



*Autumn*

*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.  
Howl Brewing  
Mayne Island Brewing Co.  
Ampersand Distilling Co.  
Sheringham Distillery  
Devine Distillery  
Odd Society Spirits  
Valley Cider Co.  
Desert Hills Winery  
Unsworth Vineyard

## Sides

4•5

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

6

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  
Cilantro & Mint Yogurt  
Mixed Raita  
Ponzu  
Roasted Sesame  
Harissa Hummus  
Spicy Mayo  
House 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*

### Warm Beetroot Salad

20

red kale | roasted beets | hazelnut dukkah  
miso ginger dressing | cashew cheese  
candied pumpkin seeds | pickled red onion  
fresh herbs | quinoa

### 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

# Bowls

## Tacos 14.5

tempeh | spicy mayo | slaw  
cilantro yogurt | pickled red onions  
candied jalapeños | pico de gallo

## Warm Olives 11

herbs | citrus peel | wine

## Autumn Roll 13.5

kimchi | sprouts | sweet yam fries | nori  
cucumber | brown rice | spicy mayo | ponzu

## Mezze 19.5

za'atar spiced flatbread | marinated olives  
pickled & fresh vegetables | harissa hummus  
cashew cream cheese | house chutney

# Sandwiches

*served with salad,  
soup, or roasted potatoes*

## Autumn Burger 21

house bun | sunflower mushroom patty  
red onion | caramelized onion | pickles  
mustard aioli | greens | tomato ketchup

## Kati Roll 21

spinach roti | curry potatoes | radish  
cilantro & mint yogurt | roasted cauliflower  
house chutney | pickled onions | arugula

## BBQ Tempeh Sandwich 20

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

## Mac 21

brown rice macaroni | red onion  
coconut cashew cheese sauce | broccoli  
braising greens | seasonal vegetable  
walnut & herb parmesan

## Green 22

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

## Rising Sun Bowl 21

teriyaki soy curls | peppers | red onion  
marinated shiitakes | furikake | scallions  
sprouts | mixed juliennes | sesame sauce  
braising greens | brown rice | daikon

## Masoor Dal 20

red lentil dal | mixed raita  
house chutney | herbs | saffron  
preserved lemon | shiitakes  
indian spiced chilli oil | jeera papad  
basmati | wilted greens

## 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, quinoa or  
saffron basmati

full  
17