

LEFTY'S

KITCHEN • EST 1996

LIGHTER 2 BUCKS OFF HAPPY HOUR & A HALF

CHIPS + SALSA [NEW / SHARE / V / GF] fire-roasted tomato salsa, corn tortilla chips, cilantro, lime 7½
Add housemade guacamole + 2

HOUSEMADE SOUP made fresh each day from scratch ingredients. Served with grilled garlic bread. Your server has the details! 9

LOCO BREAD [SHARE / V / GF AVBL] our crazy good pizza bread with garlic, herbs, parmesan, quattro & cheddar cheese + tomato or chipotle sauce 10½
Add crisp bacon pieces + 3½

BRUSCHETTA FLATBREAD [V / GF AVBL] topped with fresh arugula, feta cheese & balsamic drizzle 12½
Add chicken or chorizo sausage + 3½

QUESADILLA [FAVE / V] cheddar & mozza cheese, peppers, red onions, tomatoes, spinach & cilantro with fire-roasted tomato salsa & sour cream 14
Add black beans or guacamole + 2

FISH TACOS [NEW] blackened salmon, guacamole, red cabbage, cucumber, pickled mango, red onions, chipotle sauce, cilantro, flour tortillas, lime 14½

LEFTY'S NACHOS [NEW / V / GF] corn tortilla chips, mozza, jalapeños, peppers, red onions, tomatoes, chipotle sauce, feta, cilantro, salsa, sour cream 15
Add black beans or guacamole + 2

BLACK PEPPER PRAWNS [GF AVBL] sautéed prawns, bourbon-black pepper butter, garlic, white wine, lemon wedge, parsley, garlic bread 16

SZECHWAN LETTUCE WRAPS [FAVE] sweet n' spicy panko chicken, crunchy noodles, peanuts, sesame seeds, green onions, spiced yogurt, cilantro, lime 17

FLATTER \$5 OFF PIZZA MON NIGHT [GF CRUST] + 3

FALAFEL [NEW / V] tzatziki sauce, falafel, arugula, tomato, pickled red onions, quattro, feta cheese 15

MEGLIO [FAVE] house tomato sauce, pepperoni, chorizo sausage, mushrooms, quattro cheese 17

MEDITERRANO [V] tomato sauce, marinated artichokes, olives, sun-dried tomatoes, quattro, feta 15

BRUSCHETTA basil pesto sauce, chicken, housemade tomato bruschetta, quattro cheese 17

THAI SALMON [NEW] maple-ginger sauce, salmon, arugula, caramelized onions, quattro, sesame seeds 17

BBQ CHICKEN bbq sauce, chicken, banana peppers, pineapple, quattro, peppers, red onions, tomatoes 17

GO GREEN [V] pesto sauce, spinach, mushrooms, quattro, peppers, red onions, tomatoes, feta 15

WAIKIKI house tomato sauce, old-fashioned ham, pineapple, quattro cheese 17

BO[W]LDER GLOBALLY-INSPIRED BOWLS

SUSHI BOWL [NEW / GF] salmon sashimi, prawns, cucumber, radish, carrots, rice, edamame, green onions, pickled ginger, sesame seeds, nori, sweet sushi and wasabi-avocado sauce 24

JERK BOWL [GF] jerk-seasoned chicken, pineapple, pickled red cabbage, roasted red peppers, radish, leafy greens, rice, black beans, fresh cilantro, caribbean & chipotle sauce 22

FALAFEL BOWL [V / GF] falafel, arugula, kale, braised red cabbage, cucumber, blistered tomatoes, roasted red peppers, edamame, pickled red onions, rice, feta, parsley, hollyhock sauce 20

THAI BOWL [FAVE / V / GF] braised red cabbage, shredded carrots, spinach, radish, pickled mango, rice, basil, fresh cilantro, sesame seeds, spiced yogurt, lime, maple-ginger sauce 18

ALL THE EXTRAS

Bacon [2] + 3½ | Falafel + 5 | Chicken [5 OZ] + 6½ | Prawns [4] + 6½
Grilled Wild Salmon [4 OZ] + 7½ | CAB® Grilled Sirloin Steak [6 OZ] + 12½

STACK'D INCL. SOUP OR SALAD OR WEDGES [GF BUN] + 2

BEEF BURGER [GF AVBL] cheddar, sautéed mushrooms, bacon, mayo, house bbq sauce, lettuce, tomato, red onions, pickle, brioche bun 17

SALMON BURGER [GF AVBL] bacon, basil pesto sauce, fresh arugula, mayo, lemon wedge, tomato, red onions, pickle, brioche bun 17

