

WILD
GIRLS
deli • café • shop

catering menu

2023

- Falafels
- Daal
- White beans, pesto and pomegranate
- Chickpeas with 7 spices, caramelized onions, cherry tomatoes and cottage cheese dip
- Sautéed tofu, sesame and ginger sauce
- Coral lentil, quinoa and carrot pancake, coconut and herb sauce
- Maghmour, simmered eggplant and chickpeas in tomato sauce and spices
- Stewed black beans with Mexican spices and tortillas
- Chicken Beirut Chicks (sliced chicken marinated with shawarma spices)
- Chicken breast with zaatar and sumac
- Chicken with herbs, sumac and lemon
- Butter chicken
- Whole chicken, carrot, honey and rosemary



- Tandoor whole chicken
- Chicken breasts with shallots and caramelized plums
- Chicken kafta
- Beef kafta with tarator sauce
- Chili con carne
- Beef shoulder simmered with onions, spices, dates and pomegranate
- Rack of lamb, herb sauce, seeds and pomegranate
- Shoulder of lamb with honey and carrots
- Smoked salmon, wasabi cashew sauce
- Smoked salmon with labné with caramelized onions and chives
- Israeli fish
- Grilled salmon with Cajun spices, avocado sauce (Mexican style)
- Sweet and spicy salmon, almond butter sauce and spicy mayonnaise
- Rice breaded fish with cocktail/salsa sauce

- Cauliflower and sweet potato marinated in ras el hanout in the oven, tarator sauce with herbs
- Cajun-spiced sweet potato with candied garlic yogurt and tahini dip
- Eggplant, tahini and pomegranate zaatar
- Carrots and sweet potatoes, black sesame, lime sauce, coriander and Thai basil
- Baked carrot with harissa and sesame
- Curry vegetables
- Mixed vegetables with baked spices, tarator sauce
- Baked broccoli on a bed of dukkah labneh



- Grilled zucchini, spices and feta
- Cauliflower and corn with Cajun spices, avocado and coriander sauce
- Grilled zucchini, pesto and crushed hazelnuts
- Grilled zucchini, labné with caramelized onions, pomegranate, mint and zaatar
- Cauliflower with chimichurri
- Grilled eggplant with tomato salsa, chives, orange, black seed and zaatar
- Brussel sprouts with parmesan
- Vegetable tart tatin, ricotta, oregano and balsamic cream

- Israeli couscous, roasted beets, pomegranate, peas, feta, caramelized pecans and maple syrup and balsamic vinegar sauce
- Watermelon, feta, cucumber and zaatar salad
- Carrots and sweet potatoes with oven-roasted sesame, lime sauce, coriander and Thai basil
- Black bean salad, pepper, corn, avocado, grilled cashew nuts, herb sauce
- Quinoa salad, broad bean, broccoli, young shoots, green apple, cranberry, mixed seeds
- Broccoli, cucumber, carrot, beetroot, basil, grilled almond-squash-sunflower salad, honey mustard sauce



- Beetroot salad, broccoli, peas, roasted squash, cranberries, basil, citrus sauce
- Beetroot salad, carrot, beluga lentil, dukkah, feta, olive oil sauce, orange and tahini
- Salad of baby spinach, kaki persimmon, grilled almond, pomegranate, pecorino cheese, zaatar and olive oil and balsamic cream sauce
- Cauliflower tabbouleh, iceberg, parsley, cashew, almond, pomegranate and molasses sauce
- Lentil salad, grilled zucchini, tomatoes, herbs and tahini sauce

- Bean salad, avocado, peas, mixture of young shoots and watermelon radishes, Greek yogurt sauce, chives and tarragon
- Carrot, cucumber, cabbage, bean sprout, coriander and peanut sauce salad
- Beetroot salad, carrot, beluga lentil, dukkah, feta, olive oil sauce, lemon, orange and tahini
- Wild Girls Style Coleslaw Salad: grated zucchini, carrot and red cabbage, beluga lentil, black sesame and sesame sauce
- Kale, cauliflower and spicy chickpea salad, grated fennel, cranberry, toasted almond and olive oil, lemon, mustard and tahini sauce



SALADS SALADS SALADS



- Quinoa salad, kale, spicy sweet potato, edamame, grated zucchini, pomegranate, citrus sauce
- Salad of young sprouts, cooked beets, green lentils, dried figs, burrata, basil
- Corn salad, quinoa, tomato, cucumber, red onion and coriander
- Tomato, mango, avocado salad
- Quinoa salad, edamame, red cabbage, mango, carrot, Asian sauce
- Wild Girls-style fattoush salad: sucrine, kale, cucumber, tomato, spring onion, mint and fried Lebanese bread
- Iceberg salad, carrot, zucchini, fennel, seeds, honey mustard sauce

- Hummus
- Beet hummus
- White bean spread with herbs
- Coral lentil, carrot and coriander spread
- Creamy goat cheese marinated with herbs
- Labneh with date, orange and cinnamon
- Raita (cucumber and mint yogurt)
- Muhammra

