

*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*

*Spring  
Brunch*

<b>Superfood Granola - raw</b>	<b>12</b>
sprouted buckwheat granola with goji berries, cacao nibs, chia, sprouted nuts & seeds, maple syrup, fresh berries and house almond milk	
<b>The Pancakes</b>	<b>16</b>
fermented buckwheat pancakes, fresh berries, coconut whip, cacao nibs, pineapple-maple syrup	
<b>Levantine Benny</b>	<b>17</b>
two poached eggs or grilled tempeh, spinach, white bean hummus, cucumber, tomato, crushed falafel, jalapeño oil, hollandaise, served with roasted potatoes and salad	
<b>Blue Note Benny</b>	<b>17</b>
two poached eggs or grilled tempeh, cashew mascarpone, wild greens, avocado, sauerkraut, mint pistou, fermented buckwheat focaccia, hollandaise, served with roasted potatoes and salad	
<b>Mayan Hash</b>	<b>16.5</b>
sikil pak-fried spring vegetables and legumes on fresh spinach and roasted potatoes, with cilantro, pineapple salsa, cashew queso, hollandaise, and tempeh or a poached egg	
<b>ZLT - raw</b>	<b>15.5</b>
zacon, lettuce, tomato, avocado, sprouts & maple-mustard cashew mayo on house made almond pumpernickel with choice of soup, salad, or potatoes	

**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	sliced cucumber
avocado	grilled focaccia

<b>House Soup - ever changing</b>	
Cup	5
Bowl	9
<b>Soup &amp; Salad</b>	<b>10</b>
cup of house soup with a side salad and multiseed cracker	
<b>Spring Roll</b>	<b>9</b>
spring juliennes, snap peas, pineapple, avocado, sprouts, collard wrap, peanut sauce	
<b>Osaka Caesar</b>	<b>15.5</b>
roasted garlic sesame dressing, avocado, snap peas, radish, kelp, gomasio croutons, spinach, lemon zest, lacinato parmesan	
<b>Mac 'n' Cheese</b>	<b>16</b>
brown rice macaroni, coconut-cashew cheese sauce, spring vegetables & greens, walnut & herb parmesan	
<b>Green Bowl</b>	<b>17</b>
dark greens, broccoli, bok choy, onion, zucchini and cabbage in thai coconut green curry on steamed brown rice with avocado, toasted cashews, cilantro & scallions	
<b>Karma Bowl</b>	<b>12</b>
choice of rice or quinoa with steamed greens, daily legume & choice of sauce	

*When you order a Karma Bowl, we donate \$1 to the Mustard Seed Food Bank.*

## Sides

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

**dressings & sauces:** **2/3**  
 flax-lemon, maple-mustard mayo, sun-dried tomato ketchup, sour cream, tahini-lemon, peanut sauce, mint pistou, rhubarb-grapefruit vinaigrette, sesame caesar, cashew hollandaise

