



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

NOT SO BIG: 8,90
BIG: 12,90



PLANTED CHICKEN MONK
RICE
POKE
PLANTED.CHICKEN
MANGO SALSA
EDAMAME
HUMMUS
RED CHILI CABBAGE
SPICY-MANGO-MAYO
SESAME

NOT SO BIG: 8,90
BIG: 12,90



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

NOT SO BIG: 7,90
BIG: 10,90



GREEN ZALMON MONK
RICE
POKE
ZALMON (VEGAN SALMON)
EDAMAME
CUCUMBER
LEAF SPINACH
WAKAME
WASABI-MAYO
DUKKAH
SPRING ONIONS

NOT SO BIG: 9,90
BIG: 14,90



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

NOT SO BIG: 8,90
BIG: 12,90



PULLED CHICKEN MONK
RICE
LADYLIKE
PULLED CHICKEN
MANGO SALSA
AVOCADO
CUCUMBER
PEPPER
MARACUJA-MAYO
CHILI
SOLNUTS

NOT SO BIG: 8,90
BIG: 12,90



TRUFFLE ROASTBEEF MONK
RICE
POKE
ROASTBEEF
CORN
LEAF SPINACH
SWEET POTATO
MASH
PEPPER
MISO TRUFFLE-MAYO
FRIED ONIONS

NOT SO BIG: 9,90
BIG: 14,90



SALMON WASABI MONK
RICE
POKE
SALMON TARTARE
EDAMAME
MANGO SALSA
AVOCADO
PEPPER
WASABI-MAYO
SHREDDED NORI
CHILI-PEANUTS

NOT SO BIG: 9,90
BIG: 14,90

CREATE YOUR OWN BOWL

NOT SO BIG from: 8,90
BIG from: 12,90

01 BASE

CHOOSE 1

RICE
LEAF SPINACH +1€
QUINOA +1€

02 VEGAN DRESSING

CHOOSE 1

LEMON-SOY
PONZU AF
MARACUJA
LADYLIKE
SESAME-SOY
POKE AFN

03 GREEN

CHOOSE 4

AVOCADO
BEETROOT CUBES NEW
CORN
CUCUMBER
EDAMAME F
GREEN APPLE CABBAGE NEW
HUMMUS N
LEAF SPINACH
MANGO SALSA AFN
PEPPER
PICKLED RADISH O NEW
PINEAPPLE
RED CHICKPEAS
RED CABBAGE
RED CHILI CABBAGE O
SWEET POTATO MASH HN
WAKAME AN NEW

04 PROTEIN

CHOOSE 1

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

FISH
SALMON TARTARE D +3€/2€

VEGAN
PLANTED.CHICKEN N +2€/1€
RED FALAFEL AF
TOFU MARINATED AEFNO
VIOLEF FETA-ALTERNATIVE +2€/1€
ZALMON +3€/2€ NEW

05 VEGAN CREAM

CHOOSE 1

HONEY MUSTARD MO NEW
MARACUJA
MISO-TRUFFLE AF
SESAME AEFMN
SPICY MANGO AF
SRIRACHA FM
WASABI FO

06 TOPPING

CHOOSE 2

CRUNCHY
CHILI-PEANUTS EH
PEANUTS E
FRIED ONIONS A
SESAME N
SOLNUTS
WASABINUTS AE NEW
VEGGIE
SPRING ONIONS
CORIANDER
SHREDDED NORI
SPICY
CHILI
DUKKAH EHN

SPECIALS



PINK ASPARAGUS SOUP

ASPARAGUS
COCONUT
LEMONGRASS
BEETROOT
SESAME

4.90



RAINBOWL MONK

RICE
POKE
VIOLEF FETA-ALTERNATIVE
PINEAPPLE
GREEN APPLE CABBAGE
BEETROOT CUBES
PICKLED RADISH
HONEY MUSTARD-MAYO
WASABINUTS

BIG: 14,90
NOT SO BIG: 9,90

DESSERT

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



WANT SOME EXTRA?

PROTEIN
ROASTBEEF, SALMON,
ZALMON VEGAN 4,00
FALAFEL, CHICKEN, TOFU,
PLANTED.CHICKEN,
VIOLEF FETA-ALTERNATIVE 3,00
GREEN 1,50
TOPPING 0,50