

WILD BOWLS



superfood bar

OUR PHILOSOPHY

Wild Bowls stands for wholesome, healthy and delicious bowls that will delight your taste buds and nourish your body. Our dishes are carefully crafted with the finest nutrients to support your well-being and health. We prioritise the use of purely **plant-based, natural and unrefined ingredients**.

We focus on **organic and local** produce to benefit both your body and the environment. You won't find refined sugar or harmful additives in our products.

But **Wild Bowls** is more than just food. It's a way of life. Our mission is to inspire people to adopt a healthy lifestyle. We want to see more happy and healthy people in our community, full of energy and living life to the fullest - one bowl at a time.



WILDBOWLS
WILD-BOWLS.COM

AÇAÍ BOWLS

all day, every day

Original Bowl

SMALL 11CHF | REGULAR 14CHF | LARGE 17CHF

Base: Açai Puree, Banana

Topping: Granola, Hemp Seeds, Banana, Blueberries

Berry Nice Bowl

SMALL 12CHF | REGULAR 15CHF | LARGE 18CHF

Base: Açai Puree, Banana

Topping: Granola, Coconut, Goji Berries, Blueberries, Strawberries

Go Nuts Bowl

SMALL 12CHF | REGULAR 15CHF | LARGE 18CHF

Base: Açai Puree, Banana

Topping: Granola, Kakaostücke, Erdnussbutter, Kiwi, Banane

Tropical Dream Bowl

REGULAR 15.50CHF | LARGE 18.50CHF

Base: Açai Puree, Banana

Topping: Granola, Coconut Chia Pudding, Buckini, Mango, Pineapple, Strawberry-Pitaya-Sauce

Snickers Protein Bowl

SMALL 12CHF | REGULAR 15CHF | LARGE 18CHF

Base: Coconut, Banana, Cashews, Protein Powder, Cocoa Powder, Peanut Butter, Mesquite, Dates

Topping: Granola, Protein Crispies, Peanut Butter,

Layered Açai & Snickers Bowl

REGULAR 15CHF | LARGE 18CHF

Base: Açai & Snickers Base

Topping: Same as Snickers Protein Bowl

BOWLS & SALADS

available from 11:00 on

Mexican Bowl

Wholegrain Rice, Planted, Guacamole, Black Beans, Salsa, Iceberg Lettuce, Cilantro, Nachos, Chipotle-Lime-Dressing

24CHF

Poké Bowl

Wholegrain Rice, Mango, Avocado, Cucumber, Edamame, Japanese Coleslaw, Kale, Smoked Tofu, Pickled Onions, Peanuts, Carrots, Sesame Seeds, Sprouts, Ponzu-Peanut-Dressing

24CHF

+1.00CHF replace Tofu with Planted

Oriental Falafel Bowl (warm)

Wholegrain Rice, Broccoli, Dukkah-Sweet-Potato, Homemade Falafel, Pickled Beetroot, Power-Herb-Mix, Broccoli Sprouts, Pomegranate, Tahini-Sauce

24CHF

Chimichurri Tempeh Bowl (warm)

Wholegrain rice, Smoky-Tempeh, Cauliflower, Oyster Mushrooms, Green Beans, Avocado, Tomato Confit, Roasted-Pumpkin-Seeds, Broccoli Sprouts, Chimichurri-Sauce

25CHF

Kale Caesar Salad

Lettuce Salad, Kale, Tomato-Confit, Homemade Cashew-Parmesan, Homemade Coconut Bacon, Sourdough Bread Croutons, Broccoli Sprouts, Cashew-Caesar-Dressing

21CHF

recommended Add-On: Planted +6.00CHF

Miso Crunch Salad

Quinoa, Avocado, Edamame, Carrots, Red Cabbage, Pickled Beetroot, Kale, Pomegranate, Power-Nut-Mix, Miso-Tahini-Dressing

