

NÄHRWERTANGABEN SIGNATURE BOWLS

**FAT
MONK**
DELI BOWLS



**PULLED
CHICKEN**

FM	NOT SO BIG	BIG
KCAL PRO BOWL	632	1189
KOHLLENHYDRATE	99	188
EIWEISS	14	27
FETT	19	34



**JERK
CHICKEN**

A E F H L M N O	NOT SO BIG	BIG
KCAL PRO BOWL	635	1149
KOHLLENHYDRATE	106	197
EIWEISS	22	37
FETT	12	21



**SALMON
WASABI**

DEFMN	NOT SO BIG	BIG
KCAL PRO BOWL	671	1262
KOHLLENHYDRATE	97	182
EIWEISS	20	40
FETT	21	38



**TOFU
SESAME**

A E F H L M N O	NOT SO BIG	BIG
KCAL PRO BOWL	711	1341
KOHLLENHYDRATE	101	190
EIWEISS	15	30
FETT	26	47



**PLANTED
CHICKEN**

FMNO	NOT SO BIG	BIG
KCAL PRO BOWL	658	1252
KOHLLENHYDRATE	100	188
EIWEISS	20	40
FETT	18	34



**UMAMI
POWER**

ACFHLMNO	NOT SO BIG	BIG
KCAL PRO BOWL	655	1190
KOHLLENHYDRATE	98	185
EIWEISS	18	32
FETT	20	33



**SHROOM
BOOM**

A F M N O	NOT SO BIG	BIG
KCAL PRO BOWL	637	1195
KOHLLENHYDRATE	101	192
EIWEISS	12	23
FETT	18	33



**VEGAN
BOWLRRITO**

M	NOT SO BIG	BIG
KCAL PRO BOWL	695	1300
KOHLLENHYDRATE	98	186
EIWEISS	19	38
FETT	23	41



**CAESAR
SALAD**

A C D G M	BIG
KCAL PRO BOWL	594
KOHLLENHYDRATE	13
EIWEISS	27
FETT	47