



PLANTED CHICKEN



Rice | Teriyaki
planted.chicken
Edamame
Hummus by NENI
Mango
Red chili cabbage
Spicy Mango-Mayo
Sesame

A F M N O



VEGAN BOWLRRITO



Rice | Teriyaki
planted.kebab
Avocado-Mash
Kidney beans | Sweet corn
Tomato Salsa
Aioli-Mayo
Spring onions
Tortilla chips

A F M O



TOFU SESAME



Rice | Poke
Tofu marinated
Avocado-Mash
Red cabbage | Red chickpeas
Sweet potato-Mash
Sesame-Mayo
Peanuts
Spring onions

A E F H L M N O



SPICY FALAFEL



Rice | Poke
Falafel by NENI
Hummus by NENI
Leaf spinach
Red cabbage
Red chickpeas
Sriracha-Mayo
Dukkah

A E F H M N O



SALMON WASABI

Rice | Teriyaki
Salmon
Avocado-Mash | Carrots
Edamame | Mango
Wasabi-Mayo
Shredded Nori
Peanuts

A D E F M N O



PULLED CHICKEN



Rice | Marajuja
Pulled Chicken
Avocado-Mash | Carrots
Cucumber | Mango
Marajuja-Mayo
Chili
Solnuts

F M



JERK CHICKEN



Rice | Teriyaki
Jerk Chicken
Edamame | Red cabbage
Pineapple | Sweet potato-Mash
Sriracha-Mayo
Dukkah
Spring onions

A E F H L M N O



MEATBALL TRUFFLE

Rice | Teriyaki
Beef meatballs
Cucumber | Leaf spinach
Red cabbage | Sweet potato-Mash
Truffle-Mayo
Fried onions
Spring onions

A C F H L M N O

CREATE YOUR OWN BOWL

1. BASE

Choose 1

Rice
Leaf spinach
Quinoa
Romaine lettuce

2. DRESSING

Choose 1

Maracuja  
Poke ^{A F N} 
Teriyaki ^{A F O} 
Tamari ^F  

SALAD-DRESSING

Caesar ^{A C D G M}

3. GREEN

Choose 4

Avocado-Mash
Carrots
Cucumber
Edamame ^F
Grana Padano Flakes ^{C G}
Hummus ^{by NENI N}
Kidney beans
Leaf spinach
Mango

Pineapple
Red chickpeas
Red cabbage
Red chili cabbage ^O
Sweet corn
Sweet potato-Mash ^{H L N O}
Tomato Salsa

4. PROTEIN

Choose 1

MEAT

Pulled Chicken ^{F M}
Jerk Chicken ^{A F M}
Chicken Breast
Beef meatballs ^{A C L M}

FISH

Salmon ^{D F N}

VEGAN

Planted.chicken 
Planted.kebab 
Falafel ^{by NENI}
Tofu marinated ^{A F N O}

5. MAYO

Choose 1

Aioli ^M
Maracuja ^M
Sesame ^{F M N}
Spicy Mango ^M 
Sriracha ^{F M} 
Wasabi ^M
Truffle ^{M N}

6. TOPPING

Choose 2

CRUNCHY

Bread chips ^A
Fried onions ^A
Peanuts ^E
Sesame ^N
Solnuts
Tortilla chips

VEGGIE

Spring onions
Shredded Nori

SPICY

Chili
Dukkah ^{E F H N}

DRINKS

Beverage selection may vary by store

VÖSLAUER 0.33 l

still | sparkling

RAUCH ICE TEA 0.33 l

lemon | peach | pomegranate

FRITZ-KOLA 0.33 l

classic | super zero

ALMDUDLER 0.35 l *

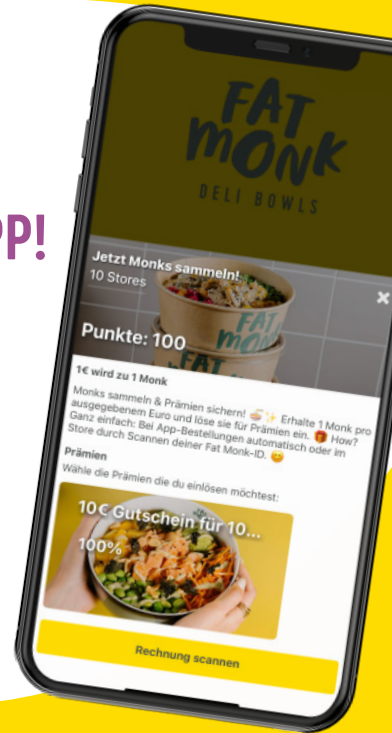
classic | sugarfree

KOMBUCHA 0.33 l

classic

GET THE FAT MONK-APP!

Collect Monks &
receive special deals!



ALLERGENS

A Gluten
B Crustaceans
C Eggs
D Fish
E Peanuts

F Soy
G Milk
H Edible Nuts
L Celery
M Mustard

N Sesame
O Sulphites
P Lupine
R Mollusks

*Youth Drinks

Cards Only - No Cash. All prices are in euro including VAT. Product changes as well as typographical and printing errors are subject to change.

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**WE LIKE BIG
BOWLS & WE
CANNOT LIE!**