



*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 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*

*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  
Fierce Love Farm  
Lance Staples Wildcrafting  
PSC Natural Foods  
Jiva Organics  
Mikuni Wild Harvest  
Level Ground

## *Drink*

Discovery Coffee  
Silk Road Tea Co.  
Jagasilk  
Venturi-Schulze Vineyard  
Glenterra Vineyard  
Unsworth Vineyard  
Kanazawa Wines  
Synchronesh Winery  
Lock & Worth Winery  
Summerhill Pyramid Winery  
Tantalus Vineyard  
Nichol Vineyard  
Tugwell Creek Meadery  
Emandare Vineyard  
Ampersand Distillery  
Devine Distillery  
Rathjen Cellars

# Sides

avocado quarter/half	2/3
cold poached egg	2.5
steamed quinoa or brown rice	3
multiseed crackers	3
toasted cashews	3
house sauerkraut	3.5
steamed greens	3.5
daily legume	3.5
cashew cream cheese	4
grilled tempeh	4.5
peking tofu	4.5
ginger pickled kelp	4.5
grilled garlic focaccia	4.5
sweet potato flatbread	4.5
roasted potatoes w/house ketchup	4.5
side kale slaw	4.5

## **dressings & sauces sm/lg** 2/3

flax lemon
honey mustard mayo
sun dried tomato ketchup
cashew sour cream
thousand island aioli
red beet & honey vinaigrette
tamarind hoisin
dhansak curry gravy

# Soup & Salads

*soup and salads are served with a raw dehydrated multi-seed cracker*

## **House Soup - ever changing**

cup	5
bowl	9

## **Miso Soup**

roasted seaweed & reishi broth, braising greens, winter juliennes, sweet potato glass noodles, scallions, chili oil, pea shoots, toasted sesame

14

## **Apple Chana Salad**

spinach, chickpeas, kale, raisins, charred cipollinis, cabbage, cilantro, house mustard, warm curry dressing

15.5

## **Roast Beetroot Salad**

dried mission figs, cashew cheese, kale, quinoa, shredded roots, dukkah, celery ribbons, honey-beet vinaigrette

15.5

# Starters

## **Warm Olives**

in black lime oil

7

## **Semarang Roll**

shaved roots, avocado, brown rice, sprouts, toasted peanuts, green onion, sweet tamarind sauce, toasted nori wrap

9

## **Curried Poutine**

herb and garlic roasted potatoes, cilantro, cashew paneer curds, garbanzo-almond dust, dhansak curry gravy

12

## **Cheese & Crackers**

revolving cheese, assorted crackers, moroccan olive tapenade, crispy kale, huckleberry preserve

13

# Bowls

*served with a multiseed cracker*

## Chili Queen

espresso-black bean chili, spinach, crema agria, cilantro, sprouts, avocado, spicy pepitas, crispy tortilla, quinoa

16.5

## Nasi Goreng

fried winter vegetables, tamarind hoisin, ginger-lime kelp, roasted peanuts, sprouts, scallions, toasted coconut, tempeh or egg, steamed brown rice

16.5

## Green

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

17

## Mac 'n' Cheese

brown rice macaroni, coconut-cashew cheese sauce, winter vegetables and greens, spiced walnut parmesan

16

## Littlest Dragon (for the kids)

rice or quinoa with choice of side sauce and any 2 toppings: tempeh, avocado, roasted potatoes, steamed greens, daily legume, sauerkraut, poached egg

11

## Karma

choice of rice or quinoa with steamed greens, daily legume & choice of side sauce

12

*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

*served with choice of kale slaw, soup or roasted potatoes*

## ZLT - raw

zacon, greens, tomato, avocado, honey mustard mayo, sprouts, almond pumpernickel

15.5

## Black Bean Burger

spinach, beet relish, sprouts, cashew crème fraiche, avocado, sweet potato flatbread

16.5

## Sweet Potato Reuben

shaved & marinated sweet potato, sprouts, house mustard, thousand island aioli, sauerkraut, caraway buckwheat focaccia

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# Mains

*available after 5 pm*

## Injera Gursha

fermented teff soda bread, shiro sauce, braised roots & cabbage, creamy berbère beluga lentils, lemon-turmeric split yellow peas, ginger & garlic fried winter greens

21.5

## Gnocchi di Viola

preserved orange romesco, spinach, charred broccoli, sage salt, grilled cippolinnis, microgreens, fermented cashew & beet parmesan

22.5

## Medicinal Congee

miso & reishi broth, violet rice, pickled seaweed, peking tofu, shiitake XO sauce, cherry bomb oil, fried pickled onion, toasted sesame, crispy ginger kale, salted dried radish, scallions, poached egg or tempeh

21

## Pastel de Papas

walnut & wild mushroom ground, miso gravy, red beet relish, crème fraiche whipped potatoes, zucchini & sun-dried olive salad

22