



Fall
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
Lockwood 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
Mikuni Wild Harvest

Drink

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

Sides

cold poached egg	2
yesterdays quick pickle	2.5
steamed quinoa or brown rice	2.5
lemon & black pepper kalamatas	2.5
avocado quarter/half	1.5/2.5
multiseed crackers	3
house ferment	3
steamed greens	3
wing tailed kelp	3
rotating cashew cheese	3.5
daily legume	3.5
grilled smoked tempeh	4
roasted potatoes w/house ketchup	4.5
dressings & sauces:	2.5
tahini-lemon	
miso-ginger	
fig balsamic	
flax-lemon	
honey-mustard cashew mayo	
sun dried tomato ketchup	
cashew sour cream	
flax garlic	
hoisin	
smoked jalapeño aioli	
miso gravy	

Soups & Salads

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

Soup - ask your server

cup	5
bowl	9

Bliss Salad - raw

young 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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Earth Sea Salad - raw

kale, local seaweed, radish, cilantro, scallions, shredded carrot, cabbage, sprouts, seeds, and dulse tossed in miso-ginger dressing	14
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Warm Quinoa Salad

braised baby beets & kale, quinoa, red onion, cabbage, toasted hazelnuts & cumin seeds, fig balsamic vinaigrette	14
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Starters

Warm Olives

marinated in kimchi spices	6
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Vitality Roll - raw

avocado, marinated burdock root, beet, daikon, green onion, sprouts, nori wrapper, hoisin dipping sauce	9
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Crackers and Cheese

rotating cashew cheese, multiseed crackers, salal berry chutney	10
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Yam Wedges

cumin roasted garnet yams, smoked jalapeño aioli	8
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Bowls

served with a multiseed cracker

Macrobiotic Bowl

roasted squash, steamed greens, local seaweed, sauerkraut, shredded beet, sprouts & toasted seeds
on quinoa with flax garlic sauce

16

Bhakti Bowl

Red lentil dhal, coconut milk, fresh spinach & cumin roasted garnet yam on brown rice with salal berry chutney, yesterdays pickle & cilantro

16

Green Bowl

dark greens, broccoli, bok choy, onion, zucchini & cabbage in coconut green thai curry on brown rice with avocado, toasted cashews, cilantro & scallions

16

Mac & Cheese

brown rice macaroni, creamy coconut-cashew cheese sauce, red onion, autumn veggies & greens, spiced walnut parmesan

15

Littlest Dragon Bowl (10 and under only)
rice or quinoa with choice of sauce & any 2 toppings: cherry tomato, spinach, cucumber, tempeh, sprouts, shredded carrot or beet, roasted potatoes, avocado, quick pickle, sauerkraut, daily legume, steamed greens, poached egg, or kalamata olives (*see sauces in sides*)

9

Karma Bowl

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

10

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 potatoes

Baja Burger

spiced black bean patty, avocado, tomato, lettuce, sprouts, house ketchup & cashew lime sour cream on grilled sweet potato flat bread

16

Roasted Butternut Sandwich

glazed squash, quick pickle, spinach, broccoli pesto & sprouts on grilled buckwheat sourdough focaccia

15

ZLT - raw

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

15

Mains

available after 5 pm

Hearty Plate

grilled smoked tempeh, roasted potatoes, steamed greens, sautéed mushroom & onion, sauerkraut, miso gravy

21

Fall Fettuccine

brown rice fettuccine & spiralized veggie noodles, roasted squash, fried mushrooms, dark greens, alfredo sauce, spiced walnut parmesan, broccoli pesto, grilled garlic focaccia

22

Enchiladas Rojas

roasted squash, black beans, spinach, pumpkin seed queso, soft corn tortillas, mesa red sauce, cashew-lime sour cream, dirty fried quinoa, avocado slaw

23

Wild Mushroom Wontons

pan-fried wild mushroom & leek dumplings, zucchini noodles, scallions, grilled bok choy, carrot kraut, marinated burdock root, greens, house broth, hoisin sauce & chili oil

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