



Summer

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 about food sensitivities and speak with a manager regarding severe allergies

An 18% gratuity will be added to your bill if you are in a party of 6 or more

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
Bartier Bros Vineyard
Rathjen Cellars
Kutatás Wines

Sides

4

Steamed Quinoa
Steamed Brown Rice
Multiseed Crackers
Walnut Parmesan
Toasted Cashews
Candied Pepitas
Steamed Greens
Pickled Things
Daily Legume
Agedashi Tofu
Black Garlic Hummus
Dill Pickle Sauerkraut
Pickled Alaria Kelp
Sourdough Buckwheat Focaccia
Teff Flatbread

7

House Salad with Tahini Lemon
Roasted Potatoes & Ketchup

Sauces

sm 2 | lg 4

Cashew Cheese
Tahini Lemon
Miso Ginger
Flax Oil & Lemon
Saké Vinaigrette
Mango Mustard Vinaigrette
Coconut Raita
Tuong Ot Aioli
House Ponzu
Pesto
Mustard Aioli

Soup & Salads

soup and salads served with a multiseed cracker

House Soup cup **6**
ever-changing bowl **9**

Farmer's Market **16.5**

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

Sunomono **17.5**

shaved cucumber | saké vinaigrette
pickled alaria kelp | glass noodles
radish | lacto berries | mango tuile
shiitakes | mason st. greens | furikake

Barrio Verduras **17**

young greens | grilled corn | candied pepitas
cilantro | fermented chillies | radish
heirloom tomato | black lime tostada
mango mustard vinaigrette

Starters & Shares

Tacos 12

rotating accompaniments - ask your server
on MAiZ Nixtamal tortillas

Warm Olives 8

orange wine | wild flowers | cardamom

Summer Roll 11

chard leaves | lacto berries | mint crema
sprouts | summer juliennes | tofu
miso ginger sauce

Mezze 17

za'atar flatbread | summer vegetables
black garlic hummus | marinated olives
cream cheese | pickled things

Sandwiches

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

Banh Mi 18.5

pulled jackfruit | walnut paté
pickled melon & daikon | herbs | sprouts
tuong ot mayo | sourdough bun

Melanzane 17

pickled eggplant | cashew cream cheese
pesto alla trapanese | radish chips
sprouts | cucumber | buckwheat focaccia

ZLT 16.5

dill pickle kraut | mustard aioli
greens | zucchini bacon | heirloom tomato
fermented flax bread

Bowls

served with a multiseed cracker

Mac 18.5

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

Green 19

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

Kali 17.5

chana masala | coconut raita
grilled mango | aloo gobi
spinach | cilantro | sprouts
toasted nigella | red quinoa

Poke Ipu 18

kosho marinated melon | spicy mayo
cucumber | seasonal herbs | radish
greens | pickled seaweed | agedashi tofu
hazlenut 'inamona | ponzu | brown rice

Karma half 12

choice of two: *steamed greens, legumes,
tofu, pickled things, kelp, sauerkraut*

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

choice of brown rice or quinoa

full
15.5

*we all deserve a warm meal. for every
karma bowl you order we make a \$1
donation to the mustard seed food bank*