

*Welcome to Be Love
& The Pure Food
Movement*



What we choose to eat has the potential to elevate us. This philosophy, combined with our delight in globally-inspired fare and the art of flavour, guides us to create food and drink as delicious as it is nourishing. Our offerings reflect our passion for health, clarity of mind and lightness of spirit.

We use 95 percent organic plant-based ingredients, mindfully-sourced according to local and seasonal availability. Everything we serve is wheat, gluten, dairy and processed sugar free. We make it from scratch - with love.

Our menu changes with the seasons to optimize the use of the finest produce from the local wilds and the local farms, as well as to best support our own vitality throughout the year.

We strive to run every part of our business in a way that supports the health and sustainability of our community and our planet.

May you leave here feeling loved

Heather, Joe & Ayrie Cunliffe

*Eat well, Be Love
Eat Love, Be well*

*Spring
Brunch
Menu*

Superfood Granola -raw **11**
 sprouted buckwheat granola with goji berries,
 cacao nibs, chia & sprouted nuts & seeds.
 served with house almond milk & fresh fruit

Strawberries n' Cream Pancakes **14**
 fermented buckwheat pancakes, fresh
 strawberries, coconut whip cream &
 strawberry lavender infused maple syrup

Spring Benny **15**
 two poached eggs on grilled sweet potato
 with herbed cashew cheeze, arugula, shaved
 fennel, pickled veggies & cashew hollandaise
 served with baby green salad & roasted
 potatoes

Chana Benny **15**
 two poached eggs on pan fried spiced
 chickpea patties, pineapple chutney, spinach,
 tomato & cashew hollandaise served with
 baby green salad & roasted potatoes

Jalisco Hash **16**
 dirty fried quinoa & black beans, chipotle-lime
 romesco, steamed greens, avocado, cashew
 queso, cherry tomato, scallions, cilantro,
 pepitas & a poached egg

ZLT - raw **15**
 zucchini bacon, lettuce, tomato, avocado,
 red onion, sprouts & honey mustard cashew
 mayo on house made almond pumpernickel.
 with choice of soup, salad or potatoes

*substitute grilled tempeh or avocado
 for egg on any dish*

Soup of the Day **5**
 ask your server **9**
 Cup
 Bowl

Soup & Salad **10**
 cup of daily soup with a side salad and
 multiseed cracker

Spring Roll- raw **9**
 avocado, pineapple, spring veggies & cilantro
 wrapped in a blanched collard leaf, served
 with spicy peanut dipping sauce

Bliss Salad - raw **13**
 baby greens, shredded carrot & beet,
 cucumber, tomato, avocado, olives, sprouts
 & hemp hearts with choice of dressing
 dressings: *tahini-lemon, miso-ginger,
 fig-balsamic, flax-lemon*

Gado Bowl **16**
 pineapple, spring veggies, cilantro, steamed
 greens, sprouts & grilled tempeh on steamed
 brown rice, served with peanut sauce &
 choice of boiled egg or avocado

Green Bowl **16**
 baby bok choy, dark greens, broccoli & spring
 veggies in thai coconut green curry on
 steamed brown rice topped with avocado,
 toasted cashews, cilantro & scallions

add a 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	cherry tomatoes
grilled tempeh	cucumbers
mini granola	daily legume
1 pancake	steamed greens
roasted baby potatoes	grilled sweet potato
avocado	rice or quinoa

*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	brown rice or quinoa	2.5
steamed greens	3	avocado quarter	1.5/ half 2.5
house sauerkraut	3	daily legume	4
grilled tempeh	4	kalamata olives	2.5
herb-cashew cheeze	3	seaweed	3
roasted potatoes	4		
w/ketchup			

dressings & sauces: **2.5**
*tahini-lemon, miso-ginger, fig balsamic, flax-
 lemon, honey-mustard cashew mayo,
 sun dried tomato ketchup, chipotle lime
 romesco, peanut sauce, pineapple chutney*