

Check out our Signature Dishes!

CHECK OUT OUR ROLLEBACK PRICES!

Coming to Ottawa back in 1973 became one of the best moves in my life. Not only did I add 7 more Grey Cup wins to my football career, but I also found a place to call home! *LOCAL HEROES BAR AND GRILL has been a dream of mine as long as I have lived in Ottawa. To have a restaurant where people could get together in friendly surroundings to enjoy quality food and great service. The dream has come true!

Mark Kowar

SCORING STARTERS

Cheesy Bacon Garlic Bread - \$7.79
Fresh french bread toasted with garlic spread, cheese & bacon

Felsty Feta Dip - \$6.99
Spicy Feta Dip with flatbread wedges

Zucchini Sticks - \$7.99
Lightly battered and seasoned to perfection, served with garlic dip and a lemon wedge

Cheese Sticks - \$10.29
Lightly breaded served with garlic dip

Locals Style Poutine - \$6.99
French fries topped with cheese and covered with hot gravy classic comfort food

Potato Skins - \$7.99
Idaho oven baked potatoes halved and topped with cheese and bacon

Local Heroes Chicken Flings - \$12.09
No Bones about it! 1/2 pound of our crispy breaded chicken breast chunks, mildly seasoned in your favourite sauce with fries, coleslaw and pickle

Sea Salt Garlic Mussels - \$9.99
One pound of mussels drizzled with our sea salt garlic sauce and sauteed red onion. Served with our home loaf for dipping. Grab a seat and unfold your napkins, it's go time!

The Chicken Wing Platter - \$12.09
1 lb. wings, served with french fries, coleslaw & pickle

The Original Sampler - \$15.49
Chicken flings, cheese sticks, zucchini & potato skins

The Tailgate - \$27.79
Full size cheese nachos surrounded by your choice of any three of your favourite appetizers. Wings, pork side ribs, beef ribs, cheese sticks, zucchini, chicken flings, potato skins, sliced BBQ chicken breast. (Maximum 1lb of ribs, flings or wings per Tailgate)

VALUE ADDED

Cheese Nachos - \$8.99
Generous portion of crispy tortilla chips topped with salsa then covered with Tex-Mex cheese

Heroes Nachos - \$9.99
Tortilla chips topped with our mild salsa, cheese, olives, mushrooms, oven baked and if you're brave - jalapeño peppers - Add jalapeños for \$0.55

Chicken or Beef Nachos - \$12.59
Generous portion of crispy tortilla chips topped with grilled chicken or fajita steak, salsa then covered with Tex-Mex cheese - Add guacamole for \$1.99 - Add jalapeños for \$0.55

Garlic Shrimp & Scallops - \$8.99
Served up with sweet and spicy thai sauce, the perfect combination to start off your dining experience or add a single skewer to any of our main event entrees or salads

Grilled Chicken or Beef Quesadilla - \$9.79
12" flour tortilla filled with our lightly spiced Tex-Mex spread, tomatoes, onions, green peppers, Tex-Mex cheese and chicken or beef then grilled - Add guacamole for \$1.99

Calamari - \$8.99
Straight from the north pacific waters, lightly seasoned with our blend of herbs and spices, prepared golden crisp and served with our ultimate dipping sauce. Spiced with Cajun seasonings upon request

NEW

Basket of Sweet Potato Fries - \$5.39 Basket of Onion Rings - \$6.39 Basket of French Fries - \$4.39

Tannis

SOUP & SALADS

Soup of the Day - \$3.59
Ask your server what's simmering

Chef Salad - \$7.79
Iceberg lettuce, topped with mushroom, onion, green olives, green peppers, cucumber and tomato. Served in a large crispy taco shell.
Add Chicken or Shrimp & Scallops - \$10.79

Caesar Salad - \$7.99
Crispy romaine tossed with our seasoned croutons, parmesan cheese and caesar dressing. Served in a large crispy taco shell. Bacon is added upon request.
Add Chicken, Beef or Shrimp & Scallops - \$10.99

Greek Salad - \$10.89
Sliced tomato, cucumber, and red onion topped with feta cheese & kalamata olives and dressed with an olive oil blend.

Grilled Fajita Steak Salad - \$11.39
Fresh romaine and diced tomatoes topped with grilled, sliced fajita steak, mushrooms and onions, sprinkled with feta. Served in a large crispy taco shell

Tex Mex Salad - \$11.39
Fresh iceberg tossed in our sun dried pesto vinaigrette topped with ripened tomatoes, green peppers, jack cheese, seasoned tortilla chips, grilled chicken and more jack cheese. Other dressing options are available and served on the side.