22CHF

recommended add-on: Tempeh +6.00CHF

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TOASTS

Smashed Avo Toast

Power Bread, Avocado, Lime, Onion Pickles, Chili Flakes, Corn-Crumble, Hemp Seeds, Sprouts, Olive Oil, Sea Salt
recommended add-on: Tempeh +4.50CHF

14 CHF

No-tella Banana Toast

Power Bread, Tahini-Cacao-Spread, Cashew Puree, Dates, Paleo Granola, Banana

12 CHF

BREAKFAST

only available from 9:00 until 11:00 / Saturday all-day

Paleo Granola Bowl

Homemade paleo granola (gf), vegetable whey, banana

11 CHF

Original Porridge

Base: Steel Cut Oats, Quinoa, Pea Protein, Agave
Toppings: Apple, Cinnamon, Almond Butter

9 CHF

Super Cacao Porridge

Base: Steel Cut Oats, Quinoa, Pea Protein, Cocoa, Mesquite, Reishi, Chaga, Cinnamon, Cayenne, Agave
Toppings: Banana, Cacao Nibs, Goji Berries

9 CHF

BRUNCH SPECIALS

only available on Saturday

Caramel Apple Pancakes

3 Pancakes (gf/v), Caramelized Apples, Cashew Puree, Homemade Paleo Granola (gf), Date and/or Maple Syrup

18 CHF

Tofu-Scramble Ranchero

Tofu Scramble, Salsa Ranchera, Spinach, Parsley, Sourdough Bread (John Baker)

23 CHF

SUPERFOOD SMOOTHIES

packed with antioxidants, proteins, vitamins and minerals

Beast Mode (26g of protein)

Coconut, Banana, Maca, Protein (v), Cacao Nibs, Peanut Butter

4 DL 11 CHF

Summer Crush

Strawberries, Pitaya, Coconut, Avocado, Almond Butter, Vanilla Collagen Building Protein (v), Date, Oat Milk

4 DL 11 CHF

Berry Wild

Blueberries, Açai, Banana, Pineapple, Flaxseed, Pea Protein

4 DL 10 CHF

Green Glow

Pineapple, Mango, Spinach, Kale, Chia, Date, Spirulina, Coconut water

4 DL 9 CHF

Add extra protein to your smoothie +1.50CHF
Nature / Cacao&Peanut / Vanilla

AGUAS FRESCAS

free refill

Enjoy our daily freshly prepared selection of refreshing AGUAS FRESCAS, made with our specially filtered clean water through the EVOfilter.

2 DL 4 CHF / FREE REFILL

DON'T PANIC IT'S ORGANIC!

We use natural, unprocessed ingredients and prioritize organic products, and seasonal options whenever available. You can enjoy your meals knowing they are free of refined sugar and artificial additives.

SUPERFOOD LATTES & TEA

Espresso

4 CHF

Doppio/Americano (iced/hot)

5 CHF

Cappuccino

5.50 CHF

Latte Macchiato (iced/hot)

6 CHF

Bulletproof Coffee (iced/hot)

Coffee, Almond Butter, Coconut Oil, MCT, Ashwaganda, Date

6.50 CHF

Matcha Latte (iced/hot)

Matcha, Oat Milk, Agave (optional)

6.50 CHF

Chai Latte (iced/hot)

Chai Spice Mix, Pea Milk

6.50 CHF

Dirty: with Espresso Shot +1.00CHF

Hot Super Chocolate

Cacao, Cinnamon, Mesquite, Reishi, Chaga, Cayenne, Sprouts

6.50 CHF

Golden Latte

Spice Mix, Coconut Oil, Sprouts

6.50 CHF

Ginger Lemon Infusion

Fresh Ginger, Fresh Lemon, Ginger Concentrate

5.50 CHF

Hot Tea

On request at the bar

5.50 CHF

Radiance Tee: Hibiscus, Rosehip and Aloe Vera

All prices include VAT and are in CHF

EAT NATURAL,
EAT ORGANIC,
EAT PLANT-BASED,
EAT WILD BOWLS.

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