



*Spring
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
labour or 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 pickled turnip or jicama	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 sauerkraut	3
steamed greens	3
daily legume	3.5
grilled tempeh	4
garlic grilled buckwheat focaccia	4
sweet potato flatbread	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	
honey-cider vinaigrette	
basil-lime vinaigrette	
romesco	
peanut sauce	
toum	
dandelion pesto	
red onion jam	

Soups & Salads

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

Soup - ask your server	
cup	5
bowl	9
Market Salad - raw	14
young greens, seasonal juliennes, avocado, marinated kalamata olives, sprouts, hemp hearts	
choice of dressing: <i>tahini-lemon, miso-ginger, fig balsamic or flax-lemon</i>	
Thai Sprout Salad	14
zucchini noodles, sprouts, spring vegetables, candied peanuts, pickled jicama, greens, herbs, toasted coconut, basil-lime vinaigrette	
Cobb Salad	15
mixed greens, cashew roquefort, eggplant bacon, avocado, radish, toasted almonds, chives, cucumber, tomato, honey-cider vinaigrette, choice of poached egg or tempeh	

Starters

Warm Olives	6
marinated in togarashi spice	
Spring Roll	9
avocado, bell pepper, carrot, radish, sprouts, leeks, turnip, cilantro, collard wrap, peanut sauce	
Green Hummus & Chips	10
spinach-olive chips, pickled turnip, spring pea hummus	
Panisse Frites	12
chickpea & garlic batons, charred leeks, romesco dip	

Bowls

served with a multiseed cracker

Sombrio Bowl 16

roasted shiitakes, steamed greens, sauerkraut, avocado, seaweed salad, scallions, sprouts, toasted black sesame, steamed brown rice, miso ginger sauce

Terranean Bowl 16

roasted spring vegetables, chickpeas, olives, spinach, sprouts, romesco, parm, steamed quinoa, tahini lemon sauce

Green Bowl 16

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

Mac & Cheese 15

brown rice macaroni, coconut-cashew cheese sauce, spring vegetables & greens, herbed walnut parmesan

Littlest Dragon Bowl (10 and under only) 10

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, almond pumpernickel

Falafel Burger 16

spiced chickpea patty, tomato, pickled turnip, cucumber, greens, sprouts, toum, green pea hummus, grilled sweet potato flat bread

Caramelized Fennel 16

cashew roquefort, dandelion pesto, sprouts, greens, pickled jicama, grilled buckwheat focaccia

Mains

available after 5 pm

Shiitake Gyoza 22

pan fried shiitake dumplings, turmeric rice cake, garlic fried greens, ginger pickled kelp, black sesame, tentsuyu sauce, togarashi chili oil

Wild Nettle Tart 22

almond olive-oil crust, toum, creamed white beans and nettles, grilled leeks, red onion jam, jicama croquettes, honey-cider salad

Phad Thai 20

brown rice & vegetable noodles, spicy tamarind sauce, charred broccoli, coconut candied peanuts, rice crisp, sunflower sprouts, lemongrass tofu

Spring Onion & Swede Cakes 21

piperrada, maple braised cabbage, green pea hummus, shaved cucumber, preserved meyer lemon butter, dandelion pesto, eggplant bacon