Choice of Salad Dressings:
Sun Dried Pesto Vinaigrette, Balsamic Vinaigrette, Blue Cheese, Italian, Ranch, Low-Calorie Garlic, Chardonnay Vinaigrette

SANDWICHES, WRAPS & SUBS

All our deli style sandwiches are served with a choice of fries, rice, soup or chef salad, coleslaw and pickle. When selecting a salad as a side for your sandwich the coleslaw is not included. Subs do not include coleslaw and pickle. All sandwiches can be made into wraps - either white or whole wheat.

The Bonanza - \$11.39
8oz of roast beef served on a fresh ciabatta bun with grilled onions, swiss cheese and our midwest special sauce. Served with french fries, coleslaw and pickle.

Smoked Meat Sandwich - \$9.99
Montreal original old fashioned smoked meat, served on rye, french fries, coleslaw and pickle

California Wrap - \$9.99
Chicken, tomato, lettuce, cheese and cranberry mayonnaise dressing, coleslaw and pickle

Local Heroes Wrap - \$10.99
Fajita steak, mozzarella cheese, mayo, lettuce and tomato drizzled with hickory sauce, coleslaw and pickle

Supreme Chicken Sandwich - \$10.29
Grilled breast of chicken topped with melted swiss cheese, served on a ciabatta bun with all the fixings, coleslaw and pickle

BBQ Chicken Sandwich - \$10.29
Grilled breast of chicken smothered in BBQ sauce, served on a ciabatta bun with all the fixings, coleslaw and pickle

Traditional Club - \$10.99
Double Decker sandwich with real chicken breast, bacon, lettuce & tomato served on toasted bread and quartered, coleslaw and pickle

Greek Wrap - \$10.99
Grilled chicken; tomatoes, onions, feta, tzaziki and cucumbers served with rice, coleslaw and pickle

The New Theo - \$8.99
Grilled chicken breast topped off with red onions, crispy bacon, swiss cheese and a dash of our original Theo sauce baked to perfection and served with golden crisp fries or your favourite side.

Philly Steak Sub 6" - \$8.99
Fajita steak served on a sub bun with sautéed onions, mushrooms, green peppers & melted mozzarella cheese.

Taxes not included.

Groups of 15 and over a 15% Gratuity will be added before taxes. All seniors 10% off (not on specials)

OTTAWA'S ORIGINAL KING OF WINGS & RIBS

CHECK OUT OUR ROLLEBACK PRICES!

On opening day the shipment of wings came in, we opened it up, and we'd never seen anything like 'em...juicy, meaty...We decided to serve them and we never looked back at becoming an Ottawa Classic

FRANK'S RedHot

We use 100% Trans Fat Free oil

JUMBO ORIGINAL WINGS

Split upon request
 1 pound - \$9.59
 2 pounds - \$18.69
 4 pounds - \$36.39

THE ROASTER WING

Tip removed, split
 1 pound - \$9.59
 2 pounds - \$18.69
 4 pounds - \$36.39

ST-LOUIS RIBS

Oven baked pork ribs, tender and flavourful, includes fries & coleslaw

Single(4 bones) - \$11.39
 Double(8 bones) - \$19.59

CHICKEN FLINGS

No Bones about it! Crispy breaded real chicken breast chunks, mildly seasoned in your favourite sauce.

1/2 pound - \$9.59
 1 pound - \$18.69
 2 pounds - \$36.39

BEEF RIBS

Oven baked, tender and flavourful, includes fries & coleslaw

Single(3 bones) - \$11.89
 Double(6 bones) - \$20.59

THE LIL' HEIFER PLATTER

Served with french fries or rice or chef salad and coleslaw & pickle

1 lb of Wings
 Single Ribs
 \$19.59

THE SAUCES: MILD, MEDIUM, HOT, 911, TERIYAKI, SWEET & SOUR, HONEY GARLIC, HICKORY SMOKED BBQ SAUCE, CAJUN DRY RUB OR SPICY THAI

THE HUNGRY HEIFER PLATTER

Served with french fries or rice or chef salad and coleslaw & pickle

2 lbs of Wings
 Double Ribs
 \$35.69

LODGE BURGERS

BIGGER, JUICIER & TASTIER THAN EVER!

