



TOFU SESAME MONK
AEFHMNO

REIS
TERIYAKI
TOFU MARINIERT
AVOCADO
SÜSSKARTOFFEL-PÜREE
PAPRIKA
ROTKRAUT
SESAM-MAYO
ERDNÜSSE
JUNGWIEBEL

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



PLANTED CHICKEN MONK
AFNO25

REIS
TERIYAKI
PLANTED.CHICKEN
MANGO SALSA
EDAMAME
HUMMUS
ROTES CHILI-KRAUT
SPICY-MANGO-MAYO
SESAM

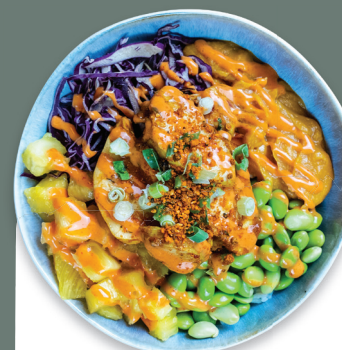
NOT SO BIG: 8,90
BIG: 13,90



RED FALAFEL MONK
AEFHM02345N

REIS
TERIYAKI
RED FALAFEL
ROTKRAUT
HUMMUS
ROTE KICHERERBSEN
BLATTSPINAT
SRIRACHA-MAYO
DUKKAH

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



JERK CHICKEN MONK
AEFHMNO2345

REIS
TERIYAKI
JERK CHICKEN
EDAMAME
ROTKRAUT
ANANAS SALSA
SÜSSKARTOFFEL-PÜREE
SRIRACHA-MAYO
DUKKAH
JUNGWIEBEL

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



PULLED CHICKEN MONK
ADFNO23

REIS
LADYLIKE
PULLED CHICKEN
MANGO SALSA
AVOCADO
GURKE
PAPRIKA
MARACUJA-MAYO
CHILI
SOLNUTS

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



SPICY MEAT-BOWL MONK
ACFHMNO235

REIS
TERIYAKI
MEATBALLS
EDAMAME
SÜSSKARTOFFEL-PÜREE
ROTES CHILI-KRAUT
MANGO-SALSA
SPICY MANGO-MAYO
RÖSTZWIEBEL

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



TRUFFLE ROASTBEEF MONK
ARFHMNO25

REIS
TERIYAKI
ROASTBEEF
MAIS
BLATTSPINAT
SÜSSKARTOFFEL-PÜREE
PAPRIKA
MISO TRÜFFEL-MAYO
RÖSTZWIEBEL

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



SALMON WASABI MONK
ABCEFHMN01285

REIS
TERIYAKI
LACHSTATAR
EDAMAME
MANGO SALSA
AVOCADO
PAPRIKA
WASABI-MAYO
SHREDDED NORI
CHILI-ERDNÜSSE

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



VEGAN BOWL NASIA MONK
AFLNO2

REIS
BOLOGNESE (ERBSEN-PROTEIN)
JUNGWIEBEL
MANGO SALSA
RÖSTZWIEBEL

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

CREATE YOUR OWN BOWL

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

01 BASIS

1 ZUR AUSWAHL

REIS
BLATTSPINAT +1€
QUINOA +1€

02 VEGAN DRESSING

1 ZUR AUSWAHL

LEMON-SOY
PONZU AF
MARACUJA
LADYLIKE
SWEET-SOY
TERIYAKI AFO5

03 GREEN

4 ZUR AUSWAHL

ANANAS SALSA
AVOCADO
BLATTSPINAT
EDAMAME F
GURKE
HUMMUS N
MAIS
MANGO SALSA AFN2
PAPRIKA
ROTE KICHERERBSEN
ROTKRAUT
ROTES
CHILIKRAUT O
SÜSSKARTOFFELPÜREE HN2

04 PROTEIN

MEAT

JERK CHICKEN AFM2
PULLED CHICKEN D23
ROASTBEEF AEFMN +3€/2€
MEATBALLS ACFN23 +2€/1€

FISH

LACHSTATAR O +3€/2€

VEGAN

BOLOGNESE AFLNO2 +2€/1€
PLANTED.CHICKEN N +2€/1€
RED FALAFEL AF
TOFU MARINIERT AEFNO12

05 VEGAN CREAM

1 ZUR AUSWAHL

MARACUJA 2
MISO-TRÜFFEL AF2
SESAM AEFMN12
SPICY MANGO AF
SRIRACHA FM234
WASABI FO128

06 TOPPING

CRUNCHY

CHILI-ERDNÜSSE EH
ERDNÜSSE E
RÖSTZWIEBEL A
SESAM N
SOLNUTS

VEGGIE

FRÜHLINGSZWIEBEL
KORIANDER
SHREDDED NORI

SPICY

CHILI
DUKKAH EHN

DESSERT

MATCHA COOKIE ACFGH 1,90
CHOCOLATE GINGER COOKIE ACFG 1,50

WANT SOME EXTRA?



PROTEIN

ROASTBEEF, LACHSTATAR 4,00
FALAFEL, CHICKEN, TOFU,
MEATBALLS, PLANTED.CHICKEN,
VIOLE FETA-ALTERNATIVE,
VEGANE BOLOGNESE 3,00

GREEN

1,50

TOPPING

0,50