

Sides

multiseed crackers	3	steamed brown rice or	
steamed greens	3	quinoa	2.5
house kimchi	3	avocado quarter	1.5/ half 3
grilled tempeh	4	daily legumes	3
cashew cheeze	3	kalamata olives	2.5
roasted potatoes	4	medium boiled egg	2

dressings & sauces: **2.5**
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



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 Menu

Soups & Salads

all salads & soups are served with a raw dehydrated multi-seed cracker

Soup of the Day	Cup	5
ask your server	Bowl	9
Bliss Salad - raw		13
baby greens, shredded carrot & beet, cucumber, tomato, avocado, kalamata olives, sprouts & hemp hearts with choice of dressing: <i>tahini-lemon, miso-ginger, fig balsamic or flax-lemon</i>		
Roasted Beet Salad		15
warm beets served on kale, with pickled veggies, fermented cashew cheese, fresh herb sauce & fig-nut bread		
Earth Sea Salad - raw		14
kale, local seaweed, daikon radish, cilantro, scallions, shredded carrot, sprouts, seeds, dulse & miso-ginger dressing		

Starters

Warm Olives		6
marinated in house		
Bahn Mi Roll		9
house made kimchi, avocado, cilantro, shredded carrot, daikon radish & sprouts wrapped in lettuce leaf & nori, served with red pepper aioli dipping sauce		
Charcuterie Plate		12
house cashew cheese, smoked portobello & house pickles served with buckwheat focaccia & fig-nut bread		
Poutine		10
roasted baby potatoes, mushroom miso gravy, cashew cheese sauce & scallions		

Sandwiches

all sandwiches are served with your choice of soup, salad, or roasted baby potatoes

Jerked Tempeh Wrap		16
grilled jerked tempeh, sprouts, cucumber, lettuce, roasted red pepper cashew aioli & citrus chutney in sweet potato flat bread		
Bounty Burger		15
almond-chickpea patty, sautéed mushrooms, pickled veggies, tomato, lettuce, sprouts, honey mustard & ketchup on sprouted buckwheat focaccia		
ZLT - raw		14
zucchini bacon, lettuce, tomato, avocado, red onion, sprouts & honey mustard cashew mayonnaise on house almond pumpernickel		

Bowls

Bibimbap Bowl		16
house made kimchi, local seaweed, sesame-chili sautéed veggies, pickled shiitakes & grilled tempeh on steamed brown rice, served with choice of medium boiled egg or avocado		
Chili Bowl		15
bean & veggie chili over steamed quinoa & fresh spinach topped with avocado, cashew sour cream, toasted pumpkin seeds & sprouts		
Green Bowl		15
dark greens, broccolini, baby bok choy, mushrooms & veggies in thai coconut green curry on steamed brown rice topped with avocado, toasted cashews, cilantro & scallions		
Mac & Cheese		15
brown rice macaroni pasta, creamy cashew-coconut cheese sauce, broccolini, winter greens & walnut parmesan		
Littlest Dragon Bowl (10 and under only)		8
rice or quinoa with choice of sauce & any 2 toppings: avocado, daily legume, cherry tomato, cucumber, tempeh, roasted baby potatoes, roasted roots, steamed greens or kalamata olives (<i>see sauces in sides</i>)		
Love Bowl		8
choice of rice or quinoa with steamed greens, daily legume & choice of sauce: tahini-lemon, miso-ginger, fig balsamic or flax-lemon <i>we believe that everyone deserves a warm healthy organic meal. be love offers the love bowl on a donation basis. no one is turned away.</i> *Donation Love Bowls are take-away only *No substitutions		

Mains

Empanadas		21
yam pastry with spiced black bean filling served with warm quinoa salad & chimichurri sauce		
Polenta Pasta		20
pan fried spinach polenta cubes, creamy celery root sauce, roasted winter roots, smoked mushrooms & walnut parmesan		
Chana Tikki		20
pan fried spiced chickpea patties, coconut curried dark greens, steamed brown rice, citrus chutney, pickled veggies, toasted cashews		
Moussaka		19
roasted eggplant & potatoes layered with spiced lentils & baked in coconut cream sauce, served with cucumber & olive salad		