NEW

Our gourmet burgers are made with 1/2 lb of ground beef, then char-broiled to perfection, served on a fresh kaiser bun with onions, lettuce, tomatoes. Choice of fries, rice, chef salad or soup, coleslaw and pickle (except when choosing salad)

Traditional Burger Platter - \$8.99
 A homestyle burger for a healthy appetite

Cheeseburger Platter - \$9.99
 Topped with Canadian Cheddar

The Pure Canadian Platter - \$10.99
 Your basic patriotic Burger eh! Served with back bacon and Canadian cheddar

Bacon Cheese Burger Platter - \$10.99
 Topped with Canadian Cheddar and bacon strips

NEW

PANINIS

NEW

All our panini sandwiches are served with a choice of fries, rice, soup or chef salad.

Cuban Panini - \$8.99
 Grilled chicken breast topped off with ham, swiss cheese and smothered with our homemade aioli sauce, pressed to perfection and served with your favorite side.

Extreme Panini - \$9.99
 Bring on the heat! A lightly seasoned chicken breast tossed in hot sauce and topped off with blue cheese, ham and our own aioli. Substitute blue cheese for swiss, just ask your server when ordering. Served with your favorite side.

Garden Fresh Panini - \$7.99
 Grilled green peppers and mushrooms, sliced red onion, crisp kosher pickles, ripe tomatoes, sharp cheddar cheese, smooth swiss cheese smothered in our homemade aioli pressed to perfection. Enough said? Served with your favorite side.

Locals Panini - \$7.99
 A generous portion of smoked ham, zesty pepperoni and cured back bacon topped off with swiss cheese and our homemade aioli. Served with your favorite side.

Smoke Meat Panini - \$8.99
 Enjoy a generous portion of old fashioned smoked meat topped off with sauteed onions, swiss cheese and stacked onto our fresh panini bread. Served with crisp golden fries or your favourite side order.

THE MAIN EVENT

Add our home loaf for \$1.99. Spice up your dish with a single skewer of shrimp & scallops to any of our main event entrees for \$3.69. Substitute any side with our twice-baked potato for \$0.99.

AAA Alberta Strip Steak (10 oz.) - \$15.99
Comes with a starter house salad (Caesar Salad \$0.99 extra) and served with glazed vegetables, and your choice of side.

Spicy Chicken Stir Fry - \$11.99
Chicken served on a bed of assorted vegetables & rice or penne pasta



Summer Grilled Chicken Breast - \$13.99
Charbroiled chicken breast marinated in our seasoning, Local's own BBQ Sauce with rice and caesar salad.

Blackened Cajun Style Chicken Breast - \$13.99
A double whammy of our juicy and tender chicken breasts blackened cajun style served with a crisp garden salad and our featured twice-baked potato.

Atlantic Salmon - \$14.49
6 oz fillet of salmon served with house salad, seasoned rice, sweet potato fries and drizzled with a sun dried pesto vinaigrette.

AAA Alberta Strip Steak (6 oz) - \$11.39
Comes with a starter house salad (Caesar Salad \$0.99 extra) and served with glazed vegetables, and your choice of side.

Chicken Parmigiana - \$12.99
Comes with a starter house salad (Caesar Salad \$0.99 extra) Lightly seasoned chicken breast topped off with zesty marinara sauce, mozzarella cheese and baked off in the oven until golden brown. Served with spaghetti and meat sauce and garlic bread.

Local Heroes Chicken Penne - \$13.89
Comes with a starter house salad (Caesar Salad \$0.99 extra) A grilled boneless chicken breast tossed in our creamy alfredo and sun dried tomato pesto sauce, served with garlic bread.

Chicken or Beef Fajitas - \$16.99
Chips & salsa to start, sliced grilled chicken or fajita steak accompanied by sauteed onions and green peppers on a sizzling skillet. Served with flour tortillas, cheese, sour cream, salsa, and lettuce. Add guacamole - \$1.99

Taxes not included.

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CHECK OUT OUR ROLLBACK PRICES!

