

*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



*Winter
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
Apple Butter Pancakes fermented buckwheat apple pancakes, apple butter, coconut whip cream, toasted pecans & maple syrup	14
Blanshard St. Benny two poached eggs or grilled tempeh on roasted portobello mushrooms with sautéed kale, onion & beet, sauerkraut & cashew hollandaise, served with baby green salad & roasted potatoes	16
Bandito Benny two poached eggs or grilled tempeh on roasted sweet potato with avocado, tomato, spinach, chimichurri sauce & cashew hollandaise served with baby green salad & roasted potatoes	16
Rockwell Hash roasted potatoes, maple baked beans, steamed greens, grilled tempeh, cashew hollandaise & poached egg or avocado	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
grilled tempeh	cucumbers
mini granola	maple baked beans
1 pancake	steamed greens
roasted baby potatoes	grilled sweet potato
avocado	brown rice

Soup ask your server	Cup Bowl	5 9
Soup & Salad cup of daily soup with a side salad and multiseed cracker		10
Pepita Wrap - raw sprouted pumpkin seed paté, avocado, shredded carrot, bell pepper, sprouts, tomato flax tortilla, chimichurri 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
Shojin Bowl teriyaki stir fry, shiitake mushrooms, grilled tempeh, greens, local seaweed, scallions, sprouts & black sesame on steamed brown rice		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

not all ingredients are listed.
please advise your server about food sensitivities and speak with a manager regarding severe allergies

Sides

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

