



Summer

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	2.5/3.5
cold poached egg	3
steamed quinoa or brown rice	3.5
multiseed crackers	3.5
toasted cashews	3.5
house sauerkraut	4
steamed greens	4
daily legume	4
grilled garlic focaccia	4
almond pumpernickel	4
pickled garlic scape cashew cheese	4.5
toasted almond ricotta	4.5
basil pesto	4.5
pickled kelp	5
grilled red chili tempeh	6
roasted potatoes w/house ketchup	6
side salad	6

dressings & sauces

2.5/3.5

flax lemon
tahini-lemon
maple-mustard aioli
sun dried tomato ketchup
saké vinaigrette
honey dill
lemon olio
cashew ranch
chimichurri
jalapeño-mango
hilbeh

Soup & Salads

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

House Soup - ever changing

cup	6
bowl	10

Farmers Market - raw

young greens seasonal juliennes sprouts avocado cucumber tomato radish hemp hearts tahini lemon dressing	16
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Sunomono

shaved cucumber saké vinaigrette pickled alaria kelp glass noodles fermented rhubarb crushed jalapeño radish mason st. greens toasted sesame	16.5
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Panzanella

arugula blueberries fresh herbs tomato olive oil bread toasted almond ricotta fillet beans olive dust honey dill dressing	16.5
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Starters

Warm Olives

mango & saké	8
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Summer Roll

pickled vegetables garlic scape cheese sprouts herbs chard leaf chili-mango dip	10
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Tartine

<i>rotating accompaniments - ask your server</i> on grilled buckwheat focaccia	12
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Cauliflower Wings

ranch carrot & celery	13
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Bowls

served with a multiseed cracker

Pesto 17.5
roasted summer heirlooms | arugula |
grape tomatoes | dehydrated olives |
basil pesto | lemon olio | steamed quinoa |
pea sprouts | scallion parmesan

Mujaddara 17.5
beluga lentil curry | spinach |
sunflower sprouts | puffed lentils |
grilled mango | coconut yoghurt |
sauerkraut | zhoug | brown rice

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

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

Whippersnapper (for the kids & seniors) 12
rice or quinoa with choice of side sauce
and any 2 toppings: tempeh | avocado |
roasted potatoes | steamed greens | tomato |
daily legume | sauerkraut | poached egg

Karma 13
rice or quinoa | steamed greens |
daily legume | choice of sauce (see sides)

*for every karma bowl sold -
we donate \$1 to The Mustard Seed food bank*

Sandwiches

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

ZLT - raw 16.5
zacon | greens | tomato | avocado |
maple-mustard aioli | sprouts |
almond pumpernickel

Cauliflower Cheeseburger 17.5
lettuce | tomato | lacto pickles | ketchup |
cashew cheddar | mustard mayo |
radish sprouts | sesame sourdough bun

Sabich 17
za'atar marinated eggplant | mango relish |
tahini hilbeh | arugula | clover sprouts |
egg or tempeh | sweet potato flatbread

*Mains
available after 5
(Dine in only)*

Hoppers 22.5
strawberry-banana cashew curry |
pol sambola | seeni sambola |
fried egg | summer squash kofta |
coconut yoghurt | spinach | crispy lentils

Little Bundles 23
advieh charred eggplant and zucchini |
walnut paté | piperade | basil pulse |
hasselback new potato | golden hilbeh |
fermented greens | sun-dried black olives

Flautas 22.5
ocean marinated tofu | house tortillas |
fermented sea plants | almond queso |
chimichurri | avocado | mango salsa |
tomato | radish | crispy cabbage | dulce salt

Risotto 24
alaria kelp & saké dashi | cauliflower |
wilting greens | wild mushroom tempura |
togarashi lacto turnips | dandelion oil |
basil parmesan | jalapeño-black lime dust