



BRUNCH

PLANTES-BASED MENU

Avocado toast

Avocado and yuzu purée on country bread, faux salmon sashimi, sumac, pomegranate, crispy tofu, lemon emulsion, fried rice pearls, and arugula microgreens.

19

Energy Bowl

Plant-based yogurt with cinnamon and star anise, Québec haskap berries, dried blueberries, homemade granola, sweet-and-salty pumpkin seeds, toasted coconut, and ginger syrup.

18

Sweet Waffles

Waffles with homemade cinnamon apple compote, walnuts, maple syrup, a hint of our crème brûlée blend, dried apples, and a mint leaf.

18

Shakshuka

Crispy tofu, homemade champagne tomato sauce, fine ratatouille, plant-based feta, basil, black pepper, grilled country bread, and LOV-spiced St-Arneault potatoes

18

Tofu Benedict

Crispy tofu, smoked tomato, kale, English muffin, plant-based hollandaise sauce, LOV-spiced potatoes, and salad.

20

Mushroom Crostini

Toasted country bread, oyster mushrooms, button mushrooms and shiitake, asparagus, sweet and savory umami sauce, white truffle oil, crispy tofu, vegan hollandaise, micro mesclun, spiced LOV potatoes.

19

Coconut Curry

Roasted butternut squash, heirloom carrots and LOV curry sauce over basmati rice. Garnished with cashews and cilantro.

24

Big LOV Cheeseburger

Plant based "beef" patty, lettuce, tomato, red onion, pickle, BIG LOV sauce, plant-based cheddar on a brioche burger bun. Served with Quebec fries or salad.

22

ASK OUR FLOOR STAFF
WHAT'S AVAILABLE ON THE CHALKBOARD THIS WEEKEND

For safety reasons, please inform your server of any allergies when placing your order.
The following allergens are used in our kitchen and may come into contact with your dish: gluten, nuts, wheat, peanuts, soy.

VEGETARIAN MENU

Eggs Benedict 20

Poached eggs, smoked tomato, kale, English muffin, almost-classic hollandaise sauce, LOV-spiced St-Arneault potatoes, and salad.

Morning Poutine 16

LOV-spiced potatoes, poached egg, Québec cheese curds, fried onion, almost-classic hollandaise sauce, and onion soup broth emulsified with butter.

Shakshuka 18

Sunny-side-up egg, homemade champagne tomato sauce, fine ratatouille, crumbled feta, basil, black pepper, grilled bread, and LOV-spiced St-Arneault potatoes.

Mushroom Crostini 19

Toasted country bread, oyster mushrooms, button mushrooms, and shiitakes, asparagus, sweet-and-savory umami sauce, white truffle oil, poached eggs, almost-classic hollandaise, micro greens, St-Arneault spiced potatoes with LOV seasoning.

COFFEE & TEA

Allongé, Espresso, Americano 4

Cappucino 6

Latte 8

Chaï Latte, Moka, Matcha Latte 8

Golden Latte 8

Mesquite, Turmeric, Cinnamon, Cardamom, Ginger, Ashwaganda, White Pepper, Vanilla Bean

Blue Lavender Latte 8

Pitaya Rose, Butterfly Pea Flower powder, ashwaganda, nutmeg, cinnamon

Camellia Sinensis Tea 5

Roolbos Zeste Éclair, Earl Grey, Mint, Green tea

Choice of milk: Almond, oat, or macadamia

SMOOTHIES

Tango Mango 11

Banana, pineapple, mango, ginger, turmeric

Kale It Up 11

Kale, banana, cucumber, ginger, pear, flax seeds

Berry Best 11

Raspberry sorbet, blackberries, banana, orange, hemp seeds

Energy Bowl 18

Greek yogurt with cinnamon and star anise, Québec haskap berries, dried blueberries, homemade granola, sweet-and-salty pumpkin seeds, toasted coconut, and ginger syrup.

Brioche Bread 17

Brioche bread, homemade cinnamon apple compote, walnuts, salted caramel sauce, lemon crème fraîche, a hint of our crème brûlée blend, dried apples, and a mint leaf.

Avocado Toast 19

Poached eggs, smoked tomato, kale, English muffin, almost-classic hollandaise sauce, LOV-spiced St-Arneault potatoes, and salad.

Gourmet Goat Cheese Burger 24

Plant-based “beef” patty seasoned with steak spices, goat cheese, sugar-free date purée, Dijon mustard emulsion, and arugula. Served with Québec fries or salad.

SIDES

Fresh Fruit Bowl & Compressed Melon 9

LOV-Spiced St-Arneault potatoes 5

Avocado Slices 4

Poached Egg, Beet-Marinated Hard-Boiling Egg 2

KIDS MENU - 10 \$

Waffle (Vegan)

Waffles with homemade cinnamon apple compote, walnuts, maple syrup, a hint of our crème brûlée blend, dried apples, and a mint leaf.

Mini Poutine

LOV-spiced potatoes, poached egg, Québec cheese curds, fried onion, almost-classic hollandaise sauce, and onion soup broth emulsified with butter.

Breakfast Club

Sunny-side-up egg, aged cheddar, lettuce, tomatoes, and LOV-spiced St-Arneault potatoes.