WILD BOWLS

Zürich Bleicherweg
Bleicherweg 50 • 8002 Zürich
Mon–Fri 08:00–19:00 • Sat 10:00–19:00 • Sun 10:00–15:00

AÇAÍ & SMOOTHIE BOWLS

ALL DAY

Our açaí base: organic, wild-grown and free from refined sugar.

SEASONAL

Winter Snickers



Snickers blend • Plum compote, banana, Peanut Crumble (gf) and cacao nibs.

S 13.90 M 16.90 L 21.40

Original



Organic açaí & banana • Classic Granola, hemp seeds, banana and blueberries.

S 12.90 M 15.90 L 19.90

Berry Nice



Organic açaí & banana • Classic Granola, coconut flakes, goji berries, strawberries and blueberries.

S 13.90 M 16.90 L 20.90

Go Nuts



Organic açaí & banana • Peanut Crumble Granola (gf), cacao nibs, kiwi, banana and peanut butter.

S 13.90 M 16.90 L 20.90

Snickers Protein



Snickers blend • Peanut Crumble Granola (gf), cacao, protein crispies, peanut butter, strawberries and banana.

S 13.90 M 16.90 L 21.40

Layered Açaí & Snickers



Layers of açaí & Snickers • Peanut Crumble Granola (gf), cacao, protein crispies, peanut butter, strawberries and banana.

M 16.90 L 21.40

Extra Protein +1.50 • Vanilla / Choc & Peanut

Snickers blend: coconut, banana, protein powder, cacao, peanut butter, mesquite and dates.

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HEARTY BOWLS

FROM 11 AM

Vegan base & sauces

Harvest Poké



Brown rice & quinoa, Hokkaido pumpkin, Japanese coleslaw, avocado, edamame, cucumber, pomegranate, pickled onions, sesame and miso-tahini dressing.

Sesame-tamari tofu CHF 24.90
Swiss Organic Chicken CHF 29.90
Pan-seared salmon fillet CHF 27.90
Planted Pulled BBQ CHF 25.90
Smoked wild salmon CHF 27.90
Swiss beef steak CHF 30.90

Udon Satay



Udon noodles, carrot, sautéed pak choi, papaya salad, cucumber, red cabbage, pickled radishes, herbs and Asian vinaigrette.

Planted Satay CHF 25.90
Swiss Organic Chicken CHF 29.90

Mexican



Brown rice & quinoa, guacamole, pico de gallo, black beans, lettuce, corn, coriander, nachos and chipotle-lime dressing.

Planted Pulled BBQ CHF 24.90
Swiss beef steak CHF 29.90
Swiss Organic Chicken CHF 28.90

Pumpkin & Mushroom Caesar CHF 23.90



Lettuce, Hokkaido pumpkin, warm sautéed mushrooms, pumpkin seeds, pickled onions, sprouts, Caesar dressing and toasted bread.

RECOMMENDED PROTEIN ADD-ONS

Planted + CHF 6.00
Swiss Organic Chicken + CHF 8.00

Power Dahl CHF 21.90



Red lentils, chickpeas, tomatoes, coconut milk, Indian spices, vegan sour cream, herbs and naan bread.

Planted + CHF 6.00
Swiss Organic Chicken + CHF 8.00

Brown rice & quinoa + CHF 2.00

ADD-ON TO ANY BOWL • Organic onsen egg + CHF 3.00

Chicken breast approx. 110 g: Switzerland (organic Bruderhahn rearing) • Beef steak 100 g: Switzerland
Smoked wild salmon approx. 80 g: Northeast Pacific (FAO 67) • Salmon fillet 100 g: Scotland (farmed, Label Rouge)

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WEEKEND BRUNCH

ALL DAY • SATURDAY & SUNDAY

Açaí Protein Pancakes 15.90

Vegan • approx. 22 g protein

Three oat-protein pancakes with açaí, banana, pomegranate, cocoa sauce, maple syrup, Peanut Crumble Granola (gf) and fresh mint.

Smashed Avo Toast CHF 14.90

Two slices of Power Bread with avocado, lime, pickled onions, chilli flakes, corn crumble, virgin olive oil, hemp seeds and sprouts.

RECOMMENDED ADD-ONS

Two organic onsen eggs + CHF 5.00

Smoked wild salmon • approx. 80 g + CHF 8.00

Warm roasted mushrooms + CHF 4.00

Planted • 80 g + CHF 6.00

Organic onsen eggs: one per toast • free-range, gently cooked.

SMOOTHIES

400 ml

ALL DAY

Berry Wild 13.90

Açaí, strawberries, banana, vanilla protein, almond butter and coconut water.

Tropic Crush 13.90

Mango, pineapple, banana, vanilla protein, coconut water and a coconut yoghurt swirl with blue spirulina.

Beast Mode 13.90

Coconut purée, banana, peanut butter, dates, cacao, carob, Choc & Peanut Protein and pea milk.

Extra Protein +1.50 • Vanilla / Choc & Peanut

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DRINKS & TREATS

REFRESHERS

400 ml

Strawberry Agua Fresca 6.00
Strawberries, lemon, water and agave.

Swiss Kombucha on Tap 7.00
Seasonal flavour: strawberry, cherry and mint.

COFFEE, MATCHA & MORE

Ginger Lemon Infusion 6.50
Ginger extract, fresh ginger, lemon juice and hot water.

Chai Latte 6.50
Spiced chai with your choice of milk.

Espresso 4.50

Doppio / Americano hot / iced 5.50

Cappuccino 6.00

Flat White 6.50

Latte Macchiato hot / iced 6.50

Also available as decaf +1.00

Matcha Latte hot / iced 6.50
Ceremonial grade matcha and oat milk.

Cold Brew Americano 6.00

Cold Brew Latte 7.00

All lattes & milk-based drinks with your choice of organic oat milk, pea milk or organic cow's milk.

SWEET TREATS

Homemade Banana Bread gf 5.90
Flaxseed, banana, dates, cinnamon and cocoa sauce.

Noshballs 4.00
Power Balls / Protein Balls

ALL PRICES IN CHF INCL. VAT. · GF = GLUTEN-FREE