CHICKEN BURGER [GF AVBL] panko chicken, mozza, sautéed mushrooms, bacon, chipotle sauce, mayo, lettuce, tomato, red onions, pickle, brioche bun 17

VEGGIE BURGER [GF AVBL] mozzarella cheese, grilled red onions, sautéed mushrooms, mayo, house bbq sauce, lettuce, tomato, pickle, brioche bun 16½

MAKE A BETTER BURGER

More Mushrooms + 1½ | Extra Cheese + 2 | Caramelized Onions + 2
Guacamole + 2 | Fried Egg + 2½ | Bacon [2] + 3½ | Beef Patty + 5½

GREENER SCRATCH-MADE DRESSINGS

RAMEN [V] romaine, crunchy noodles, cabbage, carrots, cukes, green onions, peanuts, edamame, herbs, sesame seeds, spicy yogurt, sweet soy dressing 13

MEXICALI [V / GF] leafy greens, black beans, corn, tomatoes, cheddar, salsa, sour cream, red onions, tortilla chips, cilantro, chipotle-avocado dressing 13

THE MED [V / GF] leafy greens, cucumber, black olives, tomatoes, red onions, marinated artichoke hearts, peppers, feta cheese, balsamic vinaigrette 13

CAESAR [V / GF AVBL] kale, chopped romaine lettuce, roasted garlic, focaccia croutons, parmesan, lemon wedge, Lefty's signature caesar dressing 13

BIGGER

CLASSIC SOUP + SALAD cup of housemade soup with choice of mexicale, ramen, mediterranean, caesar or house salad; grilled garlic bread 14½

VEGGIES WRAPPED [V] cucumber, shredded carrots, red onions, lettuce, tomato, guacamole and black beans wrapped in a red flour tortilla 15½
Includes soup or mixed green salad or 'southpawtato' wedges

OLD SCHOOL MAC N' CHEESE [NEW / V] pasta tossed in a creamy blend of parmesan and cheddar cheese. Topped with toasted panko bread crumbs & green onions. Served with grilled garlic bread 16
Add bacon or chorizo sausage + 3½

THE CLUBHOUSE [FAVE / GF AVBL] chicken, bacon, cheddar, lettuce, tomato, chipotle sauce, toasted cranberry bread or wrapped in a red flour tortilla 17
Includes soup or mixed green salad or 'southpawtato' wedges

BRUSCHETTA PASTA [V] basil pesto cream sauce, pasta, housemade tomato bruschetta, parmesan cheese, fresh basil, grilled garlic bread 19½
Add chicken or prawns + 6½

STEAK SANDWICH [6 OZ / GF AVBL] certified angus beef® sirloin steak, grilled red onions, sautéed mushrooms, arugula, chipotle sauce, garlic bread 25
Includes soup or mixed green salad or 'southpawtato' wedges

[FAVE] - LEFTY'S FAVOURITE [V] - VEGETARIAN [NEW] - NEW ITEM [GF] - GLUTEN FRIENDLY OPTION

We cannot guarantee any item to be 100% gluten free. Not all ingredients are listed in the menu descriptions.
Some items may contain dairy, wheat, peanuts, shellfish and/or other allergens. Please inform your server of any allergies prior to ordering.

LEFTY'S

COCKTAILS • SINCE 1996

ON TAP

PROUD TO POUR **VANCOUVER ISLAND BREWING**



ISLANDER LAGER	Taster [6 OZ]	4
PIPER'S PALE ALE	Glass [12 OZ]	6
DOMINION DARK LAGER	Flight [3 X 6 OZ]	7½
	Pint [20 OZ]	8
	Pitcher [60 OZ]	22

BEER 'LLINIS + BUCKETS

Top off your draft with a blast of frozen bellini slush [2 OZ] + 2 4 cans of Juan de Fuca Cerveza in a bucket of ice [4 X 355 ML] 18

NOT ON TAP

DOMESTIC

Budweiser, Canadian, Coors Light, Sleemans Honey Brown [341 ML]
Whistler Forager Lager [GF / 330 ML] 6

IMPORT

Corona Extra, Heineken Lager, Stella Artois [330 ML] 7
Guinness [440 ML] 7




CIDERS + COOLERS

Grower's Apple, Peach, Pear, Rosé Cider [330 ML] 6
Nude Vodka Soda [GF / 355 ML] 6

Ask your server for more bottled favourites!

