



Winter

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
Walnut Parmesan
Toasted Cashews
Steamed Greens
Lentils

6

Pickled Things
BBQ Tempeh
Sauerkraut
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
Charred Onion Vinaigrette
Lemon Caper Dressing
Cilantro Yogurt
Ponzu
Caramelized Onion Hummus
Spicy Aioli
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

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

Piyaz

19.5

cannellini beans | herbs
chiffonade kale | pickled red onion
hummus | heirloom cherry tomatoes
charred onion vinaigrette | sumac

Charred Kale

19.5

grilled kale | lemon caper dressing
hemp hearts | quinoa | caper berries
crushed hazelnuts | buckwheat bits

Starters & Shares

- Adobo Tacos** 14.5
on Maiiz Nixtamel Tortillas
adobo tempeh | shredded cabbage
cilantro yogurt | spicy aioli | tomato salsa
- Warm Olives** 11
herbs | citrus peel | wine
- Winter Roll** 13.5
sauerkraut | sprouts | shiitakes | squash
nori | brown rice | spicy mayo | ponzu
- Mezze** 19.5
za'atar spiced flatbread | marinated olives
pickled things | cashew cream cheese
caramelized onion hummus | tomato chutney

Sandwiches

*served with salad,
soup, or roasted potatoes*

- Winter Burger** 21
sourdough bun | mushroom patty | pickles
red onion | salal berry ketchup | mustard
aioli | greens
- BBQ Tempeh Sandwich** 20
candied jalapeños | mustard mayo
caramelized onions | sprouts
cashew cream cheese | greens
buckwheat focaccia

Bowls

served with a multiseed cracker

- Mac** 20
brown rice macaroni | red onion
coconut cashew cheese sauce | greens
broccoli | roasted squash
walnut & herb parmesan
- Green** 21
dark greens | bok choy | cabbage
winter vegetables | red onion
cilantro | toasted cashews | scallions
coconut green thai curry | brown rice
- Masoor Daal** 20
spiced red lentil | fungi
scallions | cilantro | black lime dust
preserved lemon | cilantro raita
tomato chutney | red quinoa
- Burrito Bowl** 21
marinated tempeh | tortilla chip
refried black beans | spicy salsa
sauerkraut | greens | cilantro
pickled onions | cilantro yogurt
brown rice
- Karma** half 12.5
choice of two: *steamed greens, lentils,*
BBQ tempeh, sauerkraut
choice of sauce : *tahini lemon, miso ginger,*
or flax oil and lemon
choice of brown rice or quinoa full 17