

*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

Summer

Brunch

Superfood Granola - raw 13
 sprouted buckwheat granola | goji berries | cacao nibs | chia | sprouted nuts & seeds, | maple syrup | fresh berries | almond mylk

Les Pancakes 17
 fermented buckwheat pancakes | fresh berries | coconut whip | cacao nibs | strawberry rose syrup

Greenstone Benny 18
 cauliflower fritter | chimichurri | avocado | spinach | tomato | poached eggs or tempeh | cashew hollandaise | green chili dust | roasted potatoes & salad

Apennine Benny 18
 grilled focaccia | almond ricotta | arugula | radish | sauerkraut | poached eggs or tempeh | cashew hollandaise | dried olives | roasted potatoes & salad

Genovese Hash 17.5
 lemon olio-fried summer vegetables and legumes | roasted potatoes | basil pesto | spinach | cherry tomatoes | hollandaise | scallion parmesan | tempeh or poached egg

ZLT - raw 16.5
 zacon | lettuce | tomato | avocado | sprouts | maple-mustard aioli | almond pumpernickel | w/ soup, salad, or potatoes

add a poached egg to any dish for \$3

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 12

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

House Soup - ever changing
 cup 6
 bowl 10

Soup & Salad 12
 cup of soup | side salad | multiseed cracker

Summer Roll 10
 pickled vegetables | garlic scape cheese | sprouts | chard leaf | jalapeño-mango dip

Market Salad 16
 young greens | seasonal juliennes | sprouts | avocado | cucumber | tomato | radish | hemp hearts | tahini lemon dressing

Mac 'n' Cheese 17
 brown rice macaroni | coconut-cashew cheese sauce | summer vegetables & greens | walnut & herb parmesan

Green Bowl 18
 dark greens | broccoli | bok choy | red onion | zucchini | green cabbage | coconut green thai curry broth | avocado | toasted cashews | cilantro | scallions | brown rice

Karma Bowl 13
 choice of rice or quinoa | steamed greens | daily legume | choice of sauce

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

Sides

multiseed	3.5	poached egg	3
crackers		avocado quarter/half	2.5/3.5
grilled focaccia	4	seasoned legumes	4
house sauerkraut	4	zucchini bacon	4.5
grilled tempeh	6	cashew cream cheese	4.5
roasted potatoes	6	steamed greens	4

w/house ketchup

dressings & sauces: 2.5/
 flax-lemon, maple-mustard mayo, 3.5
 sun-dried tomato ketchup,
 tahini-lemon, jalapeño-mango,
 cashew hollandaise, honey-dill