WINE

REDS

	 6 OZ	 9 OZ	 750 ML
House Bodacious Smooth Red [CAN]	6¼	8¼	25
Malbec Marcus James [ARG]	7½	10¾	27½
Merlot Jackson Triggs Reserve [BC / VQA]	8¾	11½	30½
Cabernet Sauvignon Inniskillin [BC / VQA]	9	12½	35
Crush The Dreaming Tree [USA]	9½	13¾	37
Pinot Noir Kim Crawford [NZL]	12	14½	42
Cabernet Sauvignon Tom Gore [CA / USA]	12	14½	42

WHITES

House Bodacious Smooth White [CAN]	6¼	8¼	25
Chardonnay Jackson Triggs Reserve [BC / VQA]	7½	10¾	27½
Pinot Grigio Inniskillin [BC / VQA]	7½	10¾	27½
Rosé Rigamarole [BC / VQA]	8¾	11½	30½
Gewürztraminer See Ya Later Ranch [BC / VQA]	9½	13¾	37
Sauvignon Blanc Kim Crawford [NZ]	12	14½	42
Chardonnay Tom Gore [CA / USA]	12	14½	42

EVERY WEDNESDAY [ALL DAY]

5 buck glasses of Lefty's house red or white wine [6 OZ] 5 5 bucks off all bottles of red and white wines [750 ML]

COCKTAILS \$2 OFF EVERY MONDAY

BELLINI [FAVE] white rum, peach schnapps, sparkling white wine, sangria [1.5 OZ] 6
Make it bowl-sized [3 OZ] + 4

SINISTRO SODA absolut mandarin vodka, soda water, blast of frozen bellini slush [1.5 OZ] 7

BOURBERRY VANILLA SOUR bourbon whiskey, berries, vanilla, mint, sweet n' sour, soda [1.5 OZ] 8½

LEFTY'S CAESAR vodka, clam juice, Catie's hot dilled beans, 8-spice rim glass, lime wedge [1.5 OZ] 8¾

JACK'S OLD FASHIONED [NEW] whiskey, honey liqueur, cane syrup, bitters, orange wheel [1.5 OZ] 9

MARGARITA tequila, elderflower liqueur, fresh lime juice, sugar, salted rim, lime. On the rocks [1.5 OZ] 9
Add a Coronita [200 ML] + 5

MO'JITO dark rum, fresh lime juice, muddled mint, cane syrup, splash of soda water [1.5 OZ] 9½

ELDERFLOWER COCKTAIL [NEW] vodka, elderflower liqueur, cranberry juice, sugared rim, lime [2 OZ] 9½

SUNSET SANGRIA red or white wine, vodka, triple sec, smashed berries, soda, blast of bellini [2 OZ] 10

BELLINI BOMB bowl-sized bellini with choice of mini Freixenet Brut or Coronita [3 OZ + 200 ML] 15

HAPPY HOUR & A HALF

MONDAY TO FRIDAY FROM 3:00-4:30PM

FROM THE KITCHEN...

2 bucks off all regular priced appetizers (*dine in only, may not be used with any other discount*)

FROM THE BAR...

Bellinis, Sinistro Sodas [1.5 OZ] 5
Glasses of Draft Beer [12 OZ] 5
Glasses of House Wine [6 OZ] 5

BOOZE-FREE

PEACH MANGO ICED TEA [FAVE] mango & peach syrup with iced tea, soda
Glass 4½ Pitcher 13

BERRY LEMONADE raspberry or strawberry syrup, lemonade, soda, lemon
Glass 4½ Pitcher 13

CRAFT SODA Phillips all-natural root beer, ginger ale, orange cream soda 4½
Make it an ice cream float + 2¼

ITALIAN SODA mango, peach, raspberry or strawberry syrup with soda water and whip cream 5½

KOMBUCHA [RAW / ORGANIC] brewed in Tofino, BC. Ginger-Lemon, Jasmine-Hibiscus & Apricot-Rose 5¾

NO'JITO [NEW] no hang-overs here! Muddled mint, fresh lime juice, cane syrup, splash of soda water 6¼

0° PROOF CAESAR everything but the vodka! Clam juice, hot dilled beans, 8-spice rim, lime wedge 6¼

SOFTER

SOFT DRINKS [ENDLESS REFILLS]
Pepsi, diet pepsi, 7-up, ginger ale, root beer, iced tea, lemonade 4

JUST JUICE
Orange, apple, cranberry, grapefruit, pineapple, tomato, clam 4½

COFFEE [BOTTOMLESS CUP]
Blended exclusively for Lefty's. On the darker side of medium 3½

GOT MILK?
Whole, chocolate or skim milk 4
Substitute for almond or soy + 1

[FAVE] - LEFTY'S FAVOURITE [GF] - GLUTEN FRIENDLY OPTION [NEW] - NEW ITEM [VQA] - VINTNERS QUALITY ALLIANCE

We cannot guarantee any item to be 100% gluten free. Please inform your server of any allergies prior to ordering.
Must be legal drinking age. Please enjoy responsibly. Prices subject to applicable taxes.