



*Spring  
Menu*

*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*

*Our farmers, makers, &  
friends*

*Food*

Saanich Organics  
Mason St. City Farm  
Terra Nossa Farm  
Salt Spring Island Sprouts  
Flo n' Live Greens  
Dakini Tidal Wilds  
Suntrio Farm  
Eagle Paws Organics  
Haliburton Farm  
Isabella Point Road Farm  
Lance Staples Wildcrafting

*Drink*

Bows & Arrows Roastery  
Silk Road Tea Co.  
Jagasilk Maccha  
Venturi-Schulze Vineyards  
Glenterra Vineyards  
Unsworth Vineyards  
Kanazawa Wines  
Synchromesh Winery  
Lock & Worth Winery  
Summerhill Pyramid Winery  
Intersection Winery  
Tantalus Vineyards  
Merridale Cidery  
Tugwell Creek Meadery  
Middle Mountain Meadery  
Ampersand Distillery  
Devine Distillery

# Sides

multiseed crackers	3
steamed greens	3
house sauerkraut	3
grilled tempeh	4
herbed cashew cheeze	3
steamed brown rice or quinoa	2.5
seaweed	3
avocado quarter	1.5
avocado half	2.5
daily legume	3
roasted baby potatoes w/ketchup	4
<b>dressings &amp; sauces:</b>	<b>2.5</b>
tahini-lemon	
miso-ginger	
fig balsamic	
flax-lemon	
peanut sauce	
honey mustard cashew mayo	
sun dried tomato ketchup	
pineapple chutney	
hemp caesar dressing	
chipotle lime romesco	

# Soups & Salads

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

<b>Soup of the Day</b>	
cup	5
bowl	9
<b>Bliss Salad - raw</b>	<b>13</b>
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>	
<b>Spring Caesar - raw</b>	<b>15</b>
shaved fennel, avocado, sprouts, red onion, spring veggies & greens in creamy hemp dressing topped with zacon bits & sunflower seed croutons	
<b>Earth Sea Salad - raw</b>	<b>14</b>
kale, local seaweed, radish, cilantro, scallions, shredded carrot, sprouts, seeds, dulse & miso-ginger dressing	

# Starters

<b>Warm Olives</b>	<b>6</b>
marinated in house	
<b>Spring Roll- raw</b>	<b>9</b>
avocado, pineapple, spring veggies & cilantro wrapped in a blanched collard leaf, served with spicy peanut dipping sauce	
<b>Nori Crackers - raw</b>	<b>9</b>
dehydrated sesame nori crackers with green pea wasabi gomae	
<b>Black Bean Fritters</b>	<b>10</b>
pan fried quinoa black bean fritters with chipotle lime romesco	

# Bowls

## **Gado Bowl** 16

pineapple, spring veggies, cilantro, spinach, sprouts & grilled tempeh on steamed brown rice, served with peanut sauce & choice of boiled egg or avocado

## **Carmanah Bowl** 15

sesame stir-fried shiitakes, spring veggies & greens, grilled sweet potato, avocado, house sauerkraut, local seaweed & wild greens on steamed quinoa with miso ginger sauce

## **Green Bowl** 16

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

## **Mac & Cheeze** 15

brown rice macaroni pasta, creamy cashew-coconut cheeze sauce, broccoli, red onion, spring greens & walnut parmesan

## **Littlest Dragon Bowl** (10 and under only) 9

rice or quinoa with choice of sauce & any 2 toppings: avocado, daily legume, cherry tomato, cucumber, tempeh, grilled sweet potato, seaweed, roasted potatoes, sauerkraut, spinach, steamed greens or kalamata olives (*see sauces in sides*)

## **Love Bowl** 10

choice of rice or quinoa with steamed greens, daily legume & choice of sauce: tahini-lemon, miso-ginger, or fig balsamic *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.*

\*Donation Love Bowls are take-away only

\*No substitutions

# Sandwiches

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

## **Sweet Potato Naan** 16

curried chickpea-cashew hummus, grilled sweet potato, sprouts, cucumber, spinach & pineapple chutney on sweet potato flat bread

## **Spring Sandwich** 15

herbed fermented cashew cheeze, avocado, pickled veggies, arugula, beet, & sprouts on grilled buckwheat sourdough focaccia

## **ZLT - raw** 15

zucchini bacon, lettuce, tomato, avocado, red onion, sprouts & honey-mustard cashew-mayonnaise on house almond pumpernickel

# Mains

*available after 5 pm*

## **Island Pizza** 21

pineapple, marinara sauce, zacon bits, spinach, cashew mozzarella, bell pepper, red onion, olives, beer leavened crust, arugula salad

## **Wild Nettle Ravioli** 22

nettle pesto filled ravioli, white wine coconut alfredo sauce, sautéed spring veggies & greens, walnut parmesan, wild green salad

## **Black Sesame Crusted Tempeh** 21

stir-fried shiitakes, spring veggies & greens, green onion rice cake, nori cracker & green pea wasabi gomae

## **Chana Tikki** 20

pan fried spiced chickpea patties, coconut curried dark greens, steamed brown rice, pineapple chutney, pickled veggies & toasted cashews