



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.
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
Caramelized Onion 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

*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

Mediterranean Potato

20

yellow nugget potato | mixed greens
caper and lemon dressing | parsley
sun-dried tomato and kalamata tapenade
dill | oregano | almond parmesan | apple

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

Winter 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 | house chutney
caramelized onion hummus | cashew cream
cheese

Sandwiches

*served with salad,
soup, or roasted potatoes*

Winter 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 | greens

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