

Certified
Gluten-Free

Oatmeal

Vegan Option Available!

Oats to Go

\$5.25

1/2 pint mason jars

ADULTS ONLY

Gluten-Free Oats, Chia Seeds, Organic Almond Milk, Greek Yogurt, Almonds, Seasonal Preserves with a Kick

THE COBBLER

Gluten-Free Oats, Chia Seeds, Almond Milk, Greek Yogurt, Pecans, Triple Berry Preserves

HARVEST

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

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

BANANA BREAD \$5.25 / \$8.25

Sliced Banana, Walnuts, Brown Sugar, Local Raw Honey

BERRY TALE ENDING \$5.5 / \$8.5

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

THE BIG APPLE \$5.5 / \$8.5

Chopped Apples, Greek Yogurt, Almonds, Cinnamon

BLACKBERRY CRUMBLE \$5.5 / \$8.5

Sliced Blackberries, Granola, Pecans, Greek Yogurt, Brown Sugar, Cinnamon

GOOD LUCK PARM \$5.5 / \$8.5

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

HAPPY HOUR \$5.25 / \$8.25

Parmesan Cheese, Pecans, Golden Raisins, Local Raw Honey

LACEY CAPRESE \$5.5 / \$8.5

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

PEACHY KEEN \$5.5 / \$8.5

Greek Yogurt, Gluten-Free Granola, Almonds, Peach Preserves

THE MARATHON \$9.5 / \$12

Strawberry Preserves, Greek Yogurt, Chia Seeds, Almonds, Strawberries, Blueberries, Raspberries, Cacao Nibs

MONKEY BUSINESS \$5.5 / \$8.5

Sliced Bananas, Walnuts, Chocolate Chips, Peanut Butter, Local Raw Honey

SOFO (Seasonal Oats for Orlando) \$5.5 / \$8.5

Chopped Seasonal Fruit, Greek Yogurt, Pecans, Seasonal Preserves

THANKSGIVING 365 \$5.5 / \$8.5

Diced Sweet Potatoes, Pecans, Greek Yogurt, Brown Sugar, Cinnamon

create your own oats 12/16 OZ.

CHOOSE YOUR OATS:

\$5/\$8

- Steel Cut Oats
- Steel Cut Oats/Quinoa Blend

LOADS OF FIBER

PICK 3 TOPPINGS

superfood smoothies

BLUEBERRY STEEL \$8.5

Bananas, Blueberries, Pitaya, Avocado and Almond Milk topped with Chia Seeds

GOJI KNOWS ME \$8.5

Bananas, Strawberries, Goji Berries, and Orange Juice topped with Goji Berries

THE GREEN SMILE \$10.5

Pineapples, Bananas, Spinach, Lemon, Ginger, Cucumber and Apple Juice topped with Hemp Seeds

NINJA \$10.5

Mangoes, Pineapples, Bananas, Pitaya, Mint, Cucumber, Ginger, Charcoal and Coconut Water topped with Shredded Coconut

PB&J \$10.5

Strawberries, Bananas, Almond Milk, Peanut Butter

STRAWBANA \$7.5

Bananas, Strawberries and Coconut Water

YELLOW SUBMARINE \$10.5

Mangoes, Pineapples, Bananas, Mint, Ginger, Apple Juice

snack naturally.

snacks

Hippeas (1 oz)	\$2.75
Hippeas (4 oz)	\$4
Protein Bars	\$3
Mustache Munchies	\$1.99
Rad Chocolate Bars	\$5.25
Seasonal Flavored Protein Bites	\$5 - \$6
Toasted Coconut Chips (1.4oz)	\$3
Trail Mix	\$5.99 lb

Beverages

Bottled Tea	\$3.25
Bottled Water	\$1.99
Coconut Water	\$3
Coffee	\$2.5
Flavored Waters	\$3.25
Lifeaid Energy Drink	\$3.25
Milk	\$2.19
Organic Juices	\$4
Sambazon Energy Drink	\$3.25
Yogi Tea	\$2



1284 Orange Avenue, Winter Park, Florida 32789

407.636.3001 | CreateYourNature.com

M-F 7-5pm SAT-SUN 8-5pm

Our café offers products with peanuts, tree nuts, milk and wheat. While we take steps to minimize the risk of cross contamination, we cannot guarantee that any of our products are safe for people with peanut, tree nut, milk, or wheat allergies.



Created By Mother Nature. Prepared With Love.



407.636.3001 • createyournature.com

Our bowls are fresh like our fruit, organic like our acai and local like our honey.

#GetYourBowlOn



Acai Bowls

Signature Acai Bowls 12/16 OZ.

ALL AMERICAN \$8.5 / \$11

Blend: Blueberries, Banana, Organic Acai

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

ANNA BANANA \$8 / \$10

Blend: Blueberries, Banana, Organic Acai

Toppings: Granola, Banana, Peanut Butter, Chocolate Chips

BERRY ENTICING \$9.5 / \$13

Blend: Raspberries, Pineapple, Organic Acai

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

BOWL-ANDO \$8.5 / \$11

Blend: Raspberries, Pineapple, Organic Acai

Toppings: Granola, Coconut, Pineapple, Banana

CHLOE CRUNCH \$8 / \$10

Blend: Blueberries, Banana, Organic Acai

Toppings: Granola, Strawberries, Chocolate Chips

THE COASTAL \$9.5 / \$13

Blend: Raspberries, Pineapple, Organic Acai

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

GREENSDAY \$9.5 / \$13

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

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

LEGEND OF THE FALL \$9.5 / \$13

Blend: Blueberries, Banana, Organic Acai

Toppings: Granola, Pecans, Pumpkin Seeds, Sunflower Seeds, Almond Butter, Pomegranate Seeds, Cinnamon, Local Raw Honey



NUTTY BY NATURE \$8.5 / \$11

Blend: Blueberries, Banana, Organic Acai

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

Additional Toppings \$.75 - \$1 Split Charge \$1

create your own ACAI BOWL 12/16 OZ.

