

# your DO IT YOURSELF FUNKYBOWL

Choose your base, a sauce, three toppings,  
two premium toppings and one extra.

(All bowls with wild herb salad and sesame<sup>N</sup>.)

## BASE

1

Brown Rice Mashed  
Couscous<sup>AL,FL</sup>  
Potatoes<sup>FO,12,4</sup>  
Quinoa and Brown Rice  
White Rice  
Wild Herb Salad  
Zucchini Noodles

1 INCLUDED.

## SAUCE

2

Balsamic Raspberry<sup>FM,01,3,4</sup>  
Curry Mango<sup>FN,1,3,7,9</sup>  
Cucumber Tahini<sup>FM,N,1,3</sup>  
Garlic Ginger<sup>AL,F,3,7,9</sup>  
Hot Chipotle<sup>FM,1,3</sup>  
Rocket Mustard<sup>A3,M</sup>  
Soy Peanut<sup>EF,1,3</sup>  
Thai Curry<sup>F,1,3,7,9</sup>

1 INCLUDED.  
Additional + 1,00€

## TOPPINGS

3

Beetroot  
Black Beans<sup>AL,FN,0,3</sup>  
Broccoli  
Caramelised Onions<sup>01,4</sup>  
Carrots  
Cauliflower with Curry  
Celery<sup>I</sup>  
Cherry Tomatoes  
Chickpeas  
Corn  
Couscous<sup>AL,FL</sup>  
Cucumber  
Edamame<sup>F</sup>  
Fried Mushrooms<sup>AL,F</sup>  
Grilled Vegetables  
Kidney Beans  
Peas  
Pineapple  
Red Cabbage Salad  
Red Lenses<sup>AL,FN,3</sup>  
Roasted Cauliflower  
Wild Herb Salad  
Zucchini Noodles

3 INCLUDED.  
Additional + 1,00€

## PREMIUM TOPPINGS

4

Avocado  
Blueberries  
Dried Tomatoes<sup>02</sup>  
Falafel Balls<sup>A1</sup>  
Hummus<sup>N</sup>  
Hummus with Beetroot<sup>M,N,7</sup>  
Hummus with Peas<sup>N</sup>  
Hummus with Peanuts<sup>EF,N,1,3</sup>  
Kalamata Olives  
Mango  
Marinated Tofu<sup>AL,F</sup>  
Planted Chicken<sup>M</sup>  
Pomegranate Seeds  
Sweet Potatoes<sup>1</sup>  
Vegan Kebap  
Wakame Seaweed Salad<sup>AL,FN,1</sup>

2 INCLUDED.  
Additional + 2,00€

## EXTRAS

5

Cashew Nuts<sup>H4</sup>  
Chia Seeds  
Coriander  
Linseed  
Peanuts<sup>F</sup>  
Pickled Ginger<sup>3,7,9</sup>  
Pine Nuts  
Pumpkin Seeds  
Roasted Onions<sup>A1</sup>  
Sunflower Seeds  
Walnuts<sup>H3</sup>

1 INCLUDED.  
Additional + 0,50€

from  
€ 9,90

Order online at  
**funkybowl.de**

**DELIVERY  
SERVICE\***

We deliver our fresh bowls,  
salads and wraps to  
your home!

\*Minimum order value:  
12€

### BERLIN

Teltower Damm 33, 14169 Berlin  
E-Mail: berlin@funkybowl.de  
Owner: Mathias Preuhs

#### OPENING HOURS

Mon-Sun 11 a.m. – 8:30 p.m.



### DÜSSELDORF

Nordstraße 46, 40477 Düsseldorf  
E-Mail: d-pempelfort@funkybowl.de  
Owner: Thomas Mandlik

#### OPENING HOURS

Mon-Sat 11 a.m. – 8:00 p.m.

Save waste and resources with reusable packages. All bowls and salads are  
available in a REBOWL, a CO<sub>2</sub>-friendly reusable packaging (deposit 5€).

