

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..

Eat well, Be Love
Eat love, Be well

*an 18% gratuity will be added to parties
of 6 or more*

-
we charge \$1 to split meals

-
no substitutions



Winter
Brunch
Menu

| | |
|--|-------------|
| Superfood Granola - raw sprouted buckwheat granola with goji berries, cacao nibs, chia, sprouted nuts & seeds, maple syrup, served with house almond milk | 12 |
| The Pancakes fermented buckwheat pear pancakes, cacao nibs, wild berry preserve, coconut whip, chai spiced maple syrup | 16 |
| Oaxaca Benny two poached eggs or grilled tempeh, avocado, beet relish, jalapeño pepitas, crispy tortilla chips, black bean patty, hollandaise, served with roasted potatoes and kale slaw | 16.5 |
| Nebraska Benny two poached eggs or grilled tempeh, shaved sweet potato, sauerkraut, house mustard, sprouts, grilled focaccia, cashew hollandaise, served with roasted potatoes and kale slaw | 16.5 |
| Dhansak Hash herb and garlic roasted potatoes, cilantro, cashew paneer curds, curry fried winter vegetables and chickpeas, sprouts, toasted almond dust, with tempeh or a poached egg | 16.5 |
| ZLT - raw zacon, lettuce, tomato, avocado, sprouts & honey-mustard cashew mayo on house made almond pumpernickel with choice of soup, slaw or potatoes | 15.5 |

add a poached egg to any dish for \$2.50

Our free range eggs come from Lockwood Farm where the chickens run free in the field eating grass & greens.

We met the chickens ourselves and they were very happy!

Kids

Build Your Own Breakfast **11**

choose a dressing and any 3 of the following:

| | |
|------------------|----------------------|
| poached egg | seasoned legumes |
| grilled tempeh | steamed greens |
| mini granola | brown rice or quinoa |
| pancake | sliced tomato |
| roasted potatoes | roasted beets |
| avocado | grilled focaccia |

| | | |
|---|-------------|----------------------|
| Soup ever changing | Cup Bowl | 5 9 |
| Soup & Slaw cup of daily soup with a side kale slaw and multiseed cracker | | 9 |
| Semarang Roll shaved roots, avocado, brown rice, sprouts, toasted peanuts, green onion, tamarind hoisin | | 9 |
| Roast Beetroot Salad dried mission figs, cashew cheese, kale, quinoa, shredded roots, celery ribbons, dukkah, honey vinaigrette | | 15.5 |
| Mac 'n' Cheese brown rice macaroni, coconut-cashew cheese sauce, winter vegetables & greens, spiced walnut parmesan | | 16 |
| Green Bowl dark greens, broccoli, bok choy, onion, zucchini and cabbage in thai coconut green curry on steamed brown rice with avocado, toasted cashews, cilantro & scallions | | 17 |
| Karma Bowl choice of rice or quinoa with steamed greens, daily legume & choice of 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)

not all ingredients are listed.

advise your server about food sensitivities and speak with a manager regarding severe allergies

Sides

| | | | |
|----------------------------------|-----|------------------------------------|----------|
| multiseed crackers | 3 | poached egg | 2.5 |
| grilled focaccia | 4.5 | avocado quarter/half | 2/3 |
| house sauerkraut | 3.5 | seasoned legumes | 3.5 |
| grilled tempeh | 3.5 | zucchini bacon | 4 |
| roasted potatoes w/house ketchup | 4.5 | cashew cream cheese steamed greens | 4 3.5 |

dressings & sauces: **2/3**
flax-lemon, honey-mustard mayo, sun-dried tomato ketchup, sour cream, thousand island, honey vinaigrette, tamarind hoisin, cashew hollandaise