CHOOSE YOUR BLENDS:

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

\$9/\$12

PICK 3 TOPPINGS

TOPPINGS

Acai Bowls, Smoothie Bowls, Oat Bowls and Salads

COMPLIMENTARY: Brown Sugar, Cracked Black Pepper, Local Raw Honey, Sea Salt, Truffle Sea Salt

FRUITS & VEGGIES: Avocado, Bananas, Blackberries, Black Beans, Blueberries, Celery, Corn, Cucumber, Garbanzo Beans, Goji Berries, Golden Raisins, Green Bell Pepper, Kiwi, Pineapple, Raspberries, Pomegranate Seeds, Strawberries, Sweet Potato, Tomato, Zucchini

NUTS, SEEDS & MORE: Almonds, Almond Butter, Assorted Olive Oils, Assorted Preserves, Bee Pollen, Cacao Nibs, Cacao Powder, Cashews, Chocolate Chips, Chia Seeds, Chilled Quinoa, Toasted Coconut, Coconut Milk, Flax Seeds, Original Granola, Chocolate Granola, Greek Yogurt, Hemp Seeds, Homemade Cashew Butter, Matcha Green Tea, Parmesan Cheese, Peanut Butter, Pecans, Protein Powder, Pumpkin Seeds, Toasted Chickpeas, Walnuts, Sunflower Seeds, Shredded Coconut, Vegan Coconut Yogurt

Additional Toppings \$.75 - \$1

Local Honey from Honey Feast

Preserves from Heavens to Betsy

Olive Oils and Balsamic Vinegars from Ancient Olive

Smoothie Bowls

Signature Smoothie Bowl 12/16 OZ.

CACAO-A-BUNGA \$9 / \$12

Blend: Blueberries, Banana, Cacao Powder

Toppings: Chocolate Granola, Almonds, Coconut, Banana, Cacao Nibs

C'MON BABY DO THE MATCHA \$9 / \$12

Blend: Pineapple, Banana, Avocado, Baby Spinach, Matcha Tea

Toppings: Granola, Almonds, Hemp Seeds, Blueberries, Raspberries, Local Raw Honey

HAWAII 5 OHHHH \$8.5 / \$11

Blend: Banana, Pineapple, Mango

Toppings: Granola, Coconut, Chia Seeds, Banana, Pineapple, Local Raw Honey

LITTLE MISS SUNSHINE \$8.5 / \$11

Blend: Strawberries, Mango, Pineapple

Toppings: Granola, Coconut, Strawberries, Pineapple, Local Raw Honey

PINK DRAGON \$9.5 / \$13

Blend: Organic Pitaya (Dragon Fruit), Pineapple, Banana

Toppings: Granola, Coconut, Pineapple, Banana, Kiwi, Local Raw Honey

create your own Smoothie Bowl 12/16 OZ.

\$9/\$12

CHOOSE YOUR BLENDS:

- Organic Pitaya (Dragon Fruit), Pineapple, Banana
- Blueberries, Banana, Cacao Powder
- Banana, Pineapple, Mango
- Pineapple, Banana, Avocado, Baby Spinach, Matcha Tea
- Strawberries, Mango, Pineapple

PICK 3 TOPPINGS

Additional Toppings \$.75 - \$1 Split Charge \$1

Ask about our special seasonal acai and smoothie bowls!

Salads

24/32 OZ.

THE ABC'S OF ME \$7.5 / \$11.5 / Family Size \$60

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

COOL BEANS! 1PT / \$7.5 / Family Size \$52

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

HOLY FRIJOLE 1 PT / \$7.5 / Family Size \$52

Black Beans, Garbanzo Beans, Corn, Tomato, Green Bell Pepper, Cilantro **Dressing:** Lemon Balsamic, Chipotle Olive Oil

KALE-IFORNIA DREAMING \$7.5 / \$11.5 / Family Size \$60

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

OBI WAN QUINOBI .5 PT / \$5 / Family Size \$52

Chilled Quinoa, Spinach, Dried Cranberries, Almonds, Pumpkin Seeds, Celery, Apples, Parsley **Dressing:** Grilled Lemon Balsamic

SWEET BEAN \$6.5 / \$10.5 / Family Size \$55

Romaine, Sweet Potatoes, Black Beans, Avocado, Cashews, Chilled Quinoa **Dressing:** Grilled Lemon Balsamic

TROPICAL PARADISE \$6.25 / \$10.25 / Family Size \$48

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

(*Family Size serves 8-10)

create your own salad

\$7/\$11

CHOOSE YOUR GREENS

- Baby Spinach
- Romaine
- Kale

PICK YOUR DRESSING:

Sicilian Lemon Balsamic & Milanese-Gremolata Olive Oil
 Coconut Balsamic & Lime Olive Oil
 Serrano Honey Balsamic & Blood Orange Olive Oil
 Chocolate Balsamic & Basil Olive Oil
 Sicilian Lemon Balsamic & Chipotle Olive Oil

PICK 3 TOPPINGS