




# WILD

C A F É   &   R E S T A U R A N T E



## ALL GOOD THINGS ARE WILD AND FREE

*La tierra es el lienzo eterno donde el arte de la naturaleza  
brota colores, aromas y texturas.*

*Nosotros rendimos tributo humildemente a su trabajo  
transformandolo en sensaciones, momentos... recuerdos.*

*Nuestro paso es efímero, mientras el tiempo modela la vida, pero  
no así nuestra huella, la cual nos sobrevive y refleja  
nuestra historia.*

*Podemos elegir que historia ésta ha de contar, asegúrenos de  
que sea una feliz para todos.*

*El cambio es posible y necesario.*

*Nosotros amamos, nosotros creemos, nosotros somos Wild*

*. . . . .*

*The earth is the eternal canvas where the art of nature sprouts  
colors, aromas and textures.*

*We humbly pay tribute to its work by transforming it into  
sensations, moments... memories.*

*Our step is ephemeral, while time shapes life, but not our mark,  
which survives us and reflects our history.*

*We can choose what story it has to tell, let's make sure it's a  
happy one for everyone.*

*Change is possible and necessary.*

*We love, we believe, we are Wild.*

En el cumplimiento del Reglamento UE Nº 1169/2011 le informamos que tiene a su disposición información sobre el contenido de alérgenos de todos nuestros platos, rogamos solicite dicha información al personal del restaurante.

*According to EU rule Nº 1169/2011 Wild Restaurant has at your disposal information referring to the content of allergens in all its food.*

# DESAYUNOS • BREAKFAST

Desayunos  
Breakfast

## AROMATIC VEGAN BOWL – 11.20

YOGUR DE COCO, GRANOLA CASERA COMPOTA DE FRESAS, BANANAS, Y FRUTOS DEL BOSQUE.  
COCONUT YOGURT, HOME MADE GRANOLA, STRAWBERRY COMPOTE, BANANAS & FRESH BERRIES.



## WILD STACK – 9.20

PANCAKES SIN GLUTEN CON PLÁTANO, FRUTOS ROJOS Y SIROPE DE ÁGAVE.  
GLUTEN-FREE PANCAKES SERVED WITH BANANA, BERRIES AND AGAVE SYRUP.



## AÑADE TOPPINGS ADD TOPPINGS

Dulce de leche – 1.50

Nutella vegana – 2.00  
Vegan Nutella

Mantequilla de cacahuete – 2.00  
Peanut butter

## WONDERFRUIT SMOOTHIE BOWL – 11.00



PULPA DE AÇAÍ ECOLÓGICA MEZCLADA CON PLÁTANO, ARÁNDANOS CONGELADOS Y LECHE DE COCO CORONADO CON GRANOLA CASERA SIN GLUTEN, FRUTOS ROJOS, PLÁTANO, SEMILLAS DE CÁÑAMO Y CHIPS DE COCO.  
ANTIOXIDANT-LOADED ORGANIC AÇAÍ PULP BLENDED WITH BANANA, FROZEN BLUEBERRIES AND COCONUT MILK TOPPED WITH HOUSE MADE GLUTEN-FREE GRANOLA, FRESH BERRIES, BANANA, HEMP SEED AND COCO CHIPS.

## STAY GOLDEN SMOOTHIE BOWL – 11.60



MANGO, PIÑA, PAPAYA & PLÁTANO CONGELADOS MEZCLADO CON LECHE DE COCO & MEZCLA DE ESPECIAS ANTIINFLAMATORIAS, CORONADO CON GRANOLA CASERA SIN GLUTEN, KIWI, FRUTOS ROJOS, COCO & FRUTA DE LA PASION.  
FROZEN MANGO, PINEAPPLE, PAPAYA & BANANA BLENDED WITH COCONUT MILK & ANTI-INFLAMMATORY SPICE MIX, TOPPED WITH HOUSE MADE GLUTEN-FREE GRANOLA, KIWI, FRESH BERRIES, COCONUT CHIPS & PASSION FRUIT

## SPICED SEASONAL PORRIDGE – 10.80



COPOS DE AVENA COCINADOS LENTAMENTE, SERVIDO CON NUESTRO `CAMELO` DE TAHINI, FRUTA DE TEMPORADA, GRANOLA CASERA Y NIBS DE CACAO.  
CREAMY SLOW COOKED OATS WITH TAHINI `CAMEL`, SEASONAL FRUIT, HOMEMADE GRANOLA & CACAO NIBS.

VEGAN GLUTEN FREE

Los desayunos se sirven hasta las 13:00hs • Breakfast served until 1:00pm

Be Wild

# TOSTADAS • TOASTS

OPCIÓN SIN GLUTEN / GLUTEN-FREE OPTION + 1.80

## BREAKFAST DATE – 9.80

TOSTA DE PAN DE MASA MADRE CON QUESO CREMA DE CABRA, DÁTILES MEDJOUL, MIEL DE TEMPORADA, MIX DE AVELLANAS TOSTADAS, SEMILLAS Y POLEN.  
GOAT'S CHEESE AND MEDJOOL DATES ON TOASTED SOURDOUGH DRIZZLED WITH HONEY AND TOPPED WITH TOASTED HAZELNUTS, SEEDS AND BEE POLLEN.

## AVO LOVER – 10.20

TOSTA DE PAN DE MASA MADRE CON AGUACATE, TOMATES CHERRY AL HORNO, RABANITOS & PESTO DE RUCULA.  
AVOCADO, ROASTED CHERRY TOMATOES AND RADISH ON TOASTED SOURDOUGH DRIZZLED WITH ARGULA PESTO

## SALMON SUNRISE – 11.40

TOSTA DE PAN DE MASA MADRE CON SALMÓN AHUMADO, QUESO CREMA, PEPINO, ENELDO FRESCO Y FRUTA DE LA PASIÓN.  
SMOKED SALMON ON TOASTED SOURDOUGH WITH CREAM CHEESE, CUCUMBER, FRESH DILL AND PASSION FRUIT.

## WILDERNESS WAFFLE – 11.00

GOFRE DE KIMCHI CASERO, AGUACATE Y GERMINADOS CON SALSAS VEGANESA Y SWEET CHILI DE PERA HECHAS EN NUESTRA COCINA.  
KIMCHI WAFFLE WITH AVOCADO AND SPROUTS SERVED WITH HOUSE MADE VEGAN MAYO AND PEAR SWEET CHILLI SAUCE.

## TOFU BENEDICT – 10.90

TOFU ECOLÓGICO A LA PLANCHA CON REVUELTO DE ESPINACAS Y CHAMPIÑONES SOBRE TOSTA DE PAN BLANCO Y SALSA HOLANDESA VEGANA.  
ORGANIC GRILLED TOFU ON TOASTED WHITE SOURDOUGH SERVED WITH SAUTÉED MUSHROOMS AND SPINACH WITH HOUSE MADE VEGAN HOLLANDAISE SAUCE.

## TRUFFLED TURKISH EGGS – 10.80

HUEVOS TRUFADOS POCHADOS SOBRE YOGUR GRIEGO INFUSIONADO CON AJO NEGRO, ACEITE PICANTE Y TEJAS DE PAN.  
TRUFFLED POACHED EGGS SERVED WITH BLACK GARLIC INFUSED GREEK YOGHURT, CHILI OIL AND CRISP BREAD.

## THE WILD BENEDICT – 10.90

HUEVOS ECOLÓGICOS POCHADOS CON REVUELTO DE SETAS Y ESPINACAS SOBRE TOSTA DE PAN DE MASA MADRE Y SALSA HOLANDESA.  
ORGANIC POACHED EGGS ON TOASTED WHITE SOURDOUGH SERVED WITH SAUTÉED MUSHROOMS AND SPINACH WITH HOLLANDAISE SAUCE.

### EXTRAS

Aguacate | Avocado – 2.50

Huevo pochado | Poached Egg – 1.80

 VEGAN  GLUTEN FREE

Los desayunos se sirven hasta las 13:00hs • Breakfast served until 1:00pm

Tostadas  
Toasts

Be Wild

# PARA COMPARTIR • SHARING PLATES

Para Compartir  
Sharing Plates

## TRUFFLED EDAMAME – 8.90



JUDÍAS EDAMAME SALTEADAS CON ACEITE DE TRUFA, SAL MARINA NEGRA Y SUMAC.

EDAMAME BEANS SAUTÉED IN TRUFFLE OIL, SUMAC AND BLACK SEA SALT.

## LATINO FRIES – 11.00



BASTONES DE YUCA Y BONIATO FRITOS CON SALSA 'HUANCAÍNA' VEGANA DE AJÍ AMARILLO Y SALSA DE AGUACATE EMULSIONADO CON CILANTRO.

YUCA AND SWEET POTATO FRIES SERVED WITH TWO HOUSE MADE SAUCES; AVOCADO & CORIANDER AND VEGAN PERUVIAN 'HUANCAÍNA' SAUCE.

## AVOCADO CROQUETTES – 11.80



CROQUETAS DE AGUACATE REBOZADAS EN PANKO CON NUESTRA SALSA SWEET CHILI DE PERA CASERA Y ENELDO.

PANKO AVOCADO CROQUETTES SERVED WITH HOUSE MADE PEAR SWEET CHILLI SAUCE & FENNEL.

## A-MAIZE-ING RIBS – 12.80



CORN RIBS CON SALSA BARBACOA DE CHIPOTLE CASERA Y RAITA DE COCO SERVIDA CON 'FAROFA' CRUJIENTE DE ALMENDRAS Y CILANTRO.

SWEET CORN SPARE RIBS WITH HOME MADE CHIPOTLE BARBECUE SAUCE AND COCONUT RAITA SERVED WITH CRISPY ALMOND 'FAROFA' & CORIANDER.

## MISO ROASTED AUBERGINE – 13.20



BERENJENA ASADA CON SALSA DE MISO BLANCO AGRIDULCE, YOGUR GRIEGO CON AROMAS DE LIMÓN, PISTACHO, ALMENDRA LAMINADA Y MENTA FRESCA.

SWEET & SOUR MISO ROASTED AUBERGINE SERVED WITH GREEK YOGHURT, LEMON ZEST, PISTACHIOS, ALMOND AND FRESH MINT.

\* VEGAN OPTION

## ZESTY SMOKED DUCK – 15.20



PATO AHUMADO A LAS BRASAS DE TEHUELCHÉ GRILL CON ENSALADA DE BROTES TIERNOS, MERMELADA CASERA DE CÍTRICOS Y SALSA PONZU DE NARANJA Y LIMÓN.

DUCK DELICATELY SMOKED ON THE EMBERS OF TEHUELCHÉ'S GRILL - OUR FAMILY RESTAURANT - SERVED WITH BABY LEAF SALAD, HOUSE MADE CITRUS JAM AND ORANGE & LEMON PONZU SAUCE.

VEGAN GLUTEN FREE

Pan - 1.50 | Pan sin gluten - 1.80

Bread - 1.50 | GF Bread - 1.80

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# BOWLS NUTRITIVOS • NOURISH BOWLS

## MACROBIOTIC BOWL - 15.80



QUÍNOA ORGÁNICA TRICOLOR, HUMMUS DE CÚRCUMA, FIDEOS DE CALABACÍN Y ZANAHORIA, BONIATO ASADO AL HORNO CON SEMILLAS DE AMAPOLA, KIMCHI CASERO, AGUACATE A LA PLANCHA, HOJAS TIERNAS Y MIX DE SEMILLAS CON VINAGRETA DE JENGIBRE Y LIMÓN.

ORGANIC TRICOLOUR QUINOA, TURMERIC HUMMUS, COURGETTE & CARROT NOODLES, OVEN ROASTED SWEET POTATO WITH POPPY SEEDS, HOME MADE KIMCHI, GRILLED AVOCADO, BABY LEAF SALAD AND MIXED SEEDS, SERVED WITH HOUSE MADE GINGER & LEMON DRESSING.

## EARTH, WIND & FALAFEL - 16.20



FALAFEL, KALE, HINOJO ASADO, TABULÉ DE TRIGO SARRACENO, TOMATES CHERRY, PEPINO, CEBOLLAS ENCURTIDAS Y DUKKAH DE PISTACHO SERVIDO CON SALSA TAHINI DE HIERBAS AROMÁTICAS.

FALAFEL, KALE, ROASTED FENNEL, BUCKWHEAT TABBOULEH, CHERRY TOMATOES, CUCUMBER, PICKLED ONIONS AND PISTACHIO DUKKHA SERVED WITH AN AROMATIC HERB TAHINI DRESSING.

