



be love is an offering of sustainable organic cuisine to nourish and heal the body, mind & soul. here to honour our earth, community and one another , we mindfully source our ingredients, fostering change to provide a future of health, love & respect for all.

everything we serve is wheat, gluten, dairy, meat, additive and processed sugar free. we use 95% organic whole ingredients that are sourced locally and seasonally where possible. everything we serve is made from scratch, with love!

many thanks to our farmers:

*Saanich Organics, Mason St. City Farm,
Terra Nossa Farm, Salt Spring Sprouts, Flo n'
Live Greens, Suntrio Farm, Eagle Paws Farm*

*Winter
Brunch
Menu*

Orange & Goji Berry Porridge	7
brown rice & quinoa, almond milk & chai spices	
Apple Caramel Pancakes	14
fermented buckwheat pancakes, caramelized apple & spiced fermented cashew cheeze	
Winter Chili Benny	15
two poached eggs on toasted focaccia, with bean & veggie chili, cashew hollandaise & chimichurri sauce, served with baby green salad & roasted potatoes	
Chana Benny	15
two poached eggs on pan fried spiced chickpea patties, spinach & tomato, with cashew hollandaise & citrus chutney served with baby green salad & roasted potatoes	
Poutine Hash	15
roasted baby potatoes, mushroom-miso gravy, cheeze sauce, winter veggies, kale & scallions served with choice avocado or poached egg	
ZLT - raw	14
zucchini bacon, lettuce, tomato, avocado, red onion, sprouts & honey mustard cashew mayonnaise on house almond pumpernickel. with choice soup, salad or potatoes	

substitute grilled spicy tempeh for egg on any dish

Soup of the Day	Cup 5
ask your server	Bowl 9
Soup & Salad	10
cup of daily soup with a side salad and seed cracker	
Bahn Mi Roll -raw	9
house made kimchi, avocado, cilantro, shredded carrot, daikon radish & sprouts wrapped in lettuce leaf & nori, served with red pepper aioli dipping sauce	
Bliss Salad - raw	13
baby greens, shredded carrot & beet, cucumber, tomato, avocado, olives, sprouts & hemp hearts with choice of dressing dressings: <i>tahini-lemon, miso-ginger, fig-balsamic, flax-lemon</i>	
Bibimbap Bowl	16
house made kimchi, local seaweed, sesame-chili sautéed veggies, pickled shiitakes & grilled tempeh on steamed brown rice, served with choice of soft boiled egg or avocado	
Green Bowl	15
baby bokchoy, dark greens, broccolini, mushrooms & veggies in thai coconut green curry on steamed brown rice topped with avocado, toasted cashews, cilantro & scallions	

add a fried or poached egg to any dish for \$2

Kids (10 and under only)

Build Your Own Breakfast	10
choose any 3 of the following:	
1 egg poached or fried	cherry tomatoes
grilled tempeh	daily legume
mini porridge	steamed greens
1 pancake	roasted roots
roasted baby potatoes	rice or quinoa
avocado	

our certified organic free range eggs come from our friends Jesse & Evelyn at Terra Nossa Farm where the chickens run freely in the field eating grass & greens. We met the chickens ourselves and they were very happy!

Sides

multiseed crackers	3	steamed brown rice or quinoa	2.5
steamed greens	3	avocado quarter	1.5/ half 3
house kimchi	3	daily legume	4
grilled tempeh	4	kalamata olives	2.5
cashew cheeze	3	roasted potatoes	4
roasted potatoes	4		
		dressings & sauces:	2.5
		<i>tahini-lemon, miso-ginger, fig balsamic, flax-lemon, honey-mustard cashew mayonnaise, sun dried tomato ketchup, cashew sour cream, chimichurri, red pepper aioli, miso gravy, citrus chutney</i>	