

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¢

WRAPETIZERS

Flour tortilla rollups in bite-sized pieces! Choose your favourite. / \$10

Tuscan

Chicken, tomatoes, red onion, fresh basil and garlic with cream cheese, asiago cheese and pesto dipping sauce.

Leftcoast

Smoked salmon, cream cheese, sliced red onions and capers with scratch-made cranberry cilantro salsa.

Mexicale **V**

Spinach, spiced black beans, cream cheese, corn, cheddar cheese, banana peppers and guacamole with cilantro.

Mandarin

Chicken, mandarin slices, cream cheese, toasted almonds, chipotle mayo and sweet chili sauce.

CHEF'S BOARD

Prosciutto, salami, artisan cheese, pickled vegetables, marinated, artichokes, preserves, nuts and garlic bread. (serves 2-3) / \$17

COCONUT PRAWNS **GF**

Six prawns sautéed in coconut milk, sweet chili, basil and lime sauce. Topped with green onions and toasted coconut. / \$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 chicken or sausage / \$5
Add beans or guacamole / \$1.5

TOMATO BRUSCHETTA **V**

Housemade tomato bruschetta with balsamic drizzle, asiago cheese and fresh basil. Served with grilled focaccia bread. / \$10

BOLDER

Includes **your choice** of soup, salad or 'Southpawtatoes'

SIRLOIN STEAK SANDWICH

6oz. certified angus beef sirloin steak chargrilled to your liking. Served with sautéed mushrooms on garlic grilled bread. / \$21

BBQ CHICKEN QUESADILLA

Chicken, bbq sauce, pineapple, banana peppers, onion, tomatoes, peppers, mozza and cheddar in a grilled flour tortilla. / \$15.5

CHICKEN FOCACCIA

Sliced chicken breast with lettuce, tomatoes and red onion on grilled focaccia bread with housemade pesto sauce and mayo. / \$14.5

BACON GRILLED CHEESE

Bacon, mozza and cheddar cheese with tomato and red onion on garlic grilled artisan bread. Served with a pickle spear. / \$14.5

CHICKEN CLUBHOUSE

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

CURRY CHICKEN WRAP

Sliced chicken, coconut curry sauce, banana peppers, pineapple, mixed rice and mozza. Grilled hot in a flour tortilla. / \$14.5

THAI CHICKEN WRAP

Sliced chicken, lettuce, peanut sauce, red cabbage, shredded carrot and ginger-sesame noodles in a flour tortilla. / \$14.5

VEGGIE SANDWICH **V**

Cucumber, shredded carrot, red onion, sliced tomatoes, lettuce, cream cheese and guacamole on grilled focaccia bread. / \$13.5

BLACK BEAN RICE WRAP **V**

Spiced black beans, white and wild rice, sweet corn, cheddar cheese and salsa. Grilled hot in a flour tortilla. / \$13.5

SOUP AND SALAD

Our fresh soup of the day or feature soup of the month with any starter-size salad and garlic grilled artisan bread. / \$12

Substitute any side for a cup of **Feature Soup** / Add \$1
or starter-size **Signature Salad** / Add \$2

FRESH FOOD CRAFTED DAILY

- SINCE 1996 -

GREENER

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

CRANBERRY SPINACH **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.

CLASSIC 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

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

SALMON

Wild coho salmon fillet grilled to medium with scratch-made cranberry cilantro relish and mayo. / \$16.5

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

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

WAIKIKI

Old-fashioned smoked ham with pineapple tidbits, housemade tomato sauce and our quattro cheese blend. / \$14

THAI CHICKEN

Sliced chicken, peanut sauce, red cabbage, shredded carrot, green onion, sweet chili sauce, sesame seeds 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

LEFTCOAST

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

MEXICALE

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

MARGHERITA **V**

Housemade tomato sauce, sliced tomatoes, cracked pepper and our quattro cheese blend. Topped with fresh basil. / \$13

MEDITERRANO **V**

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

TACO **V**

Black beans, salsa, red onion, pepper, tomatoes and quattro cheese with shredded lettuce, cheddar and sour cream. / \$13

GO GREEN **V**

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

BOOK YOUR EVENT AT LEFTY'S

Our private room can accommodate groups up to 20 people, perfect for business meetings, holiday parties, birthday celebrations and more! Use the 65" flatscreen TV to watch the game or show your presentation. Menus available upon request. Call us 250-752-7530

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 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

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. 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

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

Islander Lager, Piper's Pale Ale, Hermann's Dark Lager and 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 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**

Chocolate brownie with peanut butter, rice crisps and chocolate icing. Served warm with a drizzle of chocolate sauce. / \$5.5

À LA MODE

Add a scoop of vanilla ice cream to any cake, 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.