

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 ^{NEW} 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 +6.00CHF

Power Dahl Soup (warm) 16.00 CHF

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

Oriental Falafel Bowl ^{GF} 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 ^{GF} 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 ^{GF} 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 +6.00CHF

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: 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

Winter Bowl - seasonal ^{NEW}

REGULAR 15CHF | LARGE 18CHF

Base: Açaí Puree, Banana

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

Make your Bowl **gluten-free** ^{GF}

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 ^{GF}

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 ^{GF}

REGULAR 16CHF | LARGE 19CHF

Base: Açaí & Snickers Base

Toppings: Same as Snickers Protein Bowl



WHERE TASTE MEETS HEALTH

[WILDBOWLS](#)

[WILD-BOWLS.COM](#)

^{GF} = gluten-free

^{GF} = high protein

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

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

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



Pumpkin Maple Elixir / Hailey Outland x Wild Bowls

4 DL 13.00CHF

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

Beast Mode (26g of protein)

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
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

5.00CHF

Flaxseeds, Banana, Dates, Cinnamon

Power Noshballs

4.00CHF

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

Protein Noshballs

4.00CHF

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

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**.

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

6.50 CHF

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

Bulleproof 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

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](https://www.instagram.com/wildbowls)

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

 = gluten-free

 = high protein

All prices include VAT and are in CHF