

*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*

*an 18% gratuity will be added to your bill if you are in a party of 6 or more*

*we charge \$1 to split meals, and substitutions will be charged appropriately if they increase our cost to make your meal*



*Summer*

*Brunch*

*Menu*

<b>Superfood Granola</b> <i>-raw</i>	<b>11</b>	<b>Soup of the Day</b>	Cup	<b>5</b>
sprouted buckwheat granola with goji berries, cacao nibs, chia & sprouted nuts & seeds. served with house almond milk & fresh fruit		ask your server	Bowl	<b>9</b>
<b>Strawberries n' Cream Pancakes</b>	<b>14</b>	<b>Soup &amp; Salad</b>		<b>10</b>
fermented buckwheat pancakes, fresh strawberries, coconut whip cream & lavender infused maple syrup		cup of daily soup with a side salad and multiseed cracker		
<b>Pesto Benny</b>	<b>16</b>	<b>Summer Roll- raw</b>		<b>9</b>
two poached eggs or grilled tempeh, toasted buckwheat sourdough focaccia, dandelion-basil pesto, heirloom tomato, zucchini bacon & cashew hollandaise served with baby green salad & roasted potatoes		avocado, sprouts, summer veggies & herbs wrapped in a blanched collard leaf, served with spicy peanut dipping sauce		
<b>Gordita Benny</b>	<b>16</b>	<b>Bliss Salad - raw</b>		<b>13</b>
two poached eggs or grilled tempeh, pan fried masa cakes, avocado, salsa verde, spinach & cashew hollandaise served with baby green salad & roasted potatoes		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>		
<b>Z'atar Hash</b>	<b>15</b>	<b>Zapatista Bowl</b>		<b>15</b>
spiced roasted potatoes, summer veggies, chickpeas, baba ghanoush, fermented cashew tzatziki, cherry tomato, fresh greens & choice of poached egg or avocado		refried beans, salsa verde, avocado, cherry tomato, spinach, fermented cashew cream, toasted pumpkin seeds & sprouts on steamed brown rice - <i>add a poached egg \$1.50</i>		
<b>ZLT - raw</b>	<b>15</b>	<b>Green Bowl</b>		<b>16</b>
zucchini bacon, lettuce, tomato, avocado, red onion, sprouts & honey-mustard cashew mayo on house made almond pumpernickel. with choice of soup, salad or potatoes		dark greens, broccoli, bok choy & summer 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)

<b>Build Your Own Breakfast</b>	<b>10</b>
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	roasted summer veg
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	<b>3</b>	brown rice or quinoa	<b>2.5</b>
steamed greens	<b>3</b>	avocado quarter	<b>1.5/ half 2.5</b>
house ferment	<b>3</b>	daily legume	<b>4</b>
grilled tempeh	<b>4</b>	kalamata olives	<b>2.5</b>
cashew cheeze	<b>3</b>	seaweed	<b>3</b>
roasted potatoes w/ketchup	<b>4</b>	poached egg	<b>2</b>

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