

WILD BOWLS



superfood bar

HEARTY BOWLS

available from 11:00 until 19:00

Asparagus Caesar Salad NEW

23.90 CHF

Romaine Lettuce & Spinach, White Organic-Danube-Asparagus, Avocado, Cherry Tomatoes, Chickpeas, Cashew Parmesan, Coconut Bacon & Croutons, Cashew Caesar Dressing

recommended Add-On: Planted.Chicken +6.00CHF

Oriental Falafel Bowl

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 GF

24.90 CHF

Smoked Tofu, Mango, Avocado, Edamame, Japanese Coleslaw, Whole Grain Rice-Quinoa Mix, Spinach, Cucumber, Carrots, Pickled Onions, Sesame, Peanuts, Sprouts, Miso-Tahini Dressing

replace Tofu with Planted.Chicken +1.00CHF

Mexican Bowl GF

24.90 CHF

Planted.Chicken, Guacamole, Pico de Gallo, Black Beans, Whole Grain Rice-Quinoa Mix, Lettuce, Cilantro, Nachos, Chipotle-Lime Dressing

Planted Masala Curry (warm)

26.00 CHF

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

Power Dahl Soup (warm)

16.00 CHF

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

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 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, Cacao-Sauce, 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

GF = gluten-free

GF = high protein

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

WILD BOWLS



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TOASTS

available all day

Smashed Avo Toast

14.90 CHF

Power Bread, Avocado, Lime, Pickled Onions, Chili Flakes, Corn-Crumble, Hemp Seeds, Sprouts

recommended add-on: Planted.Chicken 6.00CHF

PORRIDGE BOWLS

available from 9:00 until 11:00 / Saturday all day

Warm Protein Bowl (34g Protein)

16 CHF

Warm Base: Steel-Cut Oats, Quinoa, Pea Drink, Cacao Protein, Cinnamon, Agave

Toppings: Paleo Granola, Coconut Yogurt, Almond Butter, Raspberries, Blueberries

SUPERFOOD SMOOTHIES

available all day

The Run Club Zurich (23g protein)

4 DL 13.00 CHF

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

Beast Mode (26g protein)

4 DL 13.00 CHF

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

Berry Wild (Antioxidant Boost)

4 DL 11.00 CHF

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

Green Glow (Detox & Energy)

4 DL 10.00 CHF

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

Add extra protein to your Smoothie +1.50CHF

Nature / Cacao & Peanut / Vanilla

AGUAS FRESCAS

Enjoy freshly prepared and refreshing Aguas Frescas every day.

Strawberry Agua Fresca

4 DL 6.00 CHF

Strawberry, Lemon, Agave, Water

Combo Deal

Açaí Bowl + Agua Fresca – get your Agua Fresca for just 3 CHF!

KOMBUCHA ON TAP

Organic and Unpasteurized SWISS KOMBUCHA

Seasonal Flavor - please inquire at the counter

5 DL 7.00 CHF

Strawberry Cherry Mint Kombucha

5 DL 7.00 CHF

HEALTHY SNACKS

Indulge in our refined sugar free Power Snacks

Homemade Banana Bread

5.00 CHF

Flaxseeds, Banana, Dates, Cinnamon, Cacao-Sauce

Power Noshballs

4.00 CHF

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

Protein Noshballs

4.00 CHF

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 / Flat White

5.50 CHF

Latte Macchiato (iced/hot)

6 CHF

Matcha Latte (iced/hot)

6.50 CHF

Matcha (Ceremonial-grade), Oat Mylk

Chai Latte (iced/hot)

6.50 CHF

TOSO Chai Syrup, Pea Mylk

Dirty: with Espresso Shot +1.00CHF

Ginger Lemon Infusion

6.50 CHF

Fresh Ginger, Fresh Lemon, Ginger Concentrate

Hot Tea - On request at the bar

5.50 CHF

We only serve plant based milk

IT'S BEYOND HEALTHY, IT'S A LIFESTYLE

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**.

[WILDBOWLS](#)
[WILD-BOWLS.COM](#)

= gluten-free

= high protein

All prices include VAT and are in CHF