POKE
RED FALAFEL
4 pcs / 3 pcs
RED CABBAGE
HUMMUS
RED CHICKPEAS
LEAF SPINACH
SRIRACHA-MAYO
DUKKAH



GREEN ZALMON MONK

AEFHMNO

NOT SO BIG: 10,50

BIG: 14,90

RICE
TERIYAKI
ZALMON (VEGAN
SALMON)
-80 g / -50 g
EDAMAME
CUCUMBER
LEAF SPINACH
WAKAME
WASABI-MAYO
DUKKAH
SPRING ONIONS



JERK CHICKEN MONK

AEFHMNO

NOT SO BIG: 9,50

BIG: 13,90

RICE
TERIYAKI
JERK CHICKEN
-80 g / -50 g
EDAMAME
RED CABBAGE
PINEAPPLE
SWEET POTATO
MASH
SRIRACHA-MAYO
DUKKAH
SPRING ONIONS



PULLED CHICKEN MONK

DM

NOT SO BIG: 9,50

BIG: 13,90

RICE
LADYLIKE
PULLED
CHICKEN
-80 g / -50 g
MANGO
AVOCADO-MASH ^{NEW}
CUCUMBER
CARROT
MARACUJA-
MAYO
CHILI
SOLNUTS



TRUFFLE ROASTBEEF MONK

AEFHMNO

NOT SO BIG: 11,50

BIG: 15,90

RICE
TERIYAKI
ROASTBEEF
-80 g / -50 g
CORN
LEAF SPINACH
SWEET POTATO
MASH
CUCUMBER
TRUFFLE-MAYO
FRIED ONIONS



SALMON WASABI MONK

ADEFHMNO

NOT SO BIG: 10,50

BIG: 14,90

RICE
TERIYAKI
SALMON
-80 g / -50 g
EDAMAME
MANGO SALSA
AVOCADO-MASH ^{NEW}
CARROT
WASABI-MAYO
SHREDDED NORI
PEANUTS

CREATE YOUR OWN BOWL

NOT SO BIG from: 9,50

BIG from: 13,90

01 BASE

CHOOSE 1

RICE
LEAF SPINACH +1€
QUINOA +1€

02 VEGAN DRESSING

CHOOSE 1

MARACUJA ^M
LADYLIKE
SESAME-SOY
POKE ^{AFN}
SWEET-SOY
TERIYAKI ^{AFD}
NATURAL-SOY ^M
TAMARI ^F

03 GREEN

CHOOSE 4

AVOCADO-MASH ^{NEW}
CARROT ^{NEW}
CORN
CUCUMBER
EDAMAME ^F
HUMMUS ^N
LEAF SPINACH
MANGO
PINEAPPLE
RED CHICKPEAS
RED CABBAGE
RED CHILI CABBAGE ^O
SWEET POTATO MASH ^{HN}
WAKAME ^{AN}

04 PROTEIN

CHOOSE 1

MEAT
JERK CHICKEN ^{AFM}
PULLED CHICKEN ^D
ROASTBEEF +3€/2€

FISH
SALMON ^{DFN} +3€/2€

VEGAN
PLANTED.CHICKEN ^N +2€/1€
RED FALAFEL ^{AF}
TOFU MARINATED ^{AEFNO}
ZALMON +3€/2€

05 VEGAN MAYO

CHOOSE 1

MARACUJA ^M
SESAME ^{FMN}
SPICY MANGO ^M
SRIRACHA ^{FM}
TRUFFLE ^{MN}
WASABI ^M

06 TOPPING

CHOOSE 2

CRUNCHY
FRIED ONIONS ^A
PEANUTS ^E
SESAME ^N
SOLNUTS
VEGGIE
CORIANDER
SHREDDED NORI
SPRING ONIONS

SPICY ^M
CHILI
DUKKAH ^{EHN}

SPECIALS

WARM



TOM KHA SOUP

COCONUT MILK
LEMON GRASS
GALANGAL
CARROTS
CORIANDER

4,90



CURRY CHICKEN MONK

RICE
YELLOW CURRY
SPINACH
RED CHICKPEAS
EDAMAME
PULLED CHICKEN
SESAME

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



DESSERT

CARAMEL-CREME ^{ACFGH} 3,90
BANANA & MANGO
CHIA PUDDING ^F VEGAN 3,90
BERRYSAUCE
TRIPLE CHOCOLATE MOUSSE ^{ACGHF} 3,90
MATCHA COOKIE ^{ACFGH} 1,90
CHOCOLATE GINGER COOKIE ^{ACFG} 1,50



MEAT



FISH



GLUTENFREE



VEGAN

WANT SOME EXTRA?

PROTEIN

ROASTBEEF, SALMON,
ZALMON VEGAN 4,00
FALAFEL, CHICKEN, TOFU,
PLANTED.CHICKEN 3,00

GREEN

1,50
TOPPING 0,50