

# lunch favourites

SERVED from 11am 7 days each week



## LIGHTER

### SOUP OF THE DAY

Delicious soups made fresh, from scratch ingredients, daily.  
Cup \$4 | Bowl + garlic bread \$7.5 | Make it GF Add .75¢

### TOMATO BRUSCHETTA FLATBREAD

Grilled flatbread topped with housemade tomato bruschetta, asiago and balsamic reduction. / \$10

### RED THAI COCONUT CURRY PRAWNS

Six prawns sautéed in our housemade red Thai coconut curry sauce. Served over a mixture of white and wild rice. / \$11.5

### LEFTY'S QUESADILLA

Cheddar, mozzarella, diced tomato, pepper, red onion and fresh spinach in a grilled flour tortilla with salsa and sour cream. / \$11.5

### CHIPOTLE CHICKEN TACOS

Two corn tortillas with chicken, romaine lettuce, diced tomato, red onion, sweet pepper, feta cheese and chipotle mayo. / \$12

## FRESH FOOD CRAFTED DAILY

- SINCE 1996 -

## GREENER

**SIGNATURE SALADS** served with scratch-made dressings.  
Reg \$10 | Meal + garlic bread \$15 | Make it GF Add .75¢

### CRANBERRY AND SPINACH

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

### MEDITERRANEAN

Fresh garden greens, diced peppers, red onion, tomatoes, marinated artichoke hearts, kalamata olives, feta cheese and balsamic vinaigrette.

### THAI NOODLE

Fresh garden greens, red cabbage, shredded carrots, ginger-sesame rice noodles, peanut sauce, sesame seeds.

### MANDARIN

Fresh garden greens, red cabbage, shredded carrots, orange segments, mandarins, toasted almonds, red onions, creamy 'sinistro' dressing.

### CLASSIC CAESAR

Fresh romaine lettuce tossed in our housemade classic Caesar salad dressing. Topped with oven-baked croutons and asiago cheese.

### GARDEN GREENS

Fresh garden greens, red cabbage, shredded carrots, red onion and tomatoes with creamy house dressing.

Add your favourite protein to any salad...

Prawns (5) or Grilled Wild 6oz Sirloin  
CHICKEN / \$5 SALMON / \$8 STEAK / \$10

## Original LEFTY BURGERS

### BEEF

Certified Angus Beef® ground chuck, cheddar, sautéed mushrooms, bacon, mayonnaise, bbq sauce. / \$15.5

### SALMON

Grilled wild salmon filet topped with sriracha sauce and served over asian slaw. / \$16

### CHICKEN

Panko-crusted chicken breast, mozzarella, sautéed mushrooms, bacon, chipotle mayonnaise. / \$16.5

### VEGGIE

Housemade veggie patty mozzarella, sautéed mushrooms, grilled red onion, mayonnaise, bbq sauce. / \$15.5

Served on a brioche bun with lettuce, tomato and red onion. Includes your choice of soup, salad or 'Southpaw' wedges. Make it GF Add \$1.5

## BOLDER

**LUNCH ENTREES** include choice of soup, mixed green salad or signature 'Southpaw' wedges.

### BRUSCHETTA CHICKEN SANDWICH

Sliced cajun-spiced chicken with our housemade tomato bruschetta mixture, red onion, lettuce, pesto sauce, mayo and asiago cheese on a brioche bun. / \$14.5

### TURKEY CLUB

Sliced turkey, bacon, cheddar, lettuce, tomato and chipotle mayo on toasted cranberry artisan bread or wrapped in a flour tortilla. / \$14.5

### THAI CHICKEN WRAP

Sliced chicken breast, housemade Thai peanut sauce, lettuce, shredded carrots, red cabbage and ginger-sesame marinated rice noodles wrapped in a four tortilla. / \$14.5

### BLACK BEAN WRAP

Cream cheese, cheddar cheese, black beans, mixed rice, banana peppers and fresh spinach. Grilled hot in a flour tortilla. / \$13.5

Substitute your side of soup, salad or potatoes for any starter-size Signature Salad / Add \$2

LIVE WITH ENTHUSIASM  
LOVE YOUR FAMILY  
& RESPECT EVERYONE ELSE

...even if they're right handed

## FLATTER

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

### MEGLIO DE PEPPERONI

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

### MEXICALE

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

### MANCINO

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

### HEFTY BURGER

Spiced ground beef, bacon, red onions, diced dill 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

### CHICKEN BRUSCHETTA

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

### WAIKIKI

Cured old-fashioned smoked ham with pineapple tidbits, our 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

Black olives, marinated 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

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 Take N' Bake pizza is made-to-order and packaged for you to take home and bake in your own oven. No time to cook? No problem! Order a hot pizza and Take It To-Go! Visit **Pizza Fresh** in Parksville or call us at **250-586-2013**

## SOFTER

### SOFT DRINKS

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

### JUST JUICE

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

### ITALIAN SODA

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

## STRONGER

### DRAUGHT BEER

Victoria Lager, Piper's Pale Ale and Seasonal.  
Glass / \$4.5 Pint / \$6.5 Flight / \$9 Pitcher / \$18

### HOUSE WINE

Please ask about our selection of house BC wine.  
Glass (6oz) / \$6.5 Glass (9oz) / \$9 Half Litre / \$17

### IMPORT WINE

Please ask about our selection of house import wine.  
Glass (6oz) / \$7.5 Glass (9oz) / \$10.5 Half Litre / \$20

## ASK ABOUT OUR WINES BY THE GLASS SELECTION

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

## HOTTER

### LEFTY'S BLEND COFFEE

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

### ORGANIC TEA

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

### AMERICANO

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

## SWEETER

### DESSERT TRIO

Perfect for sharing! Nirvana and a half slice each of Mad Dog's Fudge Cake and Lefty's Cheesecake. / \$11

### FRESH BAKED PIES

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

### NIRVANA

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

### MAD DOG FUDGE CAKE

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

### PEACH MANGO ICED TEA

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

### BERRY LEMONADE

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

### FIVE-FRUIT SODA

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

### CAPPUCCINO

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

### LATTE

Full-bodied organic espresso with steamed milk. Topped with velvety foam. / \$4.25

### MOCHA

Espresso, steamed chocolate milk, whip cream and real chocolate shavings. / \$5

### CAROL'S CARROT CAKE

Made with fresh carrots, pecans and spices. Frosted with real cream cheese and lemon icing. / \$6

### LEFTY'S CHEESECAKE

Always-changing selection of rich and delicious cheesecakes. Please ask for today's selection. / \$7.5

### CRUNCH BROWNIE

Chocolate brownie with peanut butter, chocolate and rice crisp icing. Served with chocolate drizzle. / \$5.5

### À LA MODE

Add a scoop of rich vanilla ice cream to your cake, pie or any other dessert to make it à la mode! / Add \$1.5

## CHECK OUT OUR DESSERT CASE FOR MORE SELECTIONS

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. 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.