

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 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 NEW 25.90 CHF
Falafel, Hummus, Baba Ganoush, Grilled Zucchini and Sweet Pointed Pepper, Couscous Salad, Spinach, Pomegranate Seeds, Power Herb Mix, Harissa Nuts, Tzatziki Dressing

Poké Bowl 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

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

Paleo Matcha Bowl NEW
REGULAR 17CHF | LARGE 20CHF
Base: Açaí Puree, Banana
Topping: Paleo Granola, Matcha-Chia Pudding, Pineapple, Pomegranate Seeds, Mango Sauce

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 HP
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, Cacao-Sauce, Banana, Strawberries

Layered Açaí & Snickers Bowl HP
REGULAR 16CHF | LARGE 19CHF
Base: Açaí & Snickers Base
Toppings: Same as Snickers Protein Bowl



WHERE TASTE MEETS HEALTH

GF = gluten-free

HP = high protein

[WILDBOWLS](#)
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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

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

The Run Club Zurich (23g protein)

Vanilla Protein, Blue Spirulina, Graviola (exotic superfruit), Maca, Dates, Chia Seeds, Pineapple, Banana, Coconut Cream, Oat Milk

4 DL 13.00CHF

Beast Mode (26g protein)

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

4 DL 13.00CHF

Berry Wild (Antioxidant Boost)

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

4 DL 11.00CHF

Green Glow (Detox & Energy)

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

4 DL 10.00CHF

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

KOMBUCHA ON TAP

Organic and Unpasteurized SWISS KOMBUCHA

Seasonal Flavor - 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

Flaxseeds, Banana, Dates, Cinnamon, Cacao-Sauce

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

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 / Flat White

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 (Ceremonial-grade), Oat Mylk

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

We only serve plant based milk

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