PIZZA CHAMPS

10" (4 slices)

15" (8 slices)

CHEESE

10" - \$7.83 15" - \$15.26

PEPPERONI

10" - \$9.16 15" - \$17.53

VEGETARIAN

(onion, mushroom, green peppers, green olives and tomatoes)

10" - \$10.13 15" - \$20.19

COMBO

(pepperoni, mushrooms, green peppers)

10" - \$9.96 15" - \$19.53

MEAT LOVER'S

(pepperoni, Italian sausage, ground beef, ham, bacon)

10" - \$11.07 15" - \$21.73

ADDITIONAL TOPPINGS

Pepperoni, Mushroom, Green Peppers, Jalapeño Peppers, Banana Peppers, Onion, Tomato, Green Olives, Ham, Bacon, Ground Beef, Italian Sausage

10" - \$0.99 15" - \$1.99

GOURMET TOPPINGS

Chicken, Flank Steak, Smoked Meat, Roast Beef, Black Olives, Cheese

10" - \$2.59 15" - \$4.99

Customize your own pizza!! Additional toppings are extra. Choose, from: mushrooms, green peppers, jalapeño peppers, onions, tomatoes, pepperoni, ham, beef, chicken, hamburger, green olives, Italian sausage.

Every individual that orders our regular price pizza can enjoy a side of Caesar salad for only \$2.19

DESSERTS

All selections served with a coffee

NEW

A Heroes Finish - \$4.99
Buckle your seat belts this dessert is sure to take you for a ride. Freshly baked dough served hot out of our ovens with a cinnamon sugar glaze, chocolate syrup and a choice of strawberry or apple topping. Truly a "Heroes Finish"!
À la mode - \$0.99

NEW

Heroes Shakes - \$2.99
Back by popular demand, thick and creamy milkshakes to cool you off or to satisfy that sweet tooth, choose from three flavours: Vanilla, Strawberry and Chocolate.

Cheesecake - \$7.19
Old fashioned New York Style Cheesecake.
Chocolate or strawberry

Ice Cream Sundae - \$4.99
Chocolate or strawberry

Hero Tails - \$4.99
Served with cinnamon & sugar. Strawberry topping available upon request

Deep Fried Ice Cream - \$5.49
A perfect treat for that sweet spot - chocolate or strawberry

Brownie Delight à la mode - \$5.99



Just for Kids

All selections served with a small pop, milk or juice (5 oz.) (12 years and under & Seniors over 65)

Chicken Flings - \$5.99
Served with fries

Kid's Burger - \$5.99
Served with fries

Kid's Pizza - \$5.19
Plain or pepperoni

Kid's Grilled Cheese - \$4.99
Served with fries

Kid's Wings - \$5.99
Four small wings served with fries

Kid's Spaghetti - \$5.19

CATERING

Tel: 613-733-0808

- Breakfast
- Dinners
- Social Gatherings
- Party Trays
- Meetings
- Corporate Picnics
- BBQ's
- Luncheons

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REMEMBER HEROES
DON'T DRINK AND DRIVE,
THEY CALL TAXIS!

COCKTAILS & DRINKS



DRAFT BEER

Cracked right out of the coldest fridge in the city, feel free to ask us for a frosty mug. Ask your server about additional choices.

	Canadian, Coors Light	Fosters, MGD, Rickard's Red, Pale, White	Caffrey's
12 oz. glass	\$3.13	\$3.27	\$4.13
20 oz. glass	\$5.00	\$5.27	\$6.30
1/2 Pitcher	\$7.27	\$7.66	\$8.37
Pitcher	\$14.30	\$15.30	\$16.74

BOTTLED BEER

DOMESTIC

355 ml	- \$3.91
710 ml	- \$7.96

PREMIUM - \$5.00

IMPORTED

Becks, Corona, Stella, Heineken	- \$5.17
Guinness (Can)	- \$6.17
Strongbow Cider	- \$5.70
O'Douls .5 Non-alcoholic Beer	- \$3.99

LIQUOR SHOTS (1 oz.)

1 oz. shots of your favourite spirit and the soft drink mix is on us, choose from:

Rye, Rum, Vodka, Gin or Scotch, Brandy

Bar Rail	- \$4.44	Double	- \$7.19
Premium	- \$5.19	Double Premium	- \$9.63

SHOOTERS (1oz.)

Melonball, Fuzzy Navel, Sambucca, Fireball, Butterscotch Ripple, Schnapps	- \$4.26
Tequila	- \$5.19
B-52, After Eight, Chocolate Chip, China White, Blue Cadillac, and more	- \$4.61

LOCAL HEROES COOLERS & COCKTAILS DRINKS (1-10 oz.)

Mike's Hard	- \$5.95
Chocolate Martini	- \$6.22
1 oz Vodka, 1/2 oz Cacao	
Cosmopolitan	- \$6.22
1 oz Vodka, 1/2 oz Cointreau, Lime and Cranberry juice	
Martini	- \$6.22
White Russian	- \$5.91
A refreshing mixture of Kahlua, Polar Ice Vodka & Milk	
Tequila Sