

create your Nature

acai bowls + oatmeal blends + fresh takes

Created By Mother Nature.
Prepared With Love.

The possibilities for your acai bowl are endless, and it all starts with our favorite fruity berry – hand harvested directly from the Amazon. In fact, this superfood boasts powerful health benefits, giving you a daily boost of antioxidants, fiber and more. But it's not just about what's in the bowl; it's the bowl itself, too! When dining in, we use sustainable handmade coconut bowls and bamboo utensils, and for those on the go, we serve our delish dishes in 100% compostable bowls and utensils. No matter how small, we all play a role in conservation and promoting a healthier planet for tomorrow – and this is just one of the ways we're doing that.

ACAI BOWLS

Signature BOWLS 16 OZ.

ALL AMERICAN \$11

Blend: Blueberries, Banana, Organic Acai

Toppings: Granola, Blueberries, Banana, Strawberries, Local Raw Honey

THE COASTAL \$13

Blend: Raspberries, Pineapple, Organic Acai

Toppings: Almonds, Coconut, Pineapple, Kiwi, Raspberries, Local Raw Honey

GREENSDAY \$13

Blend: Pineapple, Banana, Avocado, Baby Spinach, Organic Acai

Toppings: Granola, Almonds, Hemp Seeds, Pineapple, Kiwi

BOWL-ANDO \$11

Blend: Raspberries, Pineapple, Organic Acai

Toppings: Granola, Coconut, Pineapple, Banana

NUTTY BY NATURE \$11

Blend: Blueberries, Banana, Organic Acai

Toppings: Granola, Almonds, Walnuts, Pecans, Chia Seeds, Hemp Seeds, Local Raw Honey

BERRY ENTICING \$13

Blend: Raspberries, Pineapple, Organic Acai

Toppings: Granola, Blueberries, Raspberries, Strawberries, Local Raw Honey

KIDS' FAVS

ANNA BANANA \$10

Blend: Blueberries, Banana, Organic Acai

Toppings: Granola, Banana, Peanut Butter, Chocolate Chips

CHLOE CRUNCH \$10

Blend: Blueberries, Banana, Organic Acai

Toppings: Granola, Strawberries, Chocolate Chips

create your own BOWL

CHOOSE YOUR BLEND:

- 🍷 Blueberries, Banana, Organic Acai
- 🍷 Raspberries, Pineapple, Organic Acai
- 🍷 Pineapple, Banana, Avocado, Baby Spinach, Organic Acai

\$12

PICK 3 TOPPINGS:

Fruits: Blueberries, Banana, Strawberries, Pineapple, Kiwi, Raspberries

Nuts, Seeds & More: Granola, Almonds, Walnuts, Pecans, Cashews, Pumpkin Seeds, Chia Seeds, Hemp Seeds, Coconut, Peanut Butter, Chocolate Chips

Complimentary: Local Raw Honey, Bee Pollen

Additional Toppings \$.75 Split Charge \$1

oatmeal

Oats on the GO

1/2 pint mason jars

\$4

HARVEST

Gluten Free Oats, Chia Seeds, Almond Milk, Greek Yogurt, Pecans, Spiced Pear Butter

ADULTS ONLY

Gluten Free Oats, Chia Seeds, Almond Milk, Greek Yogurt, Almonds; Apricot, Vanilla Bean and Tuaca Preserves

THE COBLER

Gluten Free Oats, Chia Seeds, Almond Milk, Greek Yogurt, Pecans, Pineapple-Tangerine Preserves

STRAWBERRY SMASH

Gluten Free Oats, Chia Seeds, Almond Milk, Greek Yogurt, Almonds, Strawberry Preserves

Signature Oat BOWLS 12/16 OZ.

Choose from Steel Cut or Steel Cut/Quinoa Blend

SOFO (Seasonal Fruits for Orlando) \$5 / \$8

Chopped Seasonal Fruit, Greek Yogurt, Pecans, Seasonal Preserves

THE BIG APPLE \$5 / \$8

Chopped Apples, Greek Yogurt, Almonds, Cinnamon

BANANA BREAD \$4 / \$7

Sliced Banana, Walnuts, Brown Sugar, Local Raw Honey

BERRY TALE ENDING \$5.5 / \$8.5

Sliced Strawberries, Blueberries, Raspberries, Almonds, Brown Sugar, Cinnamon

LACEY CAPRESE \$5 / \$8

Diced Tomatoes, Avocado, Parmesan Cheese, Basil Olive Oil, Sea Salt, Cracked Black Pepper

