

# WILD GIRLS

deli • café • shop

We are the **WILD GIRLS** and we travel the world to bring new food to our daily lifestyle. Our line of products nourishes the body and the soul. Our aim is to answer the needs of consumers in bringing **GOOD, JOYFUL** and **TASTY** recipes inspired from all around the world! We are not boring, we are not a diet; we like to think of ourselves as the food nirvana.

Eating healthy wholesome aliments is a **MULTI-SENSORIAL EXPERIENCE**; our motto is that food should not only smell and taste wonderful, it should also look amazing! We quit our respectable jobs, left our comfort zone, redefining our life through our passion, the wild and only FOOD! We are launching a reinterpretation of the first real Brazilian meal, the **TAPIOCA**. This delicacy is purely produced with manioc starch, a natural hydrated flour, obtained by squeezing the pulp of grounded manioc roots. Crispy on the outside and soft on the inside, **TAPIOCA** is a **HEALTHY, GLUTEN FREE** and **LACTOSE FREE** product.

At Wild Girls, our passion for this genuine Brazilian dish led us to develop our own manioc starch or **THE POWDER** as we like to call it.

All the products sold at WILD GIRLS are homemade, except for the pão de queijo (Boule D'Or), the gluten free bread (Good Food Artisans) and the vegan ice cream (Oba Glaces).

**NO PRESERVATIVE, NO ARTIFICIAL COLORING**, only **FRESH** and **NATURAL** ingredients **HANDMADE** by our team.

## TAPIOCA POWDER

The new dope in town!

Do your own tapioca crepe at home.

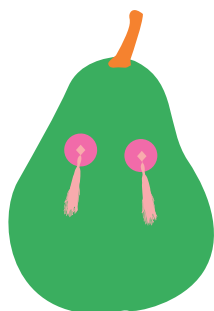
Order your **READY TO USE POWDER** as well as our:

- **PLANT BASED MILKS**
- **GRANOLAS**
- **NUT AND SEEDS BUTTERS**
- **DESERTS**
- **HUMMUS**

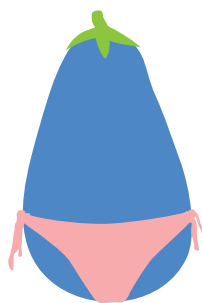
and many more.

Find our shopping list and place your order directly  
via:

**[WWW.WILDGIRLSDELI.COM](http://WWW.WILDGIRLSDELI.COM)**



MONA



MIRA



FARAH

# BREAKIE FOOD

**SUNNY SIDE UP EGGS** ● ● (●) 12

2 eggs served with brown toast

can be served in a tapioca for an extra 2.-

**SCRAMBLED EGGS / OMELET** ● ● (●) 14

3 eggs served with brown toast

can be served in a tapioca for an extra 2.-

**EGG ON TOAST** ● ● 9

OPTIONAL ON GLUTEN FREE BREAD ● ● ● +1

**AVOCADO EGG ON TOAST** ● ● 11

OPTIONAL ON GLUTEN FREE BREAD ● ● ● +1

**AVOCADO TOAST** ● ● 5.5 / 9

smashed avocado . lemon juice . chili flakes . served on multigrain bread

OPTIONAL ON GLUTEN FREE BREAD ● ● ● +1

**PIMP AVOCADO TOAST** ● ● 10

smashed avocado . lemon juice . chili flakes . WILD GIRLS seeds mix .  
chive

OPTIONAL ON GLUTEN FREE BREAD ● ● ● +1

**SPREAD TOAST** ● ● 6.5 / 10

chickpea hummus with aromatic herbs . baby spinach leaf . cucumber .  
red onion . served on multigrain bread

OPTIONAL ON GLUTEN FREE BREAD ● ● ● +1

**BREAD GLUTEN FREE** ● ● ● 1

1 slice of artisanal mixed seeds gluten free bread

**PÃO DE QUEIJO** ● ● 5

3 little Brazilian cheese breads

## GO BANANAS and NUTS ●● 9

toast . banana . WILD GIRLS nut butter of your choice (coconut/  
peanut/cashew/almond/choco-hazelnut) . cinnamon . honey  
OPTIONAL ON GLUTEN FREE BREAD +1

## AÇAÏ BOWL ●●● 13

açaí pulp mixed with red berries and banana . fruits of the moment  
shredded coconut . WILD GIRLS granola of your choice (matcha/  
chocolate/cinnamon) . WILD GIRLS nut butter of your choice  
(coconut/peanut/cashew/almond/choco-hazelnut)

