



*Spring
Menu*

*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*

Please advise your server about food sensitivities and speak with a manager regarding severe allergies

An 18% gratuity will be added to your bill if you are in a party of 6 or more

*Our farmers, makers
& friends*

Food

Saanich Organics
Mason St. City Farm
Salt Spring Island Sprouts
Dakini Tidal Wilds
Suntrio Farm
Discovery Organics
Northstar Organics
Fierce Love Farm
Lance Staples Wildcrafting
Perks Microgreens
MAiZ Nixtamal Tortilleria
V.I. Sea Salt
The Olive Farm
Sweet Beans Farm

Drink

2% Jazz Coffee
Silk Road Tea Co.
Jagasilk
Howl Brewing
Mayne Island Brewing Co.
Ampersand Distilling Co.
Sheringham Distillery
Devine Distillery
Odd Society Spirits
Valley Cider Co.
Desert Hills Winery
Bartier Bros Vineyard
Rathjen Cellars
Kutatás Wines

Sides

4

Steamed Quinoa
Steamed Brown Rice
Cashew Cheese
Walnut Parmesan
Toasted Cashews
Steamed Greens
Daily Legume
Sourdough Buckwheat Focaccia
Teff Flatbread
Sourdough Crackers
Black Garlic Hummus
Agedashi Tofu
Sauerkraut
Almond Feta
Pickled Things

7

House Salad with Tahini Lemon
Roasted Potatoes & Ketchup

Sauces

sm 2 | lg 4

Tahini Lemon
Beet Borani
Salsa de Arbol
Sikil Pak
Ajvar
Gzik
Chili Black Lime Vinaigrette
Kiwi Mint Dressing
Aioli
Olivada
Zhoug
Miso Ginger
Labneh

Soup & Salads

House Soup

ever-changing

served with sourdough crackers

cup 6
bowl 9

Farmer's Market

16

young greens | seasonal juliennes |
sprouts | cucumber | tomatoes
fennel | hemp hearts | sauerkraut
tahini lemon dressing

Solterito Primavera

18

MAiZ hominy | beans | almond queso
red onion | fermented orange | peppers
sprouts | herbs | chili-black lime vinaigrette
dehydrated olives | butter lettuce | quinoa

Chartreuse Fattoush

17

black garlic hummus | cucumber | radish
snap peas | greens | preserved citrus
kiwi-mint dressing | roasted chickpeas
za'atar khubz chips

Starters

Warm Olives orange rind black garlic	8
Spring Roll collard leaves spring juliennes pea shoots lacto citrus sprouted pumpkin seed spread almond cotija salsa de Árbol	11
Crackers & Cheese sourdough crackers beet borani garlic scape cream cheese pickled things	15
Falafel Canapés falafel coconut gzik ajvar pickled cabbage leaves herbs	14

Sandwiches

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

Torta butter lettuce adobo portobellos pickled onions cilantro aioli sikil pak sourdough bun	18.5
Basque Country cashew cheese olivada piparrada house chistorra red onion sprouts focaccia	17.5
Manoucheh cucumber sprouts pickled beets tomatoes hummus za'atar almond feta zhoug flatbread	17.5

Bowls

Mac brown rice macaroni red onion coconut cashew cheese sauce greens broccoli spring vegetables walnut & herb parmesan	18
Green dark greens bok choy cabbage spring vegetables red onion coconut green thai curry broth cilantro toasted cashews scallions brown rice	19
Mujaddara green lentil curry sprouts grilled pineapple coconut labneh sauerkraut zhoug preserved citrus puffed black rice brown rice	17
Isle wild nettle gomaе cured shiitakes agedashi tofu nori steamed greens pea shoots miso-ginger sauce black sesame matcha puffed buckwheat quinoa	17
Karma choice of two sides choice of sauce choice of brown rice or quinoa	half 12 full 15

*we all deserve a warm meal. for every
karma bowl you order we make a \$1
donation to the mustard seed food bank*