

# favourites

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

**GLUTEN-FREE** option available on items indicated **GF** | Add **.75¢**

### **SIRLOIN STEAK & EGGS** **GF**

6oz certified angus beef sirloin steak chargrilled to your liking. Served with two freshly cracked eggs, thick sliced sourdough or multigrain toast and hand-cut seasoned hashbrowns. / **\$20**

### **HEFTY BREAKFAST** **GF**

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

### **TRADITIONAL** **GF**

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

### **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 / \$1.5*

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

## FRESH FOOD CRAFTED DAILY - SINCE 1996 -

### 3 EGG OMELETTES

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

#### **LEFTCOAST** **GF**

Smoked salmon, red onion and 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 **.75¢**

### 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***

### LEFTCOAST BAGEL

Smoked salmon, cream cheese, sliced tomato, capers and shaved red onions on your choice of a toasted multigrain, sesame seed or everything bagel. / **\$9** | **Add one egg + \$1.5**

### 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**

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

## ON THE SIDE

### TOASTED BAGEL

Multigrain, sesame or everything bagel with butter. / **\$4**

### BAGEL + CREAM CHEESE

Multigrain, sesame or everything bagel with cream cheese. / **\$5.5**

### TOAST **GF**

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

### ONE EGG

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

One side of fresh seasonal fruit. Please ask for selection. / **\$4**

### 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

### 0° PROOF CAESAR

Everything but the vodka! Real 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

# 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 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, real 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

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

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