

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

Original Bowl

SMALL 11CHF | REGULAR 14CHF | LARGE 17CHF

Base: Açaí Puree, Banana

Topping: Granola, Hemp Seeds, Banana, Blueberries

Berry Nice Bowl

SMALL 12CHF | REGULAR 15CHF | LARGE 18CHF

Base: Açaí Puree, Banana

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

Go Nuts Bowl

SMALL 12CHF | REGULAR 15CHF | LARGE 18CHF

Base: Açaí Puree, Banana

Topping: Granola, Kakaostücke, Erdnussbutter, Kiwi, Banane

Winter Special Bowl

REGULAR 15CHF | LARGE 18CHF

Base: Açaí Puree, Banana

Topping: Granola, Pumpkin-Chia-Pudding, Apple, Pear, Marroni-Crumble, Cashewbutter, Bee Pollen, Cinnamon

SNICKERS BOWLS

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 Açaí & Snickers Bowl

REGULAR 15CHF | LARGE 18CHF

Base: Açaí & Snickers Base

Topping: Same as Snickers Protein Bowl

BOWLS & SALADS

available from 11:00

Mexican Bowl

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

24 CHF

Poké Bowl

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

Replace Tofu with Planted +1.00CHF

24 CHF

Oriental Falafel Bowl (warm)

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

24 CHF

Chili Sin Carne Bowl (hot)

Tomatos, Beans, Sweet Potatos, Green Pepper, Chickpeas, Walnut-Chorizo, Vegan Sour Cream, Avocado, Cilantro

recommended Add-On: planted.chicken +6.00CHF

18 CHF

Kale Caesar Salad

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

recommended Add-On: planted.chicken +6.00CHF

21 CHF

Miso Crunch Salad

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

22 CHF

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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: planted.chicken +6.00CHF

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 Mylk, Agave

Toppings: Apple, Cinnamon, Almond Butter

9 CHF

Super Cacao Porridge

Base: Steel Cut Oats, Quinoa, Pea Mylk, 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

Beast Mode (26g of protein)

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

4DL 11CHF

Berry Wild

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

4DL 10CHF

Green Glow

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

4DL 9CHF

**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.

2DL 4CHF / FREE REFILL

DON'T PANIC I'TS 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

Pumpkin Spiced Latte

Pumpkin Puree, Pumpkin Spice, Espresso, Pea Mylk, Agave

6.50 CHF

Bulletproof Coffee (iced/hot)

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

6.50 CHF

Matcha Latte (iced/hot)

Matcha, Oat Mylk, Agave (optional)

6.50 CHF

Chai Latte (iced/hot)

TOSO Chai Syrup, Pea Mylk

Dirty: with Espresso Shot +1.00CHF

6.50 CHF

Hot Super Chocolate

Cacao, Cinnamon, Mesquite, Reishi, Chaga, Cayenne, Pea Mylk

6.50 CHF

Golden Latte

Spice Mix, Coconut Oil, Pea Mylk

5.50 CHF

Ginger Lemon Infusion

Fresh Ginger, Fresh Lemon, Ginger Concentrate

6.50 CHF


Hot Tea

On request at the bar

5.50 CHF

All prices include VAT and are in CHF

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

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