DIPS DIPS DIPS DIPS



- Rice with vermicelli and caramelized onions
- Crispy baked potatoes
- Sweet potato, pomegranate, mint, coconut yogurt sauce
- Cumin rice
- Coconut and lime rice pudding
- Baked Potatoes with Herbs and Garlic



CARBS CARBS CARBS



- Rice with lentils and caramelized onions
- Black rice, edamame and chives
- Saffron rice
- Rice with beans and dill
- Spicy potato and coriander pesto (Batata Harra)
- Quinoa with curry and vegetables
- Quinoa, beans, corn, lime coriander Mexican style

SALTY BABKAS

- Babka zaatar
- Babka feta, fig and honey
- Babka halloumi and Nigella seed
- Babka feta and zaatar
- Babka halloumi and zaatar
- Babka mozzarella, tomato and oregano sauce
- Babka feta, dried apricot and rosemary



SWEET BABKAS

- Chocolate Babka
- Cinnamon Babka
- Orange blossom, honey and sesame babka
- Hazelnut butter and chocolate babka
- Peanut butter and blueberry babka
- Peanut butter and banana babka
- Babka date puree and tahini
- Lemon Babka
- Babka 3 chocolates
- Orange blossom babka, almond butter and raspberry
- Chocolate and orange babka
- Raspberry and white chocolate babka
- Babka red fruits
- Banana and milk chocolate babka
- Chocolate and apricot babka
- Peanut butter, blueberry and dark chocolate babka

- Zucchini, chocolate and almond cake
- Orange and olive oil cake
- Lemon cake
- Brownie (gluten free)
- Blueberry, milk chocolate and almond cake (gluten-free)
- Raspberry, white chocolate and almond cake (gluten-free)
- Chocolate marble (gluten-free)
- Marbled with matcha (gluten-free)

DESSERTS DESSERTS DESSERTS



- Gluten-free carrot cake with cream cheese icing
- Flourless chocolate cake
- Blueberry, lemon and white chocolate cake
- Gluten-free matcha and raspberry cake
- Gluten-free banana and chocolate chip cake
- Brookie (brownie and cookie)
- Pavlova
- Giant cookie (flavor of your choice)
- Tiramisu
- Peanut butter and raspberry brownie
- Variety of cookies

Catering Menu

10 to 20 people

CHF 60.-/ person

MENU 1

- 2 saladS/vegetables
- 1 protein (animal or vegetable)
- 1 carbs
- 1 spread
- Babka (1-2 varieties)
- dessert (1-2 varieties)

CHF 80.-/ person

MENU 2

- 3 salads/vegetables
- 2 proteins (animal or vegetable)
- 1 starch
- 2 spreads (different varieties)
- babkas (different varieties)
- 2 desserts (2 varieties)

OR

- 2 salads/vegetables
- 2 proteins (animal or vegetable)
- 2 starchy foods
- 2 spreads (different varieties)
- babkas (2 different varieties)
- 2 desserts (2 varieties)

CHF 100.-/ person

MENU 3

- 4 salads/vegetables
- 2 proteins
- 2 starchy foods
- 3 spreads (different varieties)
- 2 Babkas (2 different varieties)
- Pao di queijo
- 2 desserts (2-3 varieties)

OR

- 3 salads/vegetables
- 2 proteins (animal or vegetable)
- 3 starchy foods
- 3 spreads (different varieties)
- 2 Babkas (2 different varieties)
- Pao di queijo
- 2 desserts (2-3 varieties)

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personalize according to the number of guests and your taste preferences

*FOR LAMB AND SALMON, A SUPPLEMENT OF CHF 5.-/PERSON
WILL BE CHARGED

For your information, the number of people increases the variety of dishes.

Catering Menu

30 to 40 people

60.-/ person

MENU 1

- 3 salads/vegetables
- 2 proteins (animal or vegetable)
- 1 starch
- 2 spreads
- Babka (different varieties)
- dessert (2-3 varieties)

CHF 100.-/ person

MENU 3

- 4 salads/vegetables
- 3 proteins
- 3 starchy foods
- 4 spreads (different varieties)
- 2 babkas (2-4 different varieties)
- Pao di queijo
- 2 desserts (2-4 varieties)

OR

- 3 salads/vegetables
- 3 proteins (animal or vegetable)
- 4 starchy foods
- 3 spreads (different varieties)
- 2 babkas (2-4 different varieties)
- Pao di queijo
- 2 desserts (2-4 varieties)

CHF 80.-/ person

MENU 2

- 4 salads/vegetables
- 2 proteins (animal or vegetable)
- 2 starchy foods
- 3 spreads (different varieties)
- babkas (different varieties)
- 2 desserts (3-4 varieties)

OR

- 3 salads/vegetables
- 2 proteins (animal or vegetable)
- 3 starchy foods
- 3 spreads (different varieties)
- babkas (2 different varieties)
- 2 desserts (3-4 varieties)

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