

# favourites

## WE'VE GOT EGGS... and we know how to use them!

**GLUTEN-FREE** option available on items indicated **GF** | Add **\$1.5**

### TRADITIONAL **GF**

Two fresh eggs as you like them with your choice of bacon, ham or Lefty's banger sausages. Served with thick sliced sourdough or multigrain toast and hand-cut seasoned hashbrowns. / **\$13**

### HEFTY BREAKFAST **GF**

Three fresh eggs served any style with bacon, ham and a Lefty's banger sausage. Includes thick sliced sourdough or multigrain toast and hand-cut seasoned hashbrowns. / **\$16**

### WRAP IT UP

Two scrambled eggs with chopped peppers, red onions, tomatoes, cheddar cheese, salsa, sour cream and hand-cut seasoned hashbrowns wrapped in a soft flour tortilla. / **\$11**

### HUEVOS BURRITOS **V**

Two lightly scrambled eggs with chopped peppers, red onion, tomatoes and cheddar cheese wrapped in two warm flour tortillas. Topped with salsa and sour cream. Served with a side of hand-cut seasoned hashbrowns. / **\$12**

*Add bacon or sausage / \$4.5*

*Add beans or guacamole / \$1.5*

### VEGGIE SCRAMBLER **V GF**

Two scrambled eggs, fresh spinach, sautéed peppers, red onion, tomatoes and mushrooms. Served with thick sliced sourdough or multigrain toast and hand-cut seasoned hashbrowns. / **\$12**

*Add bacon or sausage / \$4.5*

*Add cheddar or feta cheese / \$2*

*Substitute fruit or sliced tomatoes for hashbrowns / Add \$1.5*

## FRESH FOOD CRAFTED DAILY - SINCE 1996 -

## 3 EGG OMELETTES

**ALL OMELETTES** made fresh to order with 3 free-run eggs. Served with thick sliced toast and hand-cut seasoned hashbrowns.

### LEFTCOAST **GF**

Smoked salmon, artichokes, red onion & asiago cheese. / **\$14**

### SPINACH & FETA **V GF**

Spinach, mushrooms, red onion and feta cheese. / **\$13**

### BACON MUSHROOM **GF**

Bacon, mushrooms and melted cheddar cheese. / **\$14**

### TUSCAN **V GF**

Sweet basil, spinach, red onions, tomato and asiago. / **\$13**

*Substitute fruit or sliced tomatoes for hashbrowns / Add \$1.5*

## DO THE RIGHT THING!

Quality ingredients prepared fresh make meals that taste better and are better for you. Free-run eggs, locally-sourced bread, custom sausages, hand crafted hot sauce and housemade jam are some of our breakfast examples. In addition, using fresh ingredients ensures that much of our waste is compostable and/or biodegradable. This has motivated us to further reduce our garbage footprint by eliminating packets for jam, creamers, syrup and sugar (7,300 litres of plastic garbage each year to be exact). Fresh is good for you and your planet!

Lefty

**V** Vegetarian **GF** Gluten Free

*While we offer gluten free items, our kitchen is not completely gluten free.*

## NOT EGGS

**GLUTEN-FREE** option available on items indicated **GF** | Add **\$1.5**

### FRENCH TOAST À GAUCHE **V** **GF**

Thick slices of french bread hand-dipped in fresh egg, cream and vanilla batter. Grilled until golden brown. Topped with sliced banana and cinnamon sugar. Served with butter and maple-flavoured syrup.

**Hefty order (3 pc) / \$12 | Regular order (2 pc) / \$9**

Add a side of **bacon, ham, bangers or farmer's sausage** / **\$4.5**

### OATMEAL SPICE PANCAKES **V**

Extra large pancakes made with fresh eggs, buttermilk, oats and our own signature blend of spices. Topped with sliced banana and cinnamon sugar. Served with butter and maple-flavoured syrup.

