



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.
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
Multiseed Crackers
Walnut Parmesan
Toasted Cashews
Steamed Greens
Lentils

6

Pickled Things
Agedashi Tofu
Kimchi
Kohlrabi Kraut
Sourdough Buckwheat Focaccia
Teff Flatbread

8

House Salad with Tahini Lemon
Roasted Potatoes & Ketchup

Sauces

sm 3 | lg 5

Garlic Scape Cashew Cheese
Tahini Lemon
Miso Ginger
Flax Oil & Lemon
Apple-Kosho Vinaigrette
Fermented Honey
Sumac Yogurt
Ponzu
Muhammara
Tomato Chutney
Curry Aioli
Beet Remoulade
Black Garlic Aioli
Mac Sauce

Soup & Salads

soup and salads served with a multiseed cracker

House Soup

ever-changing

cup 6.5
bowl 10

Farmer's Market

19

young greens | seasonal juliennes
sprouts | tomato | kohlrabi kraut
fennel root | hemp hearts
*choice of dressing: tahini-lemon,
miso ginger, or flax oil & lemon*

Karikari

19

charred misozuke | kimchi | pea shoots
massaged kale | grapes | fennel
spinach | matcha puffed buckwheat
beet chips | apple-kosho vinaigrette

Ghosen

19.5

seared brussels | dehydrated olives
dandelion greens | blistered tomatoes
fermented honey | preserved lemon
sumac yogurt | pickled apple
red quinoa

Starters & Shares

Tartine 13.5

rotating accompaniments - ask your server
on grilled buckwheat focaccia

Warm Olives 9

black garlic | auxerrois | maple

Autumn Roll 12.5

misozuke | kimchi | sprouts | shiitakes
pickled apple | nori | brown rice
ponzu

Mezze 19.5

za'atar spiced flatbread | marinated olives
pickled things | garlic scape cream cheese
grapes | dolmades | muhammara

Sandwiches

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

Autumn Burger 19

spiced chickpea patty | greens
red onion | curry aioli
jalapeño achar | tomato chutney
sourdough bun

Manakish 19

espresso roasted squash | sesame crisps
muhammara | kohlrabi kraut
spinach | teff flatbread

Acadiana 20

mushrooms in olio | hickory sticks
red onion | sprouts | lacto pickles
beet remoulade | cream cheese
buckwheat focaccia

Bowls

served with a multiseed cracker

Mac 20

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

Green 21

dark greens | bok choy | cabbage
autumn vegetables | red onion
coconut green thai curry broth | cilantro
toasted cashews | scallions | brown rice

Sabzi 19.5

herbed cannellini stew | fungi
scallions | black lime dust | radish
preserved lemon | sumac yogurt
spiced sesame | red quinoa

Bibimbap 20

miso maple glazed autumn vegetables
roasted shiitakes | black garlic aioli
agedashi tofu | roasted hazelnut
house ponzu | kimchi | greens
pickled apple | brown rice

Karma half 12.5

choice of two: *steamed greens, lentils, tofu,*
pickled things, kimchi

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

choice of brown rice or quinoa

full
17