

# WILD BOWLS



superfood bar

## HEARTY BOWLS

available from 11:00 until 19:00

### Planted Masala Curry (warm) 26.00 CHF

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

### Chili Sin Carne Bowl (warm) seasonal <sup>NEW</sup> 19.50 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 +6.00 CHF**

### Power Dahl Soup (warm) 16.00 CHF

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

### Oriental Falafel Bowl <sup>GF</sup> 24.90 CHF

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

### Poké Bowl <sup>GF</sup> 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 +1.00 CHF**

### Mexican Bowl <sup>GF</sup> 24.90 CHF

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

### Kale Caesar Salad - Winter Edition 21.90 CHF

Lettuce Salad, massaged Kale, Cherry Tomatoes, Avocado, Homemade Cashew-Parmesan, Homemade Coconut Bacon, Croutons, Sprouts, Cashew-Caesar-Dressing

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

### Soup & Avo Toast 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, Banana

### Winter Bowl - seasonal <sup>NEW</sup>

REGULAR 15CHF | LARGE 18CHF

**Base:** Açai Puree, Banana

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

Make your Bowl **gluten-free** <sup>GF</sup>

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 <sup>GF</sup>

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 <sup>GF</sup>

REGULAR 16CHF | LARGE 19CHF

**Base:** Açai & Snickers Base

**Toppings:** Same as Snickers Protein Bowl



## WHERE TASTE MEETS HEALTH

[WILDBOWLS](#)

[WILD-BOWLS.COM](#)

<sup>GF</sup> = gluten-free

<sup>GF</sup> = high protein

# 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

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 <sup>GF</sup>

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

### <sup>NEW</sup> Pumpkin Maple Elixir / Hailey Outland x Wild Bowls 4DL 13.00CHF

Pumpkin, Coconut, Banana, Maple, Cacao Nibs, Himalayan Salt, Mushroom Adaptogens, Pumpkin Spices, Sproud

### Beast Mode (26g of protein) <sup>GF</sup> 4DL 13.00CHF

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

### Berry Wild 4DL 11.00CHF

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

### Green Glow 4DL 10.00CHF

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

Add extra protein to your Smoothie <sup>+1.50CHF</sup>  
Nature / Cacao & Peanut / Vanilla

## KOMBUCHA ON TAP

Organic and Unpasteurized SWISS KOMBUCHA

### Seasonal Flavor - please inquire at the counter 5DL 7.00CHF

### Strawberry Cherry Mint Kombucha 5DL 7.00CHF

## HEALTHY SNACKS

Indulge in our refined sugar free Power Snacks

### Homemade Banana Bread <sup>GF</sup> 5.00CHF

Flaxseeds, Banana, Dates, Cinnamon

### Power Noshballs 4.00CHF

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

### Protein Noshballs <sup>GF</sup> 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

### Pumpkin Spice Latte - seasonal <sup>NEW</sup> 6.50 CHF

Pumpkin, Coffee, Maple, Himalayan Salt, Mushroom Adaptogens, Pumpkin Spices, Sproud Mylk

### Bulletproof Coffee (iced/hot) 6.50 CHF

Coffee, Almond Butter, Coconut Oil, MCT, Ashwağanda, 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 <sup>+1.00CHF</sup>

### Hot Super Chocolate 6.50 CHF

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

### Golden Latte 5.50 CHF

Spice Mix, Coconut Oil, Pea mylk

### Ginger Lemon Infusion 5.50 CHF

Fresh Ginger, Fresh Lemon, Ginger Concentrate

### 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](#)

<sup>GF</sup> = gluten-free

<sup>GF</sup> = 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