Follow us on @funkybowl and /funkybowl

\* You can pay cash, with EC card, PayPal, Sodexo- and Ticket Restaurant®-Coupons on delivery or at the store. For questions, suggestions, complaints call 0211 94254945 or send an e-mail to d-pempelfort@funkybowl.de. Minimum order value: 12,00 Euro. With this menu all previous ones lose their validity. ADDITIVES: <sup>1</sup>with colouring, <sup>2</sup>with anti-oxidiser, <sup>3</sup>with preservatives, <sup>4</sup>sulfur dioxide / sulfites, <sup>5</sup>with phosphate, <sup>6</sup>with flavour enhancer, <sup>7</sup>with sweetener. ALLERGENS: <sup>A</sup>containing gluten and products made therefrom (<sup>A1</sup>wheat, <sup>A2</sup>barley, <sup>A3</sup>oats), <sup>B</sup>crustaceans and crustacean products, <sup>C</sup>eggs and egg products, <sup>D</sup>fish and fish products, <sup>E</sup>peanuts and peanut products, <sup>F</sup>soybeans and soy product, <sup>G</sup>milk and milk products (including lactose), <sup>H</sup>nuts (<sup>H1</sup>almonds, <sup>H2</sup>hazelnuts, <sup>H3</sup>walnuts, <sup>H4</sup>cashews, <sup>H5</sup>pecans, <sup>H6</sup>pistachios, <sup>H7</sup>Brazil nuts, <sup>H8</sup>macadamia nuts), <sup>I</sup>celery and celery products, <sup>M</sup>mustard and mustard products, <sup>N</sup>sesame seeds and sesame products, <sup>O</sup>sulfur dioxide and sulphites (from 10mg/kg or 10mg/l), <sup>F</sup>lupins and lupine products, <sup>B</sup>molluscs and mollusc products. Further information on additives, allergens and nutrition values on funkybowl.de, in the available information material or please ask a member of staff.

# FUNKYBOWL

FEEL GOOD FOOD

PLANT  
BASED  
100% VEGAN



**USE THE APP**  
Download now for free,  
register & receive a €3 discount  
on your first order.  
CODE: **funkyapp**

funkybowl.de



# BOWLS

## FUNKY MONKEY



delicious  
WITH  
CURRY  
MANGO  
SAUCE

**BASE:** Quinoa and brown rice  
**TOPPINGS:** Grilled vegetables, sweet potatoes<sup>1</sup>, beetroot, edamame<sup>F</sup>, corn, pomegranate seeds **EXTRAS:** Walnuts<sup>H3</sup>

643 kcal | € **10,90**

## SPRINGBREAK



delicious  
WITH  
CUCUMBER  
TAHINI  
SAUCE

**BASE:** Mashed potatoes<sup>F01,2,4</sup> **TOPPINGS:** Peas, carrots, roasted cauliflower, red cabbage salad, cucumber, falafel balls<sup>A1</sup>, caramelised onions<sup>01,4</sup> **EXTRAS:** Roasted onions<sup>A1</sup>

427 kcal | € **10,50**

## WONDERBOWL



delicious  
WITH  
GARLIC  
INGWER  
SAUCE

**BASE:** Couscous<sup>AL,FL</sup>  
**TOPPINGS:** Celery<sup>2</sup>, red lentils<sup>AL,FN,3</sup>, zucchini noodles, grilled vegetables, kidney beans, hummus<sup>N</sup>, pomegranate seeds

805 kcal | € **11,90**

## ALOHA



delicious  
WITH  
THAI  
CURRY  
SAUCE

**BASE:** Brown rice  
**TOPPINGS:** Sweet potatoes<sup>1</sup>, cauliflower with curry, carrots, fried mushrooms<sup>AL,F</sup>, pineapple, hummus with beetroot<sup>MAN,7</sup>

599 kcal | € **10,50**

All salads & bowls with a sauce of your choice.

## SOULMATE



delicious  
WITH  
CURRY  
MANGO  
SAUCE

**BASE:** Brown rice  
**TOPPINGS:** Beetroot, avocado, corn, fried mushrooms<sup>AL,F</sup>, sweet potatoes<sup>1</sup>, mango, marinated tofu<sup>AL,F</sup>  
**EXTRAS:** Cashew nuts<sup>H4</sup>

717 kcal | € **11,50**

## TOKIO



delicious  
WITH  
SOJA  
PEANUT  
SAUCE

**BASE:** White rice  
**TOPPINGS:** Wakame seaweed salad<sup>AL,FN,1</sup>, cauliflower with curry, carrots, caramelised onions<sup>01,4</sup>, fried mushrooms<sup>AL,F</sup>, broccoli, edamame<sup>F</sup>

441 kcal | € **10,50**

## VEGGIE DELUXE



delicious  
WITH  
CUCUMBER  
TAHINI  
SAUCE

**BASE:** White rice  
**TOPPINGS:** Roasted cauliflower, edamame<sup>F</sup>, blueberries, falafel balls<sup>A1</sup>, roasted chickpeas, broccoli, corn

