



*Autumn
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 at least 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.

*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

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

Please, no substitutions.

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
Discovery Organics
Northstar Organics
Haliburton Farms
Isabella Point Road Farm
Lance Staples Wildcrafting
Mikuni Wild Harvest
Level Ground

Drink

Discovery Coffee
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

avocado quarter/half	2/3
cold poached egg	2.5
steamed quinoa or brown rice	3
multiseed crackers	3
toasted cashews	3
sour pickled cucumber	3
house kimchi	3.5
steamed greens	3.5
daily legume	3.5
sage cashew cream cheese	4
grilled tempeh	4.5
black garlic tofu	4.5
pickled kelp	4.5
grilled garlic focaccia	4.5
jalapeno cornbread	4.5
roasted potatoes w/house ketchup	4.5
side salad	6
dressings & sauces:	3
tahini lemon	
miso ginger	
fig balsamic	
flax lemon	
honey mustard mayo	
sun dried tomato ketchup	
watermelon caesar	
preserved orange vinaigrette	
black sesame	
horseradish aioli	
sour rind raita	

Soup & Salads

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

Soup - ever changing	
cup	5
bowl	9

Market - raw	15
young greens, seasonal juliennes, avocado, shredded beets, grape tomatoes, cucumber, sprouts, hemp hearts <i>choice of dressing: tahini-lemon, miso-ginger, fig balsamic or flax-lemon</i>	

Cardini	15
kale, avocado, red onion, cucumber, baby greens, carrot curls, radish, zacon crumble, cashew parmesan, watermelon caesar dressing	

Fall Panzanella	15.5
roasted squash, quinoa, tomato, red grapes, focaccia croutons, greens, dukkah, toasted capers, preserved orange vinaigrette	

Starters

Warm Olives	7
in malbec & black garlic	

Autumn Roll	9
kimchi, roasted squash, grated beets, steamed brown rice, toasted nori, black sesame sauce	

Cider Glazed Beets	10
sage cashew cheese, pickled leaves, candied citrus dust	

Cornmeal Crusted Mushrooms	12
horseradish mayo	

Bowls

served with a multiseed cracker

Ganesha 16.5
coconut curried chickpeas, spinach, roasted squash, raita, cilantro, sprouts, huckleberry chutney, steamed quinoa

Mahalo 16.5
paniolo cured carrots, toasted nori, preserved lemon seared brassicas, sprouts, pickled seaweed, avocado, black sesame sauce, steamed brown rice

Green 17
dark greens, broccoli, bok choy, red onion, zucchini, cabbage, coconut green thai curry broth, avocado, toasted cashews, cilantro, scallions, steamed brown rice

Mac 'n' Cheese 16
brown rice macaroni, coconut-cashew cheese sauce, autumn vegetables and greens, herbed walnut parmesan

Littlest Dragon (for the kids) 11
rice or quinoa with choice of side sauce and any 2 toppings: cherry tomato, cucumber, tempeh, roasted potatoes, avocado, daily legume, shredded beets, kimchi, steamed greens, poached egg

Karma 12
choice of rice or quinoa with steamed greens, daily legume & choice of sauce: tahini-lemon, miso-ginger, fig-balsamic

We believe that everyone deserves a warm meal. For every Karma Bowl you order, we donate \$1 to the Mustard Seed Food Bank, to help feed the hungry.

Sandwiches

all sandwiches are served with your choice of soup, salad, or roasted potatoes

ZLT - raw 15.5
zacon, greens, tomato, avocado, honey mustard mayo, sprouts, almond pumpernickel

Beetroot Burger 16.5
red beet and walnut patty, greens, sour pickles, horseradish aioli, chili sauce, roasted mushrooms, sprouts, grilled sourdough focaccia

Pulled Yam & Jaca 16
fermented melon rind coleslaw, spinach, sprouts, bbq sauce, avocado, pickled jalapeno cornbread

Mains

available after 5 pm

Coconut Mee Goreng 21.5
root & rice noodles, matcha oil, poached pear cream sauce, chilis, miso braised parsnips & burdock, charred choy, candied sesame tuille

Courgette Gratin 22
pumpkin seed tart, sweet chili sauce, saffron creamed leeks, sage cheese, rosemary smashed potatoes, preserved citrus brassicas

Bibimbap 22.5
black garlic tofu, violet rice ball, crusted mushrooms, roasted grapes, kimchi, gochujang, pickled things, scallions, raw beet, cilantro, carrot ribbons, poached egg or tempeh

Wild Mushroom Mezzelune 23
preserved lemon olio, caramelized squash, beet & fennel purée, spun apple, steamed goosefoot greens, garlic focaccia, crunchy capers, smoked pistachio dust