

LUNCH

LIGHTER

SOUP OF THE DAY

Our delicious hot soups are made **fresh**, from **scratch** ingredients, **daily**.
Cup \$4.5 | Bowl with garlic bread \$8 | Make it GF Add .75¢

STARTER SALAD V GF AVBL

Mixed greens, creamy 'sinistro' dressing, red cabbage, shredded carrots, tomato, cucumber, red onion and croutons. Or substitute for a caesar salad. / \$7

TOMATO BRUSCHETTA FLATBREAD V

Thin-crust flatbread topped with housemade tomato bruschetta, asiago cheese and a drizzle of balsamic reduction. / \$11

Try it with **chicken, chorizo** or **farmer's sausage** / Add \$5

MEDITERRANEAN FLATBREAD V

Thin-crust flatbread, fresh spinach, marinated artichoke hearts, sliced red onion, quattro cheese blend and a drizzle of balsamic reduction. / \$12

Try it with **chicken, chorizo** or **farmer's sausage** / Add \$5

LEFTY'S QUESADILLA V

Cheddar and mozzarella cheese, chopped sweet bell peppers, red onion, tomatoes and fresh spinach in a grilled flour tortilla. Served with a side of salsa and sour cream. / \$12

Add **beans** or **guacamole** / \$1.5
Add **chicken** or **chorizo** / \$5

THAI CHICKEN TACOS

Two thai-marinated fire-grilled chicken skewers with asian slaw, pickled mango, fresh cilantro, sesame seeds and lime. Served on warm naan bread with thai peanut sauce for dipping. / \$13

BLACK PEPPER GARLIC PRAWNS GF AVBL

Six prawns sautéed in housemade bourbon butter with roasted garlic, black pepper and preserved lemons. Served with grilled herb focaccia bread and fresh parsley. / \$13

BOLDER

ALL ENTREES include choice of soup, salad or 'Southpaw' wedges. (Substitute for a side **Signature Salad** or cup of **Feature Soup** | Add \$2)

TURKEY CLUBHOUSE SANDWICH GF AVBL

Sliced turkey, crispy bacon, cheddar cheese, lettuce, tomato and chipotle mayo on toasted cranberry sourdough loaf or wrapped in a flour tortilla. / \$16

BBQ CHICKEN QUESADILLA

Housemade bbq sauce, chicken, pineapple, banana peppers, red onion, peppers and tomato with cheddar and mozzarella cheese in a grilled flour tortilla. / \$16

BMC SANDWICH GF AVBL

Crispy bacon, sliced tomato, red onion, cheddar and mozzarella cheese between two thick slices of grilled garlic and cracked pepper loaf bread. / \$15

THAI CHICKEN WRAP

Sliced chicken, thai peanut sauce, mixed leafy greens, shredded carrot, red cabbage and ginger-sesame marinated rice noodles wrapped in a flour tortilla / \$15

CHICKEN FOCACCIA SANDWICH GF AVBL

Sliced chicken with housemade basil pesto sauce, lettuce, tomato and sliced red onion on grilled herb focaccia bread or wrapped up in a flour tortilla. / \$15

BLACK BEAN WRAP V

Our signature seasoned black beans with cheddar cheese, sweet bell peppers, red onion, tomatoes, fresh spinach and salsa with white and wild rice. Grilled warm in a flour tortilla. / \$14

VEGGIE SANDWICH V GF AVBL

Sliced cucumber, shredded carrots, lettuce, tomato and red onion with cream cheese and housemade guacamole on grilled herb focaccia bread. / \$14

SOUP + SALAD GF AVBL

Lefty's fresh soup of the day, any signature side salad and a slice of grilled garlic and cracked pepper loaf bread. / \$12

FRESH FOOD CRAFTED DAILY

- SINCE 1996 -

GREENER

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

MEDITERRANEAN V GF

Leafy mixed greens, sweet bell peppers, red onion, tomatoes, marinated artichoke hearts, black olives, crumbled feta cheese and housemade balsamic vinaigrette dressing. / \$12

THAI NOODLE V GF

Leafy mixed greens, red cabbage, shredded carrots, ginger-sesame marinated vermicelli rice noodles, housemade thai peanut sauce, cilantro and sesame seeds. / \$12

CLASSIC CAESAR V GF AVBL

Fresh romaine lettuce tossed in our housemade classic Caesar dressing. Topped with oven-baked signature-spiced croutons, shredded asiago cheese and a lemon wedge. / \$12

HOUSE GREENS V GF AVBL

Leafy mixed greens, red cabbage, shredded carrots, cucumbers, tomato and red onion with our creamy 'sinistro' house dressing. Topped with croutons. / \$12

Add your favourite protein to any salad...

