



Summer

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*

*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*

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 ferment	3
grilled tempeh	4
cashew cheeze	3.5
steamed brown rice or quinoa	2.5
marinated kalamatas	2.5
seaweed	3
avocado quarter	1.5
avocado half	2.5
daily legume	4
roasted baby potatoes w/ketchup	4
pickled red onion	2
poached egg	2
dressings & sauces:	2.5
tahini-lemon	
miso-ginger	
fig balsamic	
flax-lemon	
sun dried tomato-caper	
honey-mustard cashew mayo	
sun dried tomato ketchup	
cashew sour cream	
tzatziki	
hemp caesar	
spicy peanut	
lemon olio	
cashew ranch	

Soups & Salads

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

Soup of the Day

cup	5
bowl	9

Bliss Salad - raw

baby greens, shredded beet & carrot, cucumber, tomato, avocado, kalamata olives, sprouts & hemp hearts with choice of dressing: <i>tahini-lemon, miso-ginger, fig balsamic or flax-lemon</i>	13
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Summer Caesar - raw

shaved fennel, pickled red onion, sprouts, summer veggies, greens & berries in creamy hemp dressing topped with shaved cashew parmesan	14
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Niçoise Salad

marinated new potatoes, green beans, tomatoes, local seaweed, olives, kale, sun dried tomato-caper dressing & choice of poached egg or avocado	14
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Starters

Warm Olives

marinated in house	6
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Summer Roll

avocado, sprouts, summer veggies & herbs, wrapped in a collard leaf, served with spicy peanut dipping sauce	9
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Bruschetta- raw

almond garlic toast, basil-dandelion pesto, heirloom cherry tomato, shaved cashew parmesan, olive oil	9
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Cauliflower Wings

spicy roasted cauliflower, cashew ranch dip	11
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Bowls

served with a multiseed cracker

Pesto Bowl 16

roasted summer veggies, arugula, dandelion-basil pesto, spinach, cherry tomato, olives, shaved cashew parmesan & lemon olio on quinoa

Zapatista Bowl 15

refried black beans, salsa verde, spinach, cashew sour cream, avocado, cherry tomato, toasted pumpkin seeds & sprouts on steamed brown rice

Green Bowl 16

dark greens, broccoli, bok choy, & summer 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 coconut-cashew cheeze sauce, summer veggies & greens, topped with walnut parmesan

Littlest Dragon Bowl (10 and under only) 9

rice or quinoa with choice of sauce & any 2 toppings: cherry tomato, spinach, cucumber, tempeh, sprouts, shredded carrot or beet, roasted potatoes or summer veg, sauerkraut, avocado, daily legume, steamed greens, poached egg, or kalamata olives (*see sauces in sides*)

Karma 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 meal. for every Karma Bowl you order we make a \$1 donation to the mustard seed to help feed the hungry

Sandwiches

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

Masala Burger 16

curried chickpea patty, pickle, cucumber, sprouts, greens, sun dried tomato ketchup & cashew raita on grilled sweet potato flat bread

Heirloom Tomato Sandwich 15

dandelion-basil pesto, fermented cashew cheeze, heirloom tomato, arugula, & sprouts on grilled garlic & buckwheat sourdough focaccia

ZLT - raw 15

zacon, greens, tomato, avocado, red onion, sprouts & honey-mustard cashew mayo on house almond pumpernickel

Mains

available after 5 pm

Meze Platter 21

spiced chickpea fritters, quinoa tabouleh, baba ghanoush, pickle, grilled sweet potato flatbread, steamed greens, za'atar, fermented cashew tzatziki

Summer Gnocchi 22

house made potato gnocchi, tomato 'cream' sauce, roasted summer veggies, shaved cashew parmesan, arugula salad, grilled garlic focaccia

BBQ Plate 21

bbq tempeh, mac & cheeze, grilled summer veggies, pickled cabbage, baby green & potato salad, bbq sauce

Sweet Corn Sopes 21

pan fried masa cakes, refried black beans, salsa verde, roasted peppers, cashew queso, avocado-lime slaw, mexican fried rice