

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

available all day, every day

The Brazilian power berry - full of antioxidants & omega 3, no refined sugar

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, Cacao Nibs, Peanut Butter, Kiwi, Banane

Winter Special Bowl

REGULAR 15CHF | LARGE 18CHF

Base: Açai Puree, Banana

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

SMOOTHIE BOWLS

available all day, every day

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, No-Tella, Banana, Strawberries

Layered Açai & Snickers Bowl

REGULAR 15CHF | LARGE 18CHF

Base: Açai & Snickers Base

Topping: Same as Snickers Protein Bowl

BOWLS, SALADS, SOUPS

available from 11:00

nutrient-dense whole foods, no additives, no refined sugar

Planted Masala Curry (hot)

26 CHF

Indian Curry Spice Mix, Planted.Chicken, Green Beans, Coconut Milk, Wholegrain Rice/Quinoa Mix

Power Dahl Soup (hot)

16 CHF

Red Lentils, Tomatoes, Coconut Milk, Indian Spices, Cilantro

Chili Sin Carne Bowl (hot)

18 CHF

Tomatoes, Black Beans, Kidney Beans, Sweet Potatoes, Green Pepper, Chickpeas, Walnut-Chorizo, Wholegrain Rice/Quinoa Mix, Vegan Sour Cream, Avocado, Cilantro
recommended Add-On: Planted.Chicken +6.00CHF

Oriental Falafel Bowl (warm)

24 CHF

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

Mexican Bowl

24 CHF

Wholegrain Rice/Quinoa Mix, Planted.Chicken, Guacamole, Black Beans, Salsa, Iceberg Lettuce, Cilantro, Nachos, Chipotle-Lime-Dressing

Poké Bowl

24 CHF

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

replace Tofu with Planted.Chicken +1.00CHF

Kale Caesar Salad

21 CHF

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

Miso Crunch Salad

22 CHF

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

WILD BOWLS



superfood bar

TOASTS

available all day

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

available from 9:00 until 11:00

Paleo Granola Bowl

Homemade Paleo Granola (gf), Oat mylk, 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 Protein, Cacao, 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

Açaí/Blueberry Pancakes

3 Pancakes (gf/v), Açaí/Blueberry-compot, coconut foam, Roasted Almonds, Date and/or Maple Syrup

19 CHF

Tofu-Scramble Ranchero

Tofu Scramble, Salsa Ranchera, Spinach, Parsley, Sourdough Bread

23 CHF

Burrito Scramble Ranchero

Flour Tortilla, Tofu Scramble, Kale, Spinach, Black Beans, Walnut-Chorizo, Salsa Ranchera, Roasted Sweet Potatoes

20 CHF

Golden Porridge

Base: Steel Cut Oats, Quinoa, Turmeric, Ginger, Cinnamon, Sprouts Mylk, Agave

11 CHF

Toppings: Açaí/Blueberry-compot, Roasted Almonds

SUPERFOOD SMOOTHIES

available all day

Beast Mode (26g of protein)

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

4 DL 11 CHF

Berry Wild

Wild Blueberries, Açaí, 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

KOMBUCHA ON TAP

Organic and Unpasteurized SWISS KOMBUCHA

Pumpkin Spice Kombucha

5 DL 7 CHF

Strawberry Cherry Mint Kombucha

5 DL 7 CHF

HEALTHY SNACKS

Indulge in our refined sugar free power snacks

Homemade Banana Bread

Flaxseeds, Banana, Dates, Cinnamon (gf/v)

5 CHF

Power Noshball

Dates, Cashew, Oatmeal, Cacao, Tree Nuts, Coconut, Coffee, Rice Syrup, Himalayan Salt

4 CHF

Performance Noshball

Dates, Salted Peanuts, Oat flakes, Rice Syrup, Cashews, Cacao, Coconut, Protein

4 CHF

DON'T PANIC IT'S ORGANIC!

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

COFFEE, 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

6.50 CHF

Dirty: with Espresso Shot +1.00CHF

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

5.50 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.**

 WILDBOWLS
WILDBOWLS.COM