## COCO and NUTS ●●● 10

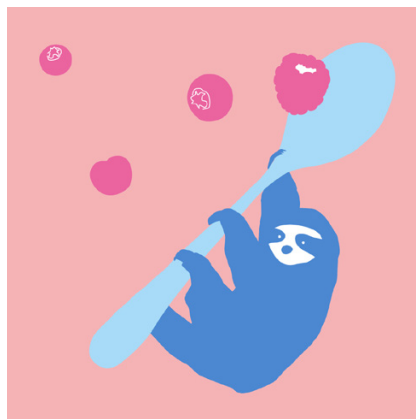
coconut milk yogurt . fruits of the moment . WILD GIRLS granola of  
your choice (matcha/chocolate/cinnamon) . WILD GIRLS nut butter  
of your choice (coconut/peanut/cashew/almond/choco-hazelnut)

## CHIA LA LA ●●● 8

chia pudding with WILD GIRLS almond milk and maple syrup .  
mango . shredded coconut  
OPTIONAL WILD GIRLS NUT BUTTER OF YOUR CHOICE +2  
(coconut/peanut/cashew/almond/choco-hazelnut)

## SUNDAY STYLE CHIA LA LA ●●● 8

chia pudding with WILD GIRLS almond milk and maple syrup  
banana . peanut butter . peanuts



# BREAD

## AVOCADO TOAST

smashed avocado . lemon juice . chili flakes . served on multigrain bread

OPTIONAL ON GLUTEN FREE BREAD    +1

## PIMP AVOCADO TOAST

smashed avocado . lemon juice . chili flakes . WILD GIRLS seeds mix . chive

OPTIONAL ON GLUTEN FREE BREAD    +1

## SPREAD TOAST

chickpea hummus with aromatic herbs . baby spinach leaf . cucumber . red onion . served on multigrain bread

OPTIONAL ON GLUTEN FREE BREAD    +1

## BREAD GLUTEN FREE

1 slice of artisanal mixed seeds gluten free bread

## PÃO DE QUEIJO

3 little Brazilian cheese breads

## SALAD

S L

### LADY CHARLOTTE

8 16

mixed leaf . strawberry . millet . avocado . cucumber . basil .  
buckwheat . olive oil and lemon dressing

### PASTECA LOCA

8 16

baby spinach leaf . watermelon . lentil . feta . red onion . mint .  
roasted pumpkin seed . mustard dressing

### DATE WITH ALI

8 16

baby spinach leaf . red onion . date . chickpea . carrot . roasted  
almond . olive oil and lemon dressing with tahini

### QUEEN FRIDA

8 16

quinoa . cherry tomato . red bean . corn . pepper . coriander .  
green onion . olive oil, lime and cashew nut dressing

## SOUP

2dl 4dl

### VEGAN SOUP

8 16

ask for the flavor of the day

## EXTRA FOR SALAD/TOAST

**YUM** dill / basil / chive / coriander / roasted pumpkin seed / mint / mix of  
seeds / red onion / green onion / buckwheat +1

**YUMMY** roasted almond / avocado / carrot / cucumber / zucchini / date  
strawberry / red bean / mixed leaf / lentil / corn / millet / honey mustard  
watermelon / chickpea / pepper / baby spinach leaf / quinoa / chimichurri  
sauce / tahini / cherry tomato / yogurt +2

**YUMMYYY** cheese / guacamole / egg +4

**YUMMILICIOUS** minced cauliflower with spices / hummus with aromatic  
herbs / artichoke spread +6

**YUMMYGOD** chicken shawarma / smoked salmon / tex mex minced beef +9 / +10 /+10

You've got chills.  
They're multiplying.

And you're  
losing control.

'Cause the powder  
we're supplying,  
Is electrifying



# TAPIOCA / QUINOA BOWL

**LET IT GREEN** ●●● 16 / 17.50

chickpea hummus with aromatic herbs . baby spinach leaf  
cucumber . red onion . olive oil and lemon dressing

**CALL IT FLOWER** ●●● 18 / 20

minced cauliflower with spices . chimichurri sauce . shredded  
carrot

**DATE THE SHEEP OF ACROPOLIS** ●● 16 / 17.50

feta . zucchini . mint . honey . salad

**BEYROUTH CHICKS** ● / ●● 20 / 22

chicken shawarma . cherry tomato . yogurt or tahini sauce

**CARNE CARAMBA** ●● 22 / 24

mexican minced beef . corn . red bean . guacamole . coriander

**VICKY LICKING** ●● 21 / 23

smoked salmon . artichoke spread . honey mustard . dill . salad

## EXTRA FOR TAPIOCA / QUINOA BOWL

**YUM** dill / basil / chive / coriander / roasted pumpkin seed / mint / mix of  
seeds / red onion / green onion / buckwheat +1

