



*Winter
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. substitutions will
be charged appropriately if they increase our
cost to make your meal*

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

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 Vineyard
Glenterra Vineyard
Unsworth Vineyard
Kanazawa Wines
Synchromesh Winery
Lock & Worth Winery
Summerhill Pyramid Winery
Tantalus Vineyard
Nichol Vineyard
Merridale Cidery
Tugwell Creek Meadery
Emandare Vineyard
Ampersand Distillery
Devine Distillery

Sides

poached egg	2
quick pickle	2.5
steamed quinoa or brown rice	2.5
avocado quarter/half	1.5/2.5
multiseed crackers	3
lemon & black pepper kalamatas	3
house ferment	3
steamed greens	3
wing tailed kelp	3
daily legume	3.5
grilled tempeh	4
grilled garlic buckwheat focaccia	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	
roasted garlic aioli	
miso gravy	
chimichurri	
elderflower vinaigrette	
apple-goji chutney	

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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Green Goddess Salad - raw

kale, spinach, kelp, avocado, sauerkraut, celery, sprouts, hemp hearts, scallions, greens, spirulina, tahini-lemon dressing	14
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Solstice Salad- served warm

steamed quinoa, slow roasted carrot, chickpeas, kale, red onion, fennel, toasted almonds, dried apricot, candied citrus peel, fresh herb dressing	14
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Starters

Warm Olives

marinated in rosemary & garlic	6
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Pepita Wrap - raw

sprouted pumpkin seed paté, avocado, shredded carrot, bell pepper, sprouts, tomato flax tortilla, chimichurri sauce	9
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Chana Tikki

masala spiced chickpea fritters, apple-goji chutney	9
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Poutine

roasted potatoes, miso gravy, cashew cheese, scallions	9
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Bowls

served with a multiseed cracker

Shojin Bowl 16
teriyaki stir fry, shiitakes, spicy tempeh, greens, local seaweed, scallions, sprouts, black sesame, steamed brown rice

Rockwell Bowl 16
maple baked beans, avocado, zacon, grilled sweet potato, sprouts, creamy apple slaw, steamed quinoa

Green Bowl 16
dark greens, broccoli, bok choy, onion, zucchini & cabbage in coconut green thai curry on brown rice with avocado, toasted cashews, cilantro & scallions

Mac & Cheese 15
brown rice macaroni, coconut-cashew cheese sauce, winter vegetables & greens, spiced 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, avocado, sauerkraut, daily legume, steamed greens, poached egg, or kalamata olives (*see sauces in sides*)

Karma Bowl 11
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 potatoes

ZLT - raw 15
zacon, greens, tomato, avocado, red onion, sprouts & honey mustard mayo on almond pumpernickel

Plenty Burger 16
spiced lentil patty, pickled beet, tomato, lettuce, sprouts, house ketchup, roasted garlic aioli, grilled sweet potato flat bread

Portobello Reuben 16
shaved portobello mushroom, sauerkraut, cashew swiss cheese, shredded beet, honey mustard mayo, spinach, grilled buckwheat focaccia

Mains

available after 5 pm

Roasted Root Latkes 22
quince butter, coconut yoghurt, apple-lentil salad, sumac, steamed greens, house pickle, elderflower vinaigrette

Spaghetti & Beet Balls 22
brown rice & root noodles, walnut-mushroom beet balls, caramelized garlic & fennel, kale, fermented cashew parmesan, red wine marinara, garlic focaccia

Chickpea Tagine 23
moroccan root ragout, quinoa timbale, grilled sweet potato, coconut yoghurt, fennel salad, crispy papadum, harissa, preserved lemon & orange, apricot, toasted almonds

Crispy Sage Polenta 23
pan-fried sage & hazelnut polenta, roasted shiitake mushrooms, slow roasted carrot & white wine sauce, warm lentil salad, dukkah