

# 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!

## 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**.

 = gluten-free

 = high protein

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All prices include VAT and are in CHF