**YUMMY** roasted almond / avocado / carrot / cucumber / zucchini / date  
strawberry / red bean / mixed leaf / lentil / corn / millet / honey mustard  
watermelon / chickpea / pepper / baby spinach leaf / quinoa / chimichurri  
sauce / tahini / cherry tomato / yogurt +2

**YUMMYYY** cheese / guacamole / egg +4

**YUMMILICIOUS** minced cauliflower with spices / hummus with aromatic  
herbs / artichoke spread +6

**YUMMYGOD** chicken shawarma / smoked salmon / tex mex minced beef +9 / +10 / +10

# DESSERT

## LOLO'S POMPOTE



8

pear and apple crumble with cinnamon

## MOMO'S BEST



6

chocolate cake with zucchini and almond

## HORNY CARROT



8

carrot cake . cream cheese icing optional

## DENVER THE HEART MELTER



8

flourless chocolate cake

## AÇAÏ BOWL



13

açai pulp mixed with red berries and banana . fruits of the moment  
shredded coconut . WILD GIRLS granola of your choice  
(matcha/chocolate/cinnamon) . WILD GIRLS nut butter of your choice  
(coconut/peanut/cashew/almond/choco-hazelnut)

## CHIA LA LA



8

chia pudding with WILD GIRLS almond milk and maple syrup . mango  
shredded coconut

OPTIONAL WILD GIRLS NUT BUTTER OF YOUR CHOICE

+2

(coconut/peanut/cashew/almond/choco-hazelnut)

## SUNDAY STYLE CHIA LA LA



8

chia pudding with WILD GIRLS almond milk and maple syrup  
banana . peanut butter . peanuts

## MANGA GAGA



7

half mango

## ANANA'S BEST



7

fresh pineapple served with lime zest

## OBA!



7

ice cream 100% vegan, chocolate/ peanut/ pineapple-mint

## DESSERTS DU MOMENT...

### COOKIE

2.5-3.5

### CAKE

6

### BLISS BALL

2.5

# SWEET TAPIOCA

## OOOPS... EVE DID IT AGAIN! ● ● ●

9

apple sauce . maple syrup . caramelized pecan

## SWEET TALK WITH COCO ● ●

9

grated coconut . cinnamon . condensed milk

## EVIL NELLA ● ●

9

nutella . mango . flaked almond



# FRESH JUICE

## OMG

orange . mango . ginger

2.5dl

3.5dl

7.5

9

## EXOTIC CRUSH

pineapple . strawberry . apple . basil

7.5

9

## D-BOOSTER

apple . carrot . ginger

7.5

9

## BURNING TULUM

kale . cucumber . lime . jalapeño

7.5

9

## GREENZILLA

celery . apple . fennel

7.5

9

## THE SINGLE LADIES

apple or carrot or orange

7

8.5

## D'AMOUR ET D'EAU FRAÎCHE

homemade iced tea or infused water

3

4.5

# SHOTS

0.5dl

## THE ORANGE

orange . ginger . curcuma . black pepper

5

## THE PINK

beetroot . lemon . cinnamon

5

## THE GREEN

celery . lemon . Cayenne pepper

5

# SUPERFOOD SMOOTHIE

3.5dl

## MISS BRAZIL

9

açaí . red berries . banana . WILD GIRLS almond milk . hemp

## MR. PLAQUE DE CHOC

9

cocoa powder . avocado . banana . WILD GIRLS cashew milk  
date . maca . cocoa nibs