PRAWNS (4) or CHICKEN / \$5

Grilled Wild SALMON / \$8

6oz Sirloin STEAK / \$12

LIVE WITH ENTHUSIASM
LOVE YOUR FAMILY
& RESPECT EVERYONE ELSE

...even if they're right handed

Original LEFTY BURGERS

BEEF GF AVBL

Certified Angus Beef® ground chuck, cheddar cheese, sautéed mushrooms, bacon, mayo and bbq sauce. / \$16

CHICKEN GF AVBL

Crispy panko-crust chicken breast, mozza cheese, sautéed mushrooms, bacon and chipotle mayo. / \$16.5

SALMON GF AVBL

Wild salmon, bacon, fresh peppery arugula, housemade basil pesto sauce, mayonnaise and lemon. / \$16.5

VEGGIE V GF AVBL

Housemade veggie patty, mozzarella, sautéed mushrooms, grilled red onion, mayonnaise and bbq sauce. / \$16

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 hand crafted from scratch ingredients. | Make it GF Add \$2

MEGLIO DE PEPPERONI GF AVBL
House tomato sauce, sliced pepperoni, chorizo sausage, sliced mushrooms and our quattro cheese blend. / \$15

MEDITERRANO V GF AVBL
House tomato sauce, black olives, marinated artichokes, sun-dried tomatoes, mediterranean spices, quattro cheese blend. / \$14

WAIKIKI GF AVBL
Housemade tomato sauce, old-fashioned smoked country ham, pineapple tidbits and quattro cheese blend. / \$15

BRUSCHETTA CHICKEN GF AVBL
Basil pesto sauce, sliced chicken, housemade tomato bruschetta and quattro cheese blend. Topped with asiago cheese. / \$15

GO GREEN V GF AVBL
Basil pesto sauce, fresh spinach, sliced mushrooms, diced peppers, red onion, tomato, quattro cheese blend, feta cheese. / \$14

BBQ CHICKEN GF AVBL
House bbq sauce, sliced chicken, diced peppers, red onion, tomato, pineapple, banana peppers, quattro cheese blend. / \$15

CON CARNE GF AVBL
House tomato sauce, salami, pepperoni, chorizo, green peppers, mushrooms, quattro cheese blend. / \$15

LEFTCOAST GF AVBL
Cream cheese, lox-style smoked salmon, marinated artichoke hearts, spinach, red onion, quattro cheese blend. / \$15

TAKE N' BAKE OR TAKE IT TO GO!

Our thin-crust pizza is made fresh-to-order and can be packaged for you to TAKE N' BAKE in your own oven! No time to cook? Order a pizza and TAKE IT TO GO. Visit or call Pizza Fresh at 250-586-2013

WARMER

WE PROUDLY SERVE 100% 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 us for a 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

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 velvety foam. / \$4.25

CHAI LATTE
Creamy blend of chai tea spices and steamed milk. Topped with a sprinkle of 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 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

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

STRONGER

DRAUGHT BEER
Victoria Lager and Piper's Pale Ale. Ask about our rotating seasonal beer.
Glass / \$4.5 Pint / \$6.5 Flight / \$9 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 pour.

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 Mad Dog's famous chocolate fudge cake. Frosted with our 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
Chocolate brownie with peanut butter, rice crisps and chocolate icing. Served warm with a drizzle of chocolate sauce. / \$5.5

À LA MODE
Add one large scoop of vanilla ice cream to any cake, pie, brownie, cookie or other dessert to make it à la mode! / Add \$1.5

CHECK OUT OUR DESSERT CASE FOR MORE SELECTIONS

V Vegetarian GF Gluten Free

Not all ingredients are listed in menu descriptions. Some items may contain dairy, wheat, peanuts, shellfish, and/or other allergens. Please inform your server of any allergies prior to ordering.