

# BREAKFAST

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

## TRADITIONAL GF AVBL

Two eggs with your choice of crispy bacon, smoked country ham or banger-style sausages. Served with hash browns and thick sliced toast. / \$14

## HEFTY BREAKFAST GF AVBL

Three eggs any style, with crispy bacon, smoked country ham and a banger-style sausage. Served with hash browns and thick sliced toast. / \$17

## STEAK N' EGGS GF AVBL

6oz Certified Angus Beef® sirloin steak chargrilled to perfection. Served with three eggs any style, hash browns and thick sliced toast. / \$23

## BACON + EGG'WICH GF AVBL

One fried egg, crispy bacon, cheddar cheese, lettuce and tomato with chipotle sauce on your choice of a brioche bun or toasted bagel. Served with a side of hash browns. / \$12

## VEGGIE SCRAMBLER V GF AVBL

Two scrambled eggs, sautéed mushrooms, chopped peppers, red onion, tomato and spinach. Served with hash browns and thick sliced toast. / \$13

*Try it with cheddar cheese or feta cheese / Add \$1.5*

## HUEVOS BURRITOS V

Two scrambled eggs, peppers, red onion, tomato and cheddar cheese wrapped in two warm flour tortillas. Topped with salsa and sour cream. Served with hash browns. / \$13

*Try it with black beans or guacamole / Add \$1.5*

## WRAP IT UP V

Two scrambled eggs, chopped peppers, red onion, tomato, cheddar and mozzarella cheese with salsa, sour cream and hash browns all wrapped up in a warm flour tortilla. / \$12

## FRESH FOOD CRAFTED DAILY

- SINCE 1996 -

## 3 EGG OMELETTES

**ALL OMELETTES** made with three freshly cracked **free-run eggs**. Served with **hand-cut seasoned hash browns** and **thick sliced toast**.

### BACON, MUSHROOM + CHEESE GF AVBL

Honey-cured bacon, sautéed mushrooms and cheddar cheese. / \$15

### LEFTCOAST SALMON GF AVBL

Lox-style smoked salmon, sliced red onion and asiago cheese. / \$15

### SPINACH + FETA CHEESE V GF AVBL

Fresh spinach, sautéed mushrooms, red onion and feta cheese. / \$14

*Add a side of crispy bacon, smoked country ham or sausage / \$5*

## DO THE RIGHT THING!

**WE RECYCLE** all of our food waste and organic materials. Using fresh ingredients ensures that much of our waste is compostable or biodegradable. We have further reduced our garbage footprint by eliminating plastic straws, packets for jam, creamers, syrup and sugar (7,300 litres of plastic garbage each year to be exact). Free-run eggs, custom-made sausages, locally baked bread, housemade hot sauce and jam are just some of the breakfast items on our menu that not only taste better, but are better for you and your planet!

Lefty

V Vegetarian GF Gluten Free

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

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## NOT EGGS

### OATMEAL SPICE PANCAKES **V**

Two extra large pancakes made with fresh eggs, buttermilk, oats and our own blend of spices. Topped with sliced banana and cinnamon sugar. Served with butter and maple-flavoured syrup. / \$10

Add a side of *crispy bacon, smoked country ham or sausage* / \$5

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

Two thick slices of egg-dipped french bread, griddled to golden perfection. Topped with sliced banana and a sprinkle of cinnamon sugar. Served with butter and maple-flavoured syrup. / \$10

Add a side of *crispy bacon, smoked country ham or sausage* / \$5

### LEFTCOAST SALMON BAGEL

Lox-style cold smoked salmon on a bed of cream cheese topped with sliced red onion and capers. Served on your choice of a toasted sesame seed, multigrain or everything bagel. / \$9.5

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

Oats, sunflower seeds, coconut, raisins, sweet dried cranberries, almonds, brown sugar and honey. Prepared from scratch! Topped with mixed berry-flavoured yogurt and fresh seasonal fruit. / \$8

### ALMOST FAMOUS OATMEAL **V**

A warm bowl of our 'almost famous' oatmeal. Made with rolled oats, dried fruit, nuts, brown sugar and our own blend of mellow spices. Topped with Carol's kinda' granola and served with cream. / \$7

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

## ON THE SIDE

**BUILD YOUR OWN** breakfast or add a little something **on the side**.

### TOASTED BAGEL

Sesame, multigrain or everything bagel with butter. / \$4.5

### BAGEL + CREAM CHEESE

Sesame, multi or everything bagel with cream cheese. / \$6

### TOAST **GF** AVBL

Two slices multigrain or sour-dough toast with jam. / \$4.5

### ONE EGG

One freshly cracked free-run egg served any style. / \$2

### ONE PANCAKE

One oatmeal spiced pancake with sliced banana. / \$5.5

### HASH BROWNS

One side order of our hand-cut seasoned hash browns. / \$3.5

### BACON

Three slices of honey-cured smoked bacon. / \$5

### BANGER

Two custom-made for Lefty's banger-style sausages. / \$5

### HAM

One side of old-fashioned smoked country ham. / \$5

### SAUSAGE

One side of double-smoked farmer's sausage. / \$5

### FRUIT

One side of fresh seasonal fruit. Please ask for selection. / \$4.5

### Q.B. MUFFIN

Our signature made-from-scratch muffin. / \$3

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*Not all ingredients are listed in menu descriptions. Some items 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

### 0° PROOF CAESAR

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

### SWEET SUNRISE

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

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## LOCALLY ROASTED ORGANIC COFFEE

- ROBUST BUT NOT BITTER -

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## 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 topped with foam. Add a shot of flavoured syrup for \$1 more. / \$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 chai tea spices 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 11:00am

### LEFTY'S CAESAR

Vodka, clam juice, pickled vegetables, spiced rim. / \$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

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