

*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



*Fall
Brunch
Menu*

Superfood Granola -raw sprouted buckwheat granola with goji berries, cacao nibs, chia, sprouted nuts & seeds. served with house almond milk & fresh fruit	11
Blackberry Pear Pancakes fermented buckwheat pear pancakes, blackberry compote, coconut whip cream & maple syrup	14
Autumn Benny two poached eggs or smokey tempeh on roasted squash with sautéed onions & mushrooms, kale & cashew hollandaise, served with baby green salad & roasted potatoes	16
Pesto Benny two poached eggs or smokey tempeh on toasted buckwheat sourdough focaccia, broccoli pesto, tomato, zucchini bacon & cashew hollandaise served with baby green salad & roasted potatoes	16
Chilaquiles Hash roasted potatoes, yam & squash, black beans, fried tortilla, mesa red sauce, cashew sour cream, avocado, fresh spinach, cilantro, pepitas, & poached egg or smokey tempeh	16
ZLT - raw zucchini bacon, lettuce, tomato, avocado, red onion, sprouts & honey-mustard cashew mayo on house made almond pumpernickel. with choice of soup, salad or potatoes	15

Our free range eggs come Lockwood Farm where the chickens run freely in the field eating grass & greens. We met the chickens ourselves and they were very happy!

Kids (10 and under only)

Build Your Own Breakfast	10
choose any 3 of the following:	
1 egg poached	cherry tomatoes
smokey tempeh	cucumbers
mini granola	black beans
1 pancake	steamed greens
roasted baby potatoes	roasted squash or yam
avocado	rice

Soup ask your server	Cup 5 Bowl 9
Soup & Salad cup of daily soup with a side salad and multiseed cracker	10
Vitality Roll - raw avocado, marinated burdock root, beet, daikon, green onion, sprouts, nori wrapper, hoisin dipping sauce	9
Bliss Salad - raw 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>	13
Bibimbap Bowl Garlic-Flax stir-fried veggies & greens, carrot kraut, marinated burdock root, daikon radish, local seaweed, hoisin sauce, green onion & sprouts on steamed brown rice with choice of poached egg or avocado	16
Green Bowl dark greens, broccoli, bok choy, onion, zucchini and cabbage in thai coconut green curry on steamed brown rice topped with avocado, toasted cashews, cilantro & scallions	16

add a poached egg to any dish for \$2

Sides

multiseed crackers	3	brown rice	2.5
steamed greens	3	avocado quarter	1.5/ half 2.5
house ferment	3	black beans	4
smokey tempeh	4	kalamata olives	2.5
roasted potatoes w/ketchup	4	seaweed	3
		poached egg	2
dressings & sauces:			2.5
<i>tahini-lemon, miso-ginger, fig balsamic, flax-lemon, cashew sour cream, honey-mustard cashew mayo, sun dried tomato ketchup, hoisin sauce</i>			