

# WILD BOWLS



superfood bar

## HEARTY BOWLS

available from 11:00 until 19:00

### Planted Masala Curry

26.00 CHF

Indian Curry Spice Mix, Planted.Chicken, Green Beans, Coconut Milk, Whole Grain Rice/Quinoa Mix, Cashews, Cilantro

### Power Dahl Soup

16.00 CHF

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

### Oriental Falafel Bowl

24.00 CHF

Whole Grain Rice/Quinoa Mix, Falafel, Broccoli, Spinach, Cucumber, Yellow Beets, pickled Onions, Power-Herb Mix, White Hummus Sauce, Harissa-Cashews

### Poké Bowl - Summer Edition

24.90 CHF

Whole Grain Rice/Quinoa Mix, Mango, Avocado, Cucumber, Edamame, Japanese Coleslaw, Spinach, Smoked Tofu, Pickled Onions, Peanuts, Carrots, Sesame, Sprouts, Miso-Tahini-Dressing  
*replace Tofu with Planted.Chicken +1.00CHF*

### Mexican Bowl

24.90 CHF

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

### Caesar Salad - Summer Edition

21.90 CHF

Lettuce Salad, Cherry Tomatoes, Homemade Cashew-Parmesan, Homemade Coconut Bacon, Bread Croutons, Sprouts, Cashew-Caesar-Dressing

*recommended Add-On: Planted.Chicken +6.00CHF*

### Miso Crunch Salad - Summer Edition

22.90 CHF

Quinoa, Carrots, Arugula, Edamame, Red Cabbage, Cucumber, Power-Nut-Mix, Avocado, Pomegranates, Orange Miso Vinaigrette

### Combo Deal:

22.00 CHF

Power Dahl Soup & Smashed Avo Toast

## AÇAÍ BOWLS

available all day

### Original Bowl

SMALL 12CHF | REGULAR 15CHF | LARGE 18CHF

**Base:** Açaí Puree, Banana

**Toppings:** Granola, Hemp Seeds, Banana, Blueberries

### Berry Nice Bowl

SMALL 13CHF | REGULAR 16CHF | LARGE 19CHF

**Base:** Açaí Puree, Banana

**Toppings:** Granola, Coconut Flakes, Goji Berries, Blueberries, Strawberries

### Go Nuts Bowl

SMALL 13CHF | REGULAR 16CHF | LARGE 19CHF

**Base:** Açaí Puree, Banana


**Toppings:** Granola, Cacao Nibs, Peanut Butter, Kiwi, Banane

### Tropical Dream Bowl - seasonal

SMALL 13CHF | REGULAR 16CHF | LARGE 19CHF

**Base:** Açaí Puree, Banana

**Toppings:** Granola, Pineapple, Mango, Coconut flakes

Make your Bowl **gluten-free** 

by replacing the Granola with our Homemade Paleo Granola +1.00CHF

## WHAT IS AÇAÍ ?

Açaí is a vibrant purple berry native to the Amazon Rainforest and boasts an impressive array of health benefits. Packed with antioxidants, heart-healthy omega fatty acids and energizing properties, it has become a favorite among athletes and health enthusiasts worldwide.

By consuming our certified organic and wild-grown açaí, you directly contribute to the protection of the rainforest and support the livelihoods of thousands of Brazilians.

## SMOOTHIE BOWLS

available all day

### Snickers Protein Bowl

SMALL 13CHF | REGULAR 16CHF | LARGE 19CHF

**Base:** Coconut Puree, Banana, Cashews, Protein Powder, Cacao Powder, Peanut Butter, Mesquite, Dates

**Toppings:** Granola, Protein-Crispies, Peanut Butter, Homemade No-Tella, Banana, Strawberries

### Layered Açaí & Snickers Bowl


REGULAR 16CHF | LARGE 19CHF


**Base:** Açaí & Snickers Base

**Toppings:** Same as Snickers Protein Bowl



## WHERE TASTE MEETS HEALTH

 = gluten-free

 = high protein

 [WILDBOWLS](https://www.instagram.com/wildbowls)  
[WILD-BOWLS.COM](https://www.wild-bowls.com)

# WILD BOWLS



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## TOASTS

available all day

### Smashed Avo Toast

Power Bread, Avocado, Lime, Pickled Onions, Chili Flakes, Corn-Crumble, Hemp Seeds, Sprouts, Olive Oil, Sea Salt  
**recommended add-on: Planted.Chicken 6.00CHF**

14.90CHF

### No-tella Banana Toast

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

12.00CHF

## PORRIDGE BOWLS

available from 9:00 until 11:00

### MAKE YOUR OWN NEW

14.00CHF

**Base:** Steel Cut Oats, Quinoa, Pea Mylk, Agave

**1. Choose your Fruit:** Banana, Blueberry, Strawberry, Kiwi, Apple, Mango, Pineapple

**2. Choose your Superfood Topping:** Hemp Seeds, Coconut Flakes, Goji berries, Cacao Nibs, Protein-Crispies,

**3. Choose your Nut Butter:** Peanut Butter, Homemade No-Tella, Almond Butter, Cashewbutter

## PANCAKES

available only at our Saturday Brunches

### MAKE YOUR OWN GF NEW

18.00CHF

**Base:** 3 vegan Pancakes, Paleo Granola

**1. Choose your Fruit:** Banana, Blueberry, Strawberry, Kiwi, Apple, Mango, Pineapple

**2. Choose your Nut Butter:** Peanut Butter, Homemade No-Tella, Almond Butter, Cashewbutter

**3. Choose your Finish:** Maple Syrup, Date Syrup

## SUPERFOOD SMOOTHIES

available all day

### Beast Mode (26g of protein) 🥵

Coconut, Banana, Maca, Vanilla Protein, Cacao Nibs, Peanut Butter

4 DL 13.00CHF

### Berry Wild

Blueberries, Açai, Banana, Pineapple, Flaxseed, Pea Mylk

4 DL 11.00CHF

### Green Glow

Pineapple, Mango, Spinach, Chia Seeds, Date, Spirulina, Coconut Water

4 DL 10.00CHF

### Tropical Cloud - seasonal

Coconut, Pineapple, Mango, Blue Spirulina

4 DL 13.00CHF

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

## KOMBUCHA ON TAP

Organic and Unpasteurized SWISS KOMBUCHA

### Seasonal Falvor - please inquire at the counter

5 DL 7.00CHF

### Strawberry Cherry Mint Kombucha

5 DL 7.00CHF

## HEALTHY SNACKS

Indulge in our refined sugar free Power Snacks

### Homemade Banana Bread GF

Flaxseeds, Banana, Dates, Cinnamon

5.00CHF

### Power Noshballs

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

4.00CHF

### Protein Noshballs 🥵

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

4.00CHF

## COFFEE, 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 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

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

Available vegan mylk: Oat Mylk Oatly, Pea Mylk Sproud

# IT'S BEYOND HEALTHY, IT'S A LIFESTYLE

[WILDBOWLS](#)  
[WILD-BOWLS.COM](#)

GF = gluten-free

🥵 = high protein

All prices include VAT and are in CHF