GOOD LUCK PARM \$4 / \$7

Parmesan Cheese, Olive Oil, Granulated Honey, Truffle Sea Salt, Cracked Black Pepper

HAPPY HOUR \$5 / \$8

Parmesan Cheese, Pecans, Golden Raisins, Local Raw Honey

At Create Your Nature, **our mission is to promote health and well-being** in our community by encouraging others to fuel their body in a more nutritious way, especially when on the go. The new café concept was introduced to Winter Park in 2016 by husband-wife team Dan and Kim Dill, who fell in love with acai bowls on vacation. They quickly saw the potential in Winter Park to provide a fast, healthy alternative to your average breakfast or lunch spot, and as they say, the rest is history!

create your own oats 12/16 OZ.

CHOOSE YOUR OATS:

\$5/\$8

- 🍌 Steel Cut Oats
- 🍌 Steel Cut Oats/Quinoa Blend

PICK 3 TOPPINGS:

Fruits & Veggies: Blueberries, Banana, Strawberries, Raspberries, Avocado, Tomato, Seasonal Fruit

Nuts, Seeds & More: Granola, Almonds, Walnuts, Pecans, Cashews, Golden Raisins, Pumpkin Seeds, Chia Seeds, Hemp Seeds, Flax Seeds, Peanut Butter, Chocolate Chips, Coconut, Greek Yogurt, Parmesan Cheese, Assorted Preserves, Assorted Olive Oils

Complimentary: Local Raw Honey, Truffle Sea Salt, Cracked Black Pepper, Bee Pollen, Brown Sugar

Additional Toppings \$.75

Trail Mix

create your own

Granola, Walnuts, Pecans, Cashews, Almonds, Toasted Chickpeas, Chia Seeds, Hemp Seeds, Flax Seeds, Pumpkin Seeds, Golden Raisins

\$5.99 lb.

SALADS

signature salads 24/32 OZ.

TROPICAL PARADISE \$6 / \$10

Baby Spinach, Avocado, Pineapple, Almonds
Dressing: Coconut Balsamic, Lime Olive Oil

KALE-IFORNIA DREAMING \$7 / \$11

Kale, Zucchini, Avocado, Chilled Quinoa, Toasted Chickpeas
Dressing: Serrano Honey Balsamic, Blood Orange Olive Oil

THE ABC'S OF ME \$7.5 / \$11.5

Baby Spinach, Romaine Lettuce, Blueberries, Strawberries, Pecans
Dressing: Chocolate Balsamic, Basil Olive Oil

COOL BEANS! 1PT / \$7

Black Beans, Garbanzo Beans, Celery, Tomato, Cucumber, Parsley, Mint
Dressing: Lemongrass-Mint Balsamic, Milanese-Gremolata Olive Oil

create your own salad

CHOOSE YOUR GREENS

- 🍌 Baby Spinach
- 🍌 Romaine
- 🍌 Kale

\$7/\$11

PICK 3 TOPPINGS:

Fruits & Veggies: Blueberries, Strawberries, Raspberries, Pineapple, Zucchini, Avocado, Tomato, Celery

Nuts, Seeds & More: Almonds, Walnuts, Pecans, Cashews, Granola, Golden Raisins, Pumpkin Seeds, Chilled Quinoa, Toasted Chickpeas, Chia Seeds, Hemp Seeds, Flax Seeds

Additional Toppings \$.75

PICK YOUR DRESSING:

Lemongrass-Mint Balsamic & Milanese-Gremolata Olive Oil
Coconut Balsamic & Lime Olive Oil
Serrano Honey Balsamic & Blood Orange Olive Oil
Chocolate Balsamic & Basil Olive Oil

Beverages

Bottled Water	\$1.50
Coconut Water	\$3
Sambazon Energy Drink	\$3
Yogi Tea	\$2
Foxtail Coffee	\$2.50
Flavored Waters	\$2/\$3
Bottled Tea	\$3
Organic Juices	\$4
Milk	\$2

Local Honey from Honey Feast

Preserves from Sunchowder's Emporia

Olive Oils and Balsamic Vinegars from Ancient Olive

Coffee from Foxtail Coffee Co.



#GetYourBowlOn



1284 Orange Avenue, Winter Park, Florida 32789

407.636.3001

M-F 7-4:30 | SAT 8-2