## THE HULK

9

spinach . avocado . banana . WILD GIRLS oat milk . spirulina

# PIMP YOUR JUICE and SMOOTHIE

## SUPER FOODS

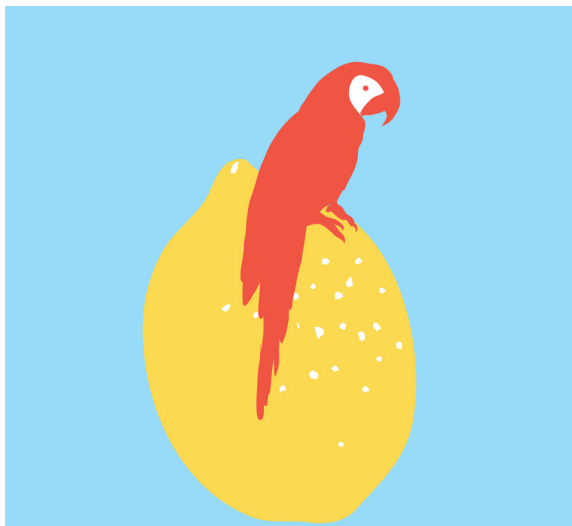
1

chia seed / flax seed / hemp seed / cocoa nibs / maca / spirulina

## SUPER **WILD GIRLS** NUT BUTTERS

2

coconut / peanut / cashew / almond / choco-hazelnut



# COFFEE AND MORE

COFFEE	4.2
ESPRESSO	4.2
ESPRESSO MACCHIATO	4.4
DOUBLE ESPRESSO	6
FLAT WHITE	5.5
CAPPUCCINO	5.5
CAFFE LATTE - hot/cold	5.5
DALGONA CAFFE - cold milk . coffee foam sweetened with cane sugar	6
PINK LATTE - hot/cold milk . beetroot . cinnamon	6.5
GOLD MILK - hot/cold milk . curcuma, ginger and black pepper powder . honey	6.5
MATCHA LATTE - hot/cold milk . matcha powder	6.5
VEGAN MATCHA DALGONA - cold plant based milk . coconut milk , matcha and cane sugar cream	8
HORCHATA - cold almond rice milk and cinnamon	6

## EXTRA

NON-DAIRY <b>WILD GIRLS</b> HOME-MADE MILK almond cashew oat	1
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**CHOCOLATE / OVOMALTINE - hot/cold** 5.5

## **TEA & INFUSION**

**IMMUNE BOOSTER** 6.5

infusion with fresh thyme, lemon and honey

**IMMUNE BOOSTER II** 6.5

infusion with fresh ginger, cinnamon stick and himalayan turmeric

**THÉ BETJEMAN & BARTON** 4.5

list below

### **KALLEBOKA**

traditional black tea from Ceylan

### **TCHAI**

black tea . Indian spices

### **SENCHA**

Japanese green tea

### **SENCHA MACHA LATTE**

Sencha green tea . macha latte flavor

### **DES AMOURS**

black and green tea . jasmin . passion fruit . mango . pineapple

### **LES GENEVOISES**

Sencha green tea . lemongrass . tiare rose . apple . cardamom . ginger

### **MAROC**

green tea . Moroccan mint

### **BELLES CHOSES DE LA VIE**

green tea . apple . goji . rose . açai

### **BERGAME**

green tea . green earl grey

### **DES INVITES**

green tea . jasmin . rose . litchi

### **CELESTE**

infusion . chamomile . orange lemongrass . licorice . grapefruit

### **LES REVEUSES**

infusion . fennel . anis . lavender

*SOUP OF THE DAY:*

**SPRITZ!**



# GRAPES AND BUBBLES

## WHITE

### CHASSELAS

1 dl / 75 cl

les Frères Dutruy . Vaud

7.5 / 52

### SAUVIGNON BLANC

1 dl / 75 cl

Domaine des Charmes . Genève

1er cru . aoc

8.5 / 58

## ROSÉ

### CHÂTEAU MINUTY

1 dl / 75 cl

Cuvée Minuty AOC . Provence

7.5 / 52

## RED

### PINOT NOIR

1 dl / 75 cl

Aagne . Schaffhouse

6.5 / 44

### ASSEMBLAGE LES ROMAINES

1 dl / 75 cl

les Frères Dutruy . Vaud

Gamaret . Garanoir . Gamay . Pinot noir

8.5 / 58

## BUBBLE

### PROSECCO

1 dl / 75 cl

8 / 54

# COCKTAILS

<b>SPRITZ</b> aperol spritz . prosecco . orange	14
<b>MOSCOW MULE</b> vodka . ginger ale . lime . mint . sparkling water	18
<b>VODKA LEMONADE</b> vodka . lemon . thyme	18
<b>GIN TONIC</b> gin . schweppes . mango . black pepper	18
<b>MOJITO</b> white rum . red berries . lime . mint	18
<b>BATIDA DADA</b> cachaça . passion fruit . pineapple . condensed milk	18

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## BAR OPENING HOURS

monday - wed.	9h30 - 18h30
thursday	9h30 - 20h00
friday	9h30 - 18h30
saturday	9h30 - 17h30

## ORIGIN

eggs: switzerland
chicken: france
beef : switzerland
salmon: norway

## KITCHEN OPENING HOURS

monday - wed.	9h30 - 17h00
thursday	9h30 - 18h00
friday	9h30 - 17h00
saturday	9h30 - 17h00

## PRICE

swiss francs
VAT included

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UPON REQUEST, IT'S WITH PLEASURE THAT OUR STAFF WILL INFORM  
YOU OF ANY ALLERGIES OR INTOLERANCE THAT CAN BE TRIGGERED.