



TOFU SESAME MONK

AEFHMN

NOT SO BIG: 8,90

BIG: 12,90

REIS
POKE
TOFU MARINIERT
AVOCADO
SÜSSKARTOFFEL-PÜREE
PAPRIKA
ROTKRAUT
SESAM-MAYO
ERDNÜSSE
JUNGZWIEBEL



PLANTED CHICKEN MONK

AFNO

NOT SO BIG: 8,90

BIG: 12,90

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



RED FALAFEL MONK

AEFHMN

NOT SO BIG: 7,90

BIG: 10,90

REIS
POKE
RED FALAFEL
ROTKRAUT
HUMMUS
ROTE KICHERERBSSEN
BLATTSPINAT
SRIRACHA-MAYO
DUKKAH



JERK CHICKEN MONK

AEFHMN

NOT SO BIG: 8,90

BIG: 12,90

REIS
POKE
JERK CHICKEN
EDAMAME
ROTKRAUT
ANANAS SALSA
SÜSSKARTOFFEL-PÜREE
SRIRACHA-MAYO
DUKKAH
JUNGZWIEBEL



PULLED CHICKEN MONK

ADFN

NOT SO BIG: 8,90

BIG: 12,90

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



SPICY MEAT-BOWL MONK

ACFHN

NOT SO BIG: 8,90

BIG: 12,90

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



TRUFFLE ROASTBEEF MONK

ARFHMN

NOT SO BIG: 9,90

BIG: 14,90

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



SALMON WASABI MONK

ABCFHMNO

NOT SO BIG: 9,90

BIG: 14,90

REIS
POKE
LACHS
EDAMAME
MANGO SALSA
AVOCADO
PAPRIKA
WASABI-MAYO
SHREDDED NORI
CHILI-ERDNÜSSE



VEGAN BOWL NASIA MONK

AFLN

NOT SO BIG: 8,90

BIG: 12,90

REIS
BOLOGNESE (ERBSSEN-PROTEIN)
JUNGZWIEBEL
MANGO SALSA
RÖSTZWIEBEL

WARM

CREATE YOUR OWN BOWL

NOT SO BIG AB: 8,90

BIG AB: 12,90

01 BASIS

1 ZUR AUSWAHL

REIS
BLATTSPINAT +1€
QUINOA +1€

02 VEGAN DRESSING

1 ZUR AUSWAHL

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

03 GREEN

4 ZUR AUSWAHL

ANANAS SALSA
AVOCADO
BLATTSPINAT
EDAMAME F
GURKE
HUMMUS N
MAIS
MANGO SALSA AFN
PAPRIKA
ROTE KICHERERBSSEN
ROTKRAUT
ROTES
CHILIKRAUT O
SÜSSKARTOFFELPÜREE HN

04 PROTEIN

1 ZUR AUSWAHL

MEAT
JERK CHICKEN AFM
PULLED CHICKEN D
ROASTBEEF AEFMN +3€/2€
MEATBALLS ACFN +2€/1€
FISH
LACHS D +3€/2€
VEGAN
BOLOGNESE AFLNO +2€/1€
PLANTED.CHICKEN N +2€/1€
RED FALAFEL AF
TOFU MARINIERT AEFNO
VIOLIFE FETA-ALTERNATIVE +2€/1€

05 VEGAN CREAM

1 ZUR AUSWAHL

MARACUJA
MISO-TRÜFFEL AF
SESAM AEFMN
SPICY MANGO AF
SRIRACHA FM
WASABI FO

06 TOPPING

2 ZUR AUSWAHL

CRUNCHY
CHILI-ERDNÜSSE EH
ERDNÜSSE E
RÖSTZWIEBEL A
SESAM N
SOLNUTS
VEGGIE
FRÜHLINGSZWIEBEL
KORIANDER
SHREDDED NORI
SPICY
CHILI
DUKKAH EHN

SPECIALS



VEGAN PROTEIN MONK

FMN

QUINOA
LADYLIKE
VIOLIFE
FETA-ALTERNATIVE
AVOCADO
HUMMUS
ANANAS SALSA
ROTE KICHERERBSSEN
SRIRACHA-MAYO
SESAM

NOT SO BIG: 8,90

BIG: 12,90



COCO-CURRY-CARROT SOUP

CALL ME „TRIPLE C“

COCONUT MILK
CURRY
CARROT

4,50

DESSERT

CARAMEL-CREME ACGHF
BANANA & MANGO

3,90

CHIA PUDDING VEGAN
BERRYSAUCE

3,90

TRIPLE CHOCOLATE MOUSSE ACGHF

3,90

MATCHA COOKIE ACFGH

1,90

CHOCOLATE GINGER COOKIE ACFG

1,50



WANT SOME EXTRA?

PROTEIN

ROASTBEEF, LACHS

4,00

FALAFEL, CHICKEN, TOFU,
MEATBALLS, PLANTED.CHICKEN,
VIOLIFE FETA-ALTERNATIVE,
VEGANE BOLOGNESE

3,00

GREEN

1,50

TOPPING

0,50