



*Spring
Food*

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

No substitutions

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
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
Unsworth Vineyard
Kanazawa Wines
Synchromesh 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
grilled garlic focaccia	3.5
white bean hummus	3.5
sikil pak	3.5
pineapple salsa	4
cashew cream cheese	4
grilled red chili tempeh	4.5
pickled kelp	4.5
sweet potato flatbread	4.5
roasted potatoes w/house ketchup	4.5
side salad	6
dressings & sauces	2/3
flax lemon	
tahini-lemon	
maple mustard mayo	
sun dried tomato ketchup	
avocado sour cream	
sesame caesar dressing	
rhubarb-grapefruit vinaigrette	
peanut sauce	

Soup & Salads

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

House Soup - ever changing

cup	5
bowl	9

Farmers Market - raw

young greens, seasonal juliennes, sprouts, avocado, cucumber, radish, hemp hearts, sauerkraut, tahini lemon dressing	15
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Osaka Caesar

black garlic-sesame dressing, avocado, snap peas, radish, kelp, gomasio croutons, spinach, lemon zest, lacinato parmesan	15.5
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Cretan Tabbouleh

sun-dried black olives, cannellini hummus, quinoa, caramelized fennel, arugula, herbs, rhubarb-grapefruit vinaigrette, crispy capers, toasted black sesame, puffed buckwheat	16
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Starters

Warm Olives

in rhubarb & grapefruit juice	7
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Spring Roll

spring juliennes, snap peas, pineapple, avocado, sprouts, collard wrap, peanut sauce	9
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Tartine

<i>rotating accompaniments - ask your server on grilled fermented-buckwheat focaccia</i>	11
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Chips & Salsa

house tortilla & sweet potato chips, pineapple salsa, avocado crema, sikil pak	12
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Bowls

served with a multiseed cracker

Také 16.5
roasted sweet potato & shiitakes, avocado, steamed greens, pickled seaweed, sauerkraut, sprouts, tahini-lemon, quinoa, tempeh or egg

Jamba 16.5
red bean & saffron jambalaya, house sausage, grilled pineapple, fermented cashew cream, sprouts, cajun seeds, spinach, brown rice

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

Mac 16
brown rice macaroni, coconut-cashew cheese sauce, spring vegetables and greens, walnut & herb parmesan

Whippersnapper (for the kids & seniors) 11
rice or quinoa with choice of side sauce and any 2 toppings: tempeh, avocado, roasted potatoes, steamed greens, daily legume, sauerkraut, poached egg

Karma 12
choice of rice or quinoa with steamed greens, daily legume & choice of sauce (see sides)

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

Sandwiches

*served with choice of salad,
soup, or roasted potatoes*

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

Falafel Burger 16.5
garlic confit hummus, tomato, cucumber, pumpkin seed salsa, cashew yoghurt, greens, sprouts, sweet potato flatbread

Grilled Cheese 16
cashew cream cheese, avocado, wild greens, s&v radish chips, spring pistou, sprouts, garlic grilled buckwheat focaccia

Mains

available after 5 pm

Polenta Maltagliati 23
creamed leek & chardonnay sauce, mushroom confit, sugar snap peas, grilled spring vegetables, pulsed mint, spinach, kale parmesan, toasted pine nuts

Jicama Fritters 22
pineapple-lemongrass tea reduction, green chili dust, cashew mascarpone, rhubarb marmalade, avocado, daikon, maple fennel, fresh herbs, white bean purée

Pozole Verde 21
hominy estofado, avocado crema, pineapple salsa, shaved cabbage, sikil pak, cashew queso, radish ceviché, lime, cilantro, sweet potato & corn chips

Wild Nettle Pierogies 23
okroshka, braised greens, sauerkraut, fried beetroot, jalapeño-black lime oil, toasted sesame & capers, mustard sausage