

Winter Dessert

- Daily Cheezecake** 8
always raw - ask your server
- Apple Caramel Parfait** 10
cashew coconut custard, caramelized apple,
spiced pecan crumble
- Mexican Chocolate Cake** 10
spiced almond cacao cake, coconut dulce
de leche
- Lemon Goji Cacao Cup** 6
Lemon chocolate mousse, goji berries

see the display case for a selection of
chocolates, treats, and bars



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 Lunch Menu

Soups & Salads

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

Soup of the Day	Cup	5
ask your server	Bowl	9
Soup & Salad		12
cup of daily soup with a side salad and seed cracker		
Bliss Salad - raw		13
baby greens, shredded carrot & beet, cucumber, tomato, avocado, olives, sprouts & hemp hearts with choice of dressing: <i>tahini-lemon, miso-ginger, fig-balsamic, flax-lemon</i>		
Roasted Beet Salad		15
warm beets served on kale, with pickled veggies, fermented cashew cheeze, fresh herb sauce & fig-nut bread		
Earth Sea Salad - raw		14
kale, local seaweed, daikon, radish, cilantro, scallions, shredded carrot, sprouts, seeds, dulce & miso-ginger dressing		

Starters

Warm Olives		6
marinated in house		
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		
Charcuterie Plate		12
house cashew cheeze, smoked portobello & house pickles served with buckwheat focaccia & fig-nut bread		
Poutine		10
roasted baby potatoes, mushroom miso gravy, cashew cheeze 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		15
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 & Cheeze		16
brown rice macaroni pasta, creamy cashew-coconut cheeze 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 legumes, 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 legumes & 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		

Sides

multiseed crackers	3	steamed brown rice or	2.5
steamed greens	3	quinoa	3
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			
<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>			