544 kcal | € **10,50**

## WILD FLAVOR



delicious  
WITH  
HOT CHI  
POTLE  
SAUCE

**BASE:** Quinoa and brown rice  
**TOPPINGS:** Peas, black beans<sup>AL,FN,0,3</sup>, avocado, fried mushrooms<sup>AL,F</sup>, carrots, beetroot, hummus with peanuts<sup>EF,N,1,3</sup>  
**EXTRAS:** Coriander

704 kcal | € **10,90**

## HI PROTEIN



delicious  
WITH  
SOJA  
PEANUT  
SAUCE

**BASE:** Quinoa and brown rice  
**TOPPINGS:** Vegan kebab, peas, black beans<sup>AL,FN,0,3</sup>, roasted cauliflower, cucumber, mango, hummus with peas<sup>N</sup>  
**EXTRAS:** Pumpkin seeds

723 kcal | € **11,90**

## BUDDHA



delicious  
WITH  
CUCUMBER  
TAHINI  
SAUCE

**BASE:** Couscous<sup>AL,FL</sup>  
**TOPPINGS:** Broccoli, red lentils<sup>AL,FN,3</sup>, cucumber, corn, roasted chickpeas, caramelised onions<sup>01,4</sup>, falafel balls<sup>A1</sup> **EXTRAS:** Coriander

753 kcal | € **11,50**

## CHICKARELLA



delicious  
WITH  
CURRY  
MANGO  
SAUCE

**BASE:** White rice  
**TOPPINGS:** Sweet potatoes<sup>1</sup>, planted chicken<sup>M</sup>, cauliflower with curry, zucchini noodles, corn, hummus with peanuts<sup>EF,N,1,3</sup>, caramelised onions<sup>01,4</sup> **EXTRAS:** Peanuts<sup>F</sup>

785 kcal | € **11,90**

## DESSERTS

Vegan ice cream from PALETAS and DEL FIORE, banana bread, drinks and more on [funkybowl.de](http://funkybowl.de)

# SALADS

## ITALIAN LOVE



delicious  
WITH  
RUCOLA  
MUSTARD  
SAUCE

Wild herb salad, carrots, corn, cucumber, beetroot, kalamata olives, grilled vegetables, dried tomatoes<sup>02</sup>, pine nuts, sesame<sup>N</sup>

354 kcal | € **10,90**

## HELLO CHICO



delicious  
WITH  
GARLIC  
INGWER  
SAUCE

Wild herb salad, planted chicken<sup>M</sup>, zucchini noodles, carrots, red cabbage salad, black beans<sup>AL,FN,0,3</sup>, celery<sup>L</sup>, sesame<sup>N</sup>

309 kcal | € **10,90**

## GREENLAND



delicious  
WITH  
BALSAMIC  
RASPBERRY  
SAUCE

Wild herb salad, beetroot, corn, cherry tomatoes, carrots, hummus with peas<sup>N</sup>, falafel balls<sup>A1</sup>, pumpkin seeds, sesame<sup>N</sup>

355 kcal | € **10,50**

## CHILLOUT



delicious  
WITH  
CUCUMBER  
TAHINI  
SAUCE

Wild herb salad, cucumber, edamame<sup>F</sup>, cauliflower with curry, hummus<sup>N</sup>, caramelised onions<sup>01,4</sup>, roasted chickpeas, coriander, sesame<sup>N</sup>

277 kcal | € **10,50**

## BEACHHOUSE

Wheat tortilla<sup>A1</sup>, salad, hummus with peas<sup>N</sup>, vegan kebab, caramelised onions<sup>01,4</sup>, red lentils<sup>AL,FN,3</sup>, cucumber tahini sauce<sup>FM,N,1,3</sup>

726 kcal | € **7,90**

## CALIFORNIA

Wheat tortilla<sup>A1</sup>, salad, hummus with peanuts<sup>EF,N,1,3</sup>, roasted cauliflower, sweet potatoes<sup>1</sup>, peanuts<sup>F</sup>, soy peanut sauce<sup>EF,1,3</sup>

737 kcal | € **7,50**

## FRESHMAN

Wheat tortilla<sup>A1</sup>, salad, hummus with beetroot<sup>MAN,7</sup>, beetroot, cucumber, roasted chickpeas, falafel balls<sup>A1</sup>, cucumber tahini sauce<sup>FM,N,1,3</sup>

704 kcal | € **7,50**

## VEGGIE KEBAP

Wheat tortilla<sup>A1</sup>, salad, hummus with beetroot<sup>MAN,7</sup>, vegan kebab, caramelised onions<sup>01,4</sup>, red cabbage salad, cucumber, cherry tomatoes, hot chipotle sauce<sup>FM,1,3</sup>

640 kcal | € **7,90**

# WRAPS

All bowls with wild herb salad and sesame<sup>N</sup>.