**Hefty order (3 pc) / \$12 | Regular order (2 pc) / \$9**

Add a side of **bacon, ham, bangers or farmer's sausage** / **\$4.5**

### CAROL'S KIND'A GRANOLA **V**

A tasty mix of oats, sunflower seeds, coconut, raisins, sun-dried cranberries, brown sugar and honey. Prepared from scratch. Served with mixed berry-flavoured yogurt. / **\$7.5**

### BAGEL DASH

Two slices of smoked bacon with cheddar cheese, lettuce, tomato and mayonnaise on your choice of a toasted multigrain or sesame seed bagel. / **\$8** | Add one egg + **\$1.5**

LIVE WITH ENTHUSIASM  
LOVE YOUR FAMILY  
& RESPECT EVERYONE ELSE  
*...even if they're right handed*

## SIDE ORDERS

### BAGEL

Toasted multigrain or sesame seed bagel with butter. / **\$4**

### BAGEL + CREAM CHEESE

Toasted multigrain or sesame bagel with cream cheese. / **\$5.5**

### TOAST **GF**

Two pieces multigrain or sour-dough toast with butter. / **\$4**

### ONE EGG

One fresh free-run egg served any style you like. / **\$1.5**

### ONE PANCAKE

One oatmeal spiced pancake with sliced banana. / **\$5**

### HASHBROWNS

One side order of hand-cut seasoned hashbrowns. / **\$3**

### BACON

Three slices of honey-cured smoked bacon. / **\$4.5**

### BANGERS

Two custom-made Lefty's banger sausages. / **\$4.5**

### HAM

One side of old-fashioned smoked ham. / **\$4.5**

### SAUSAGE

One side of double-smoked farmer's sausage. / **\$4.5**

### FRUIT PLATE

Fresh seasonal fruit. Please ask for today's selection. / **\$7.5**

### MUFFIN

Our signature 'made-from-scratch' muffin. / **\$2.5**

**V** Vegetarian **GF** Gluten Free

*Some items on our menu may contain dairy, wheat, peanuts and/or other allergens.*



## SOFTER

### JUST JUICE

Orange juice, apple, grapefruit, pineapple, cranberry, tomato juice and clam juice. / \$4

### GOT MILK?

Whole, skim and chocolate milk. Substitute almond or soy (dairy-free) for \$1 more. / \$3

### SWEET SUNRISE

Orange juice and a splash of grenadine syrup with a slice of fresh orange. / \$4.5

### 0° PROOF CAESAR

Everything but the vodka! Clam juice, 8-spice rim, pickled vegetables, lime wedge. / \$5

# LOCALLY ROASTED ORGANIC COFFEE

- ROBUST BUT NOT BITTER -

## HOTTER

**WE PROUDLY SERVE** certified organic coffee from **Coombs, BC.**

### LEFTY'S BLEND COFFEE

Crafted exclusively for Lefty's. On the darker side of medium. Bottomless cup! / \$3

### ORGANIC TEA

Assorted blend of premium fair-trade, organic herbal teas. Please ask for selection. / \$3

### AMERICANO

Single shot of organic espresso with hot water added to equal a cup of coffee. / \$3

### ESPRESSO

Full-bodied organic espresso. Regular or decaffeinated. Single shot / \$3 Double / \$4

### STEAMER

Steamed milk with your choice of flavoured syrup. Topped with velvety foam. / \$3.25

### HOT CHOCOLATE

Steamed chocolate milk topped with whip cream and real chocolate shavings. / \$3.75

### SHOT IN THE DARK

Single shot of rich, full-bodied organic espresso in a hot cup of Lefty's blend coffee. / \$4

### CAPPUCCINO

Equal parts full-bodied organic espresso, frothed milk and foam. Topped with cinnamon. / \$4

### LATTE

Rich, full-bodied organic espresso with steamed milk. Topped with foam. / \$4.25

### CHAI LATTE

Creamy blend of exotic chai tea and steamed milk. Topped with nutmeg. / \$4.25

### LONDON FOG

The perfect marriage of black tea, vanilla syrup and steamed milk with foam. / \$4.25

### MOCHA

Full-bodied espresso, steamed chocolate milk, whip cream and chocolate shavings. / \$5

*Make your favourite hot drink bowl-size / Add \$1.5*

## STRONGER

Available 7 days each week from 11:00 am.

### LEFTY'S CAESAR

Vodka, clam juice, 8-spice rim, pickled vegetables. / \$8.5

### CRAFTY RED EYE

Craft draught beer and a sidecar of tomato or clam juice. / \$7

### SPARKLING MIMOSA

Orange juice with sparkling white wine and bitters. / \$7

### LEFT-HAND SCREWDRIVER

Vodka, orange and grapefruit juice served over ice. / \$6.5

**V** Vegetarian **GF** Gluten Free

*Please inform your server of any food allergies prior to placing your order.*