



*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 of food sensitivities
and allergies*

*An 18% gratuity will be added to your bill
if your party is over 6*

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
MAiiZ Nixtamal Tortilleria
V.I. Sea Salt
The Olive Farm
Sweet Beans Farm
Alchemy Taste

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
Rathjen Cellars

Sides

4.5

Steamed Quinoa
Steamed Brown Rice
Multi-Seed Crackers
Steamed Greens
Lentils

6

Pickled Things
BBQ Tempeh
Sauerkraut
Kimchi
Sourdough Buckwheat Focaccia
Teff Flatbread

8

House Salad with Tahini Lemon
Roasted Potatoes & Ketchup

Sauces

sm 3 | lg 5

Cashew Cheese
Tahini Lemon
Miso Ginger
Flax Oil & Lemon
Asian Pear Vinaigrette
Mint or Cilantro Yogurt
Ponzu
Harissa Hummus
Spicy Mayo
Tomato Chutney
Mustard Aioli
Mac Sauce

Soup & Salads

soup and salads served with a multi-seed cracker

House Soup

ever-changing

cup 7
bowl 11

Farmer's Market

19

young greens | seasonal juliennes
sprouts | radish | sauerkraut
fennel root | hemp hearts
heirloom cherry tomatoes

*choice of dressing: tahini lemon,
miso ginger, or lemon flax oil*

Southwest Roasted Yam Salad

20

chilled yam salad | local greens | radish
creamy chipotle dressing | spinach
pickled onions | crushed carrot crisps
parsley | pickle | cilantro | scallion
red pepper | red onion | roasted corn

Moroccan Lentils

19.5

fragrant green lentils | mint yogurt
red onion | spring greens | peppers
dates | fresh herbs | heirloom tomatoes
harissa hummus | preserved lemon

Starters & Shares

Tacos 14.5

tempeh | spicy mayo | slaw
cilantro yogurt | pickled red onions
candied jalapeños | hot sauce

Warm Olives 11

herbs | citrus peel | wine

Springtide Roll 13.5

kimchi | sprouts | shiitakes | asian pear
nori | brown rice | spicy mayo | ponzu

Mezze 19.5

za'atar spiced flatbread | marinated olives
pickled things | cashew cream cheese
harissa hummus | tomato chutney

Sandwiches

*served with salad,
soup, or roasted potatoes*

Spring Burger 21

sourdough bun | sunflower mushroom patty
red onion | smokey carrot crisps | pickles
mustard aioli | greens | tomato ketchup

BBQ Tempeh Sandwich 20

candied jalapeños | mustard mayo
caramelized onions | sprouts
cashew cream cheese | greens
buckwheat focaccia

Bowls

served with a multiseed cracker

Mac 21

brown rice macaroni | red onion
coconut cashew cheese sauce | greens
broccoli | crimini mushroom
walnut & herb parmesan

Green 22

dark greens | bok choy | cabbage
seasonal vegetable | red onion
cilantro | toasted cashews | scallions
coconut green thai curry | brown rice

K bowl 20

kimchi | pickled sea plants
brown rice | gochujang sauce
grilled tempeh | shiitakes | furikake
sprouts | mixed juliennes | daikon

Fasolia Bowl 21

red kidney bean stew | mint yogurt
fresh shatta hot sauce | herb salad
bitter and wild greens | fried onions
preserved lemon | shiitakes | quinoa

Karma half 12.5

choice of two: *steamed greens, lentils,
BBQ tempeh, sauerkraut, kimchi*

choice of sauce : *tahini lemon, miso ginger,
or flax oil and lemon*

choice of brown rice or quinoa

full
17