



*Winter
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
Salt Spring Island Sprouts
Dakini Tidal Wilds
Suntrio Farm
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
Perks Microgreens
The Olive Farm
Comox Valley Mushrooms

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
33 Acres Brewery
Scout Winery
Emandare Vineyard
Ampersand Distillery
Devine Distillery
Valley Cider Co.
Marrow Vermouth
Little Farm Winery
Ursa Major Winery

Sides

avocado quarter/half	2.5/3.5
steamed quinoa or brown rice	3.5
multiseed crackers	3.5
toasted cashews	3.5
turmeric & ginger kraut	4
steamed greens	4
daily legume	4
grilled garlic focaccia	4
almond pumpernickel	4
ginger pickled alaria kelp	5
grilled red chili tempeh	6
roasted potatoes w/house ketchup	6
waldorf slaw	6

dressings & sauces 2.5/3.5

flax lemon
maple mustard aioli
sun dried tomato ketchup
green harissa
VS balsamic vinaigrette
green goddess dressing
coconut labneh
olive oil aioli

Soup & Salads

soup and salads are served with a raw dehydrated multiseed cracker

House Soup - ever changing

cup	6
bowl	10

Miso Soup

dashi broth | braising greens | radish |
glass noodles | pea shoots | alaria kelp |
sesame habanero oil | scallions

15

Dead Grapes

slow roasted carrots & legumes | fennel |
dried apricots | toasted almonds | quinoa |
huckleberry raisins | preserved citrus |
fried cabbage | VS balsamic vinaigrette

16.5

Palace Hotel

ginger kraut | avocado | pickled apple |
hemp hearts | kale chiffonade | spinach |
sprouts | radish | green goddess dressing

16

Starters

Warm Olives

ras el hanout & preserved citrus

8

Tartine

rotating accompaniments (ask us?)
on grilled fermented buckwheat focaccia

12

Winter Roll

pumpkin seed paté | sprouts |
avocado | brown rice | ginger kraut |
nori wrap | green harissa

10

Poutine

cashew cheese curds | sautéed creminis |
chestnut mushroom gravy | scallions

14

Bowls

served with a cracker

Itamemono

17.5

shichimi sautéed winter vegetables |
ginger pickled seaweed | pea shoots |
grilled tempeh | roasted fungi |
matcha toasted sesame | brown rice

Rockwell

17.5

maple baked beans | waldorf slaw |
sunflower sprouts | spinach | avocado |
grilled sweet potato | steamed quinoa

Green

18

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

Mac

17

brown rice macaroni | winter greens |
coconut cashew cheese sauce | creminis |
winter vegetables | walnut & herb parmesan

Whippersnapper (for the kids & seniors)

12

rice or quinoa with choice of side sauce
and any 2 toppings: sliced tomato | fennel |
tempeh | avocado | roasted potatoes |
steamed greens | daily legume | sauerkraut

Karma

13

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

for every karma bowl sold -

*we donate \$1.- to Dogwood's summit youth
program - empowering youth to protect their
future on planet earth*

Sandwiches

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

ZLT - raw

16.5

zacon | lettuce | tomato |
avocado | maple mustard mayo |
sprouts | almond pumpernickel

Discovery Burger

17.5

sourdough bun | pickled red onion |
spinach | sour pickle | avocado |
sprouts | ketchup | olive oil aioli

Reuben

17.5

shaved portobello | love potion mustard |
turmeric garlic kraut | cashew swiss |
crème fraîche | sprouts | caraway focaccia

Mains

available after 5

Underground Tagine

20

saffron braised root & chickpea hasa |
preserved citrus | huckleberry raisins |
dehydrated olives | apricots | green harissa
coconut labneh | grilled papadum |
olive oil smen | ras el hanout spiced quinoa

Jagaimo Okonomiyaki

22

tofu misozuke | kelp furikake |
sencha tea smoked lions mane |
lime fermented burdock | ginger kelp |
matcha puffed buckwheat & sesame |
umeboshish something | charred cipollinis
kewpie mayo | kiwi purée | pickled squash

Invierno Isla

21

pan de eloté | salsa roja | pickled celery |
angostura slow roasted carrots |
hazelnut & beetroot albondigas |
kimchi root chips | toasted black beans

Pansotti con Cavolo

24

wild mushroom & cashew ricotta filling |
braised kales | kale dust | kale crisps |
salsa di noci | salt washed parmesan |
salt spring olive oil | black lime maldon salt