## WILD HARVEST BOWL - 15.60



KALE, QUÍNOA ORGÁNICA TRICOLOR, TOMATES CHERRY, RABANITOS, GERMINADOS, CROUTONS DE GARBANZOS, FRESAS, ARÁNDANOS Y "BACON" VEGANO DE COCO SERVIDO CON SALSA DE MISO TAHINA.

KALE, ORGANIC TRICOLOUR QUINOA, CHERRY TOMATOES, RADISH, SPROUTS, CHICKPEA CROUTONS, STRAWBERRIES, BLUEBERRIES AND VEGAN COCONUT 'BACON' SERVED WITH HOUSE MADE TAHINI MISO DRESSING.

## GARDEN GADO GADO - 16.00



MIX DE COLES, REMOLACHA, ZANAHORIA, RABANITO, PEPINO, GERMINADOS, TOMATES, PATATA HERVIDA, HOJAS TIERNAS Y TOFU ORGÁNICO SALTEADO, SERVIDO CON SALSA DE CACAHUETE Y TAMARINDO

MULTI-COLOUR CABBAGE, BEETROOT, RADISH, SPROUTS, CUCUMBER, CARROTS, TOMATO, STEAMED POTATO BABY LEAF SALAD AND GRILLED ORGANIC TOFU SERVED WITH A PEANUT & TAMARIND DRESSING AND TOASTED PEANUTS.

### EXTRAS

Tofu - 4.00

Salmon - 4.00

Langostinos | Prawn - 5.50

VEGAN GLUTEN FREE

Bowls Nutritivos  
Nourish Bowls

Be Wild

## PLATOS • PLANT BASED

Platos  
Plant Based

### LOADED SWEET POTATO – 15.90

BONIATO ASADO CON QUINOA ORGÁNICA TRICOLOR, QUESO CASERO DE ANACARDOS ACTIVADOS, AGUACATE, PICO DE GALLO Y BERROS DE AGUA.

ROAST SWEET POTATO SERVED WITH ORGANIC TRICOLOUR QUINOA, HOUSE MADE ACTIVATED CASHEW 'CHEESE', AVOCADO, PICO DE GALLO AND WATERCRESS.

### PUMPKINOLI – 15.20

FALSOS 'RAVIOLES' DE CALABAZA HORNEADA RELLENOS DE ESPINACA, CON SALSA BECHAMEL DE ANACARDOS ACTIVADOS, ACEITE DE ALBAHACA, MIX DE SEMILLAS Y BROTES TIERNOS.

BAKED PUMPKIN 'RAVIOLI' FILLED WITH SPINACH SERVED WITH HOUSE MADE CASHEW BECHAMEL SAUCE, BASIL OIL, MIXED SEEDS AND BABY LEAF.

### CRISPY ARTICHOKE CAKES – 15.80

PASTELES CRUJIENTES DE ALCACHOFA REBOZADOS EN PANKO CON MAYONESA VEGANA CASERA DE SRIRACHA, AGUACATE, MICRO ENSALADA DE CEBOLLA Y BROTES TIERNOS ACOMPAÑADA DE BONIATOS FRITOS.

PANKO FRIED ARTICHOKE CAKES SERVED WITH HOUSE MADE VEGAN SRIRACHA MAYO, AVOCADO, BABY LEAF SALAD, RED ONION AND SWEET POTATO FRIES.

### RAINBOW ROLLS – 12.90

ROLLITOS DE PAPEL DE ARROZ RELLENOS DE TOFU Y CRUDITÉS CON SALSA CASERA DE CACAHUETE, TAMARINDO Y SRIRACHA.

RICE PAPER ROLLS FILLED WITH ORGANIC TOFU AND RAW VEGETABLES, SERVED WITH HOUSE MADE PEANUT, SRIRACHA & TAMARIND DIPPING SAUCE.

### WILD RICE CURRY – 16.00

CURRY CASERO DE TOMATE Y COCO CON BRÓCOLI, JUDÍAS, ESPINACAS, TOFU ORGÁNICO Y MAÍZ BABY Y CHIPS DE COCO ACOMPAÑADO DE ARROZ BASMATI INTEGRAL.

HOUSE MADE TOMATO AND COCONUT CURRY WITH BROCCOLI, GREEN BEANS, SPINACH, ORGANIC TOFU AND BABY CORN SERVED WITH BROWN BASMATI RICE.

