

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, Avocado, 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, Banana

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



superfood bar

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, Cashew Butter

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

Coco Green Dream / Olivia Faeh x Wild Bowls NEW

Mango, Coconut, Matcha, Spinach, Banana, Coconut Flakes, Almond Butter

4 DL 13.00CHF

Beast Mode (26g of protein) GF

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

Add extra protein to your Smoothie +1.50CHF GF
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 GF

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

GF = high protein

DON'T PANIC, IT'S ORGANIC!

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

All prices include VAT and are in CHF