

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: Açai Puree, Banana

Toppings: Granola, Hemp Seeds, Banana, Blueberries

Berry Nice Bowl

SMALL 13CHF | REGULAR 16CHF | LARGE 19CHF

Base: Açai Puree, Banana

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

Go Nuts Bowl

SMALL 13CHF | REGULAR 16CHF | LARGE 19CHF

Base: Açai Puree, Banana


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

Tropical Dream Bowl - seasonal

SMALL 13CHF | REGULAR 16CHF | LARGE 19CHF

Base: Açai 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 açai, 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 Açai & Snickers Bowl


REGULAR 16CHF | LARGE 19CHF


Base: Açai & 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)

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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

Coco Green Dream / Olivia Faeh x Wild Bowls NEW 4 DL 13.00CHF
Mango, Coconut, Matcha, Spinach, Banana, Coconut Flakes, Almond Butter

Beast Mode (26g of protein) GF 4 DL 13.00CHF
Coconut, Banana, Maca, Vanilla Protein, Cacao Nibs, Peanut Butter

Berry Wild 4 DL 11.00CHF
Blueberries, Açai, Banana, Pineapple, Flaxseed, Pea Mylk

Green Glow 4 DL 10.00CHF
Pineapple, Mango, Spinach, Chia Seeds, Date, Spirulina, Coconut Water

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

AGUAS FRESCAS

Superfood infused Water, crafted with filtered water

Indulge in our daily freshly prepared variety of refreshing AGUAS FRESCAS, crafted with our water specially filtered by the EVOfilter for purity. 2 DL 4.00CHF + FREE REFILL

HEALTHY SNACKS

Indulge in our refined sugar free Power Snacks

Homemade Banana Bread GF 5.00CHF
Flaxseeds, Banana, Dates, Cinnamon

Power Noshballs 4.00CHF
Dates, Cashew, Oatmeal, Cacao, Tree Nuts, Coconut, Coffee, Rice Syrup, Himalayan Salt

Protein Noshballs GF 4.00CHF
Dates, Cashew, Oatmeal, Cacao, Tee Nuts, Coconut, Coffee, Rice Syrup, Himalayan Salt

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) 6.50 CHF
Coffee, Almond Butter, Coconut Oil, MCT, Ashwaganda, Date

Matcha Latte (iced/hot) 6.50 CHF
Matcha, Oat Mylk, Agave (optional)

Chai Latte (iced/hot) 6.50 CHF
TOSO Chai Syrup, Pea Mylk
Dirty: with Espresso Shot +1.00CHF

Hot Super Chocolate 6.50 CHF
Cacao, Cinnamon, Mesquite, Reishi, Chaga, Cayenne, Pea mylk

Golden Latte 6.50 CHF
Spice Mix, Coconut Oil, Pea mylk

Ginger Lemon Infusion 5.50 CHF
Fresh Ginger, Fresh Lemon, Ginger Concentrate

Hot Tea 5.50 CHF
On request at the bar

Available vegan mylk: Oat Mylk Oatly, Pea Mylk Sproud

IT'S BEYOND HEALTHY, IT'S A LIFESTYLE

[WILDBOWLS](#)
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GF = gluten-free

GF = high protein

All prices include VAT and are in CHF