

# favourites

## LIGHTER

### SOUP OF THE DAY

Our delicious hot soups are made **fresh**, from **scratch** ingredients, **daily**.  
Cup **\$4** | Bowl with garlic bread **\$7.5** | Make it **GF** Add **.75¢**

### ROASTED RED PEPPER HUMMUS **V**

Housemade roasted red pepper hummus served with warmed focaccia bread. / **\$10**

#### FLATBREADS

##### Tomato Bruschetta **V**

Grilled flatbread with our house-made tomato bruschetta. Topped with asiago and balsamic reduction. / **\$10**

##### Mediterranean **V**

Grilled flatbread with fresh spinach, artichokes, red onions and feta. Finished with balsamic reduction. / **\$11**

### GRILLED FISH TACOS **GF**

Two warm corn tortillas filled with tender pieces of grilled cod fish and topped with lime and sweet chili slaw. / **\$13**

### RED THAI COCONUT CURRY PRAWNS **GF**

Six prawns sautéed in our house-made red thai coconut curry sauce and served over a mixture of white and wild rice. / **\$11.5**

### LEFTY'S QUESADILLA **V**

Cheddar and mozza, peppers, red onions and tomatoes with spinach in grilled flour tortillas. Includes salsa and sour cream. / **\$11.5**

Add signature spiced **black beans** or side of **guacamole** + **\$1.5**

Try your Flatbread or Lefty's Quesadilla with sliced **Cajun Chicken** or double **Smoked Sausage** / Add **\$5**

## FRESH FOOD CRAFTED DAILY

- SINCE 1996 -

## GREENER

**ALL SALADS** are hand-chopped and served with our **scratch** dressings.

### SPINACH CRANBERRY **V GF**

Fresh spinach, sun-dried cranberries, toasted almonds, sunflower seeds, red onion and mango vinaigrette dressing.

### MEDITERRANEAN **V GF**

Artisan greens, sweet bell peppers, red onions, tomatoes, artichokes, kalamata olives, feta cheese and balsamic vinaigrette dressing.

### THAI NOODLE **V GF**

Artisan greens, red cabbage, shredded carrots, ginger-sesame rice noodles, thai peanut sauce and toasted sesame seeds.

### MANDARIN **V GF**

Artisan greens, red cabbage and shredded carrots with mandarins, toasted almonds, red onions and our creamy 'Sinistro' dressing.

### CAESAR **V**

Romaine lettuce hand-tossed in our classic Caesar dressing. Topped with oven-baked croutons and asiago cheese.

### GARDEN GREENS **V GF**

Artisan greens, red cabbage, shredded carrots, red onions and tomatoes with our creamy 'Sinistro' dressing.

Regular **\$10** | Meal with garlic bread **\$15** | Make it **GF** Add **.75¢**

Add your favourite protein to any salad...

Prawns (5) or  
**CHICKEN / \$5**

Grilled Wild  
**SALMON / \$8**

6oz Sirloin  
**STEAK / \$10**

## BOLDER

### SLOW-ROASTED RIBS **GF**

Tender pork back ribs basted with Lefty's BBQ sauce, Teriyaki or our Triple-Heat sauce. Served with chef's potatoes and caesar salad.  
Full rack / **\$25** Half rack / **\$19**

### SIRLOIN STEAK **GF**

Juicy 6oz charbroiled sirloin steak with chef's potatoes and seasonal dinner vegetables. / **\$24**

Add prawns (5) / **\$5**

Add sautéed mushrooms / **\$3**

Add blue cheese sauce / **\$4**

### THAI COCONUT PRAWNS **GF**

10 prawns sautéed in red thai coconut curry sauce with white & wild rice and vegetables. / **\$19**

### SESAME SALMON **GF**

Sesame-crusting salmon fillet with lemon-ginger glaze. Served with ginger-fried vegetables and a mix of white and wild rice. / **\$21**