### BLACK BEANS & SHIITAKE TACOS – 13.00

TORTILLAS DE MAÍZ CON FRIJOLES NEGROS, COL MORADA, BROTES TIERNOS, AGUACATE, 'CARNITAS' PLANT BASED DE SETAS SHIITAKE, Y PICO DE GALLO.

CORN TORTILLAS WITH MEXICAN-STYLE BLACK BEANS, RED CABBAGE, BABY LEAF, AVOCADO, PLANT BASED SHIITAKE MUSHROOMS 'CARNITAS' & PICO DE GALLO.

### THE WILDEST "VEGAN BURGER" – 15.20

SETAS OSTRA CRUJIENTES, ENSALADA PICANTE DE COL, VEGANESA, LECHUGA ORGÁNICA Y PEPINILLOS, EN UN PAN ARTEASANO BRETZEL, SERVIDA CON PATATAS FRITAS O ENSALADA.

CRISPY OYSTER MUSHROOM, SPICY RED COLESLAW, VEGANAISE, ORGANIC LETTUCE & PICKLES ON AN ARTISAN PRETZEL BUN SERVED WITH FRENCH FRIES OR SALAD.

### COLIFOREST – 16.50

FILETE DE COLIFLOR ASADO, MARINADO EN YOGUR DE COCO, JENGIBRE FRESCO Y CILANTRO, SERVIDO SOBRE UN FALSO COUS COUS DE BRÓCOLI TIERNO CON PASAS Y CEBOLLA ASADA. ROASTED COLIFLOWER STEAK MARINATED IN COCONUT YOGURTH, FRESH GINGER & CORIANDER, SERVED OVER MOCK TENDER BROCCOLI COUSCOUS WITH RAISINS AND ROASTED ONION.

 VEGAN  GLUTEN FREE

Be Wild

# FROM THE MOUNTAIN TO THE SEA

## OVEN-BAKED SALMON - 23.80



SALMON AL HORNO CON QUÍNOA ECOLÓGICA TRICOLOR, EDAMAME, ENELDO Y BROTES TIERNOS.

OVEN-BAKED SALMON SERVED WITH ORGANIC TRICOLOUR QUINOA, FENNEL, EDAMAME BEANS AND BABY LEAF SALAD.

## CHICKEN TINGA TACOS - 15.90



TORTILLA DE MAÍZ CON POLLO ASADO ESTILO MEXICANO, YOGUR CREMOSO Y CILANTRO SERVIDO CON PICO DE GALLO, BROTES DE RÁBANO Y LIMA.

CORN TORTILLAS WITH ROASTED MEXICAN-STYLE CHICKEN, CREAMY YOGHURT AND CORIANDER SERVED WITH PICO DE GALLO, RADISH SPROUTS & LIME

## ANTICUCHOS & YUQUITA - 19.70



BROCHETAS DE SOLOMILLO ARGENTINO MARINADAS EN SALSA ANTICUCHERA, SERVIDAS CON ENSALADA ACEVICHADA DE CEBOLLA Y CHOCLO PERUANO, ACOMPAÑADAS DE YUCA FRITA.

ARGENTINE TENDERLOIN MARINADED IN 'ÀNTICUCHERA' SAUCE SERVED WITH PERUVIAN CORN & ONION ÁCEVICHADA' AND

## MOQUECA DO BAHIA - 21.30



CACEROLA DE CORVINA Y LANGOSTINOS COCINADA EN SOFRITO DE PIMIENTOS Y CEBOLLA MORADA CON LECHE DE COCO, CILANTRO Y SRIRACHA, ACOMPAÑADA DE ARROZ Y "FAROFA" DE ALMENDRAS

CORVINA & PRAWNS CASSEROLE COOKED IN RED PEPPERS AND RED ONIONS WITH COCONUT MILK, CORIANDER AND SRIRACHA, SERVED WITH RICE AND ALMOND "FAROFA"

## ENTRECOT - 25.00



ENTRECOT ARGENTINO PREMIUM 300 G.  
PREMIUM ARGENTINE RIB-EYE 300 G.

Pide nuestra salsa chimichurri,  
receta de la familia Tehuelche Grill  
Ask for our family famous chimichurri  
sauce from Tehuelche Grill

Pescado - Carne  
Fish - Meat

VEGAN GLUTEN FREE

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