### PESTO PARMESAN CHICKEN

Panko-crusting chicken breast with pesto, bruschetta and asiago. Served with dinner vegetables and risotto-style rice. / **\$19**

### LEMON-PEPPER COD **GF**

Grilled cod fillet crusted in lemon-pepper panko crumbs and topped with lemon aioli. Served with dinner vegetables and a mixture of white & wild rice. / **\$22**

### THAI PEANUT STIRFRY **V GF**

Fresh vegetables stir-fried in our housemade thai peanut sauce and topped with candied peanuts. Served over a mixture of white and wild rice. / **\$17**

Add chicken or prawns (5) / **\$5**  
Add grilled wild salmon / **\$8**

### TOMATO PRIMAVERA **V**

Pan-seared vegetables tossed in housemade tomato sauce with chef's daily pasta choice. Topped with asiago cheese and served with garlic grilled bread. / **\$16**  
Make it **GF** Add **\$2**

### GORGONZOLA PASTA

Chicken, sausage or smoked salmon in rosemary-gorgonzola cream sauce tossed with roasted peppers and red onion. Served with garlic grilled bread. / **\$18**  
Make it **GF** Add **\$2**

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

## Original LEFTY BURGERS

### BEEF

Our 'left-hand' crafted patty with bacon, sautéed mushrooms, mayo, bbq sauce and melted cheddar. / **\$15.5**

### CHICKEN

Panko-crusting chicken with bacon, sautéed mushrooms, mozza cheese and chipotle mayo. / **\$16.5**

### COD

Fresh grilled cod fillet served with sautéed onions and scratch-made lemon aioli. / **\$16**

### VEGGIE

Housemade veggie patty with sautéed mushrooms, fried onions, mozzarella, mayo and bbq sauce. / **\$15.5**

Served on a brioche bun with lettuce, tomato and red onion. Includes soup, salad or 'Southpawtato' wedges. | Make it **GF** Add **\$1.5**

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

While we offer gluten free items, our kitchen is not completely gluten free. If you are highly sensitive to gluten, please consider your dining choices carefully.



## FLATTER

**THIN-CRUST PIZZAS** made fresh to order with hand-pressed dough and sauces handcrafted from scratch ingredients. | Make it **GF** Add \$2

### MEXICALE

Sweet corn, sliced chicken, fresh cilantro, chipotle cream sauce and banana peppers. Topped with our quattro cheese blend. / \$14

### BRUSCHETTA

Marinated tomatoes, sliced chicken breast, garlic and fresh basil with pesto sauce. Topped with asiago cheese. / \$14

### MEGLIO DE PEPPERONI

Pepperoni, chorizo sausage, sliced mushrooms and housemade tomato sauce. Topped with quattro cheese blend. / \$14

### MANCINO

Spiced calabrese salami, sun-dried tomatoes, red peppers and mushrooms with tomato sauce and quattro cheese. / \$14

### HEFTY BURGER

Spiced ground beef, bacon, red onions, diced pickles and housemade tomato sauce with quattro cheese blend. / \$14

### BBQ CHICKEN

Lefty's barbeque sauce, diced peppers, red onion and tomatoes with pineapple, sliced chicken and quattro cheese. / \$14

### HOT STUFF

Bacon, corn, calabrese salami, chorizo, jalapenos, sun-dried tomatoes, chipotle cream sauce and quattro cheese. / \$14

### WAIKIKI

Cured black forest ham with pineapple tidbits, housemade tomato sauce and our quattro cheese blend. / \$14

### LEFTCOAST

Fresh spinach leaves, smoked salmon, red onions, marinated artichoke hearts and our quattro cheese blend. / \$14

### MEDITERRANO **V**

Black olives, artichoke hearts, oregano and fresh basil with chilies, sun-dried tomatoes and quattro cheese blend. / \$13

### CON CARNE

Salami, pepperoni, spiced ground beef, chorizo, green peppers, mushrooms, tomato sauce and quattro cheese blend. / \$14

### GO GREEN **V**

Spinach, mushrooms, diced peppers, red onions and tomatoes with pesto sauce. Topped with feta and quattro cheese. / \$13

### Take 'N' Bake or Take It To-Go!

Our thin-crust artisan pizza is made fresh to order and is packaged for you to take 'n' bake in your own oven. No time to cook? No problem! Order a hot pizza and take it to-go! Just visit **Pizza Fresh** in the Parksville Thrifty Foods Centre Plaza or call **250-586-2015**

## HOTTER

### LEFTY'S BLEND COFFEE

Locally-roasted organic coffee. On the darker side of medium. Bottomless cup! / \$3

### ORGANIC TEA

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

### AMERICANO

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

### ESPRESSO

Rich, full-bodied organic espresso. Choose regular or decaffeinated. Single shot / \$3 Double / \$4

### HOT CHOCOLATE

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

### CAPPUCCINO

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

### LATTE

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

### MOCHA

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

## SOFTER

### SOFT DRINKS

Pepsi, Diet Pepsi, 7-Up, Ginger Ale, Root Beer, Iced Tea and Lemonade. Free refills! / \$3.25

### JUST JUICE

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

### ITALIAN SODA

Flavoured syrup, soda water, whip cream and a cherry. Please ask for flavoured syrup choices. / \$4.5

### MANGO PEACH ICED TEA

Mango and peach syrup with iced tea and soda water. Delicious! Glass / \$3.75 Pitcher / \$12

### BERRY LEMONADE

Choose raspberry, strawberry, or both, with lemonade and soda. Glass / \$3.75 Pitcher / \$12

### 5-FRUIT SODA

Kiwi, peach, mango, raspberry and strawberry syrup with soda water. Glass / \$3.75 Pitcher / \$12

## STRONGER

### LOCAL DRAFT BEER

Leftcoast Lager and Piper's Pale Ale. Ask about our seasonal rotating tap. Glass / \$4.5 Pint / \$6.5 Flight / \$7.5 Pitcher / \$18

### BC HOUSE WINE

Please ask us for our current selection of red and white BC house wines. Glass (6oz) / \$6.5 Glass (9oz) / \$9 Half Litre (17oz) / \$17

### IMPORT HOUSE WINE

Please ask us about our selection of red and white import house wines. Glass (6oz) / \$7.5 Glass (9oz) / \$10.5 Half Litre (17oz) / \$20

## ASK ABOUT OUR CURRENT WINES BY THE GLASS SELECTION

Red and white wines available by the 6oz and 9oz glass.

## SWEETER

### DESSERT TRIO

Perfect for sharing or those who can't make up their mind. Nirvana and a half slice each of Fudge Cake and Cheesecake. / \$11

### FRESH BAKED PIES

Made fresh from scratch ingredients. Lemon Meringue, Coconut Cream, Apple Blueberry, Caramel Apple and more! / \$6.5

### NIRVANA

Layered shortbread with pecan crust and cream cheese, chocolate caramel pudding and chocolate whipped cream. / \$5.5

### MAD DOG'S FUDGE CAKE

A big, rich slice of our famous chocolate fudge cake frosted with housemade chocolate icing. / \$6

### CAROL'S CARROT CAKE

An old-fashioned favourite! Made with fresh carrots, pecans and spices. Frosted with real cream cheese and lemon icing. / \$6

### LEFTY'S CHEESECAKE

An always-changing selection of rich and delicious cheesecakes. Please ask your server for today's cheesecake flavour. / \$7.5

### CRUNCH BROWNIE **GF**

Rich chocolate brownie with rice crisps and chocolate-peanut butter icing. Served warm with chocolate sauce. / \$5.5

### À LA MODE

Add a scoop of vanilla ice cream to any of our cakes, pie or dessert to make it à la mode! / Add \$1.5

## CHECK OUT OUR DESSERT CASE FOR MORE SELECTIONS

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

Some items on our menu may contain dairy, wheat, peanuts, shellfish and/or other allergens. Please inform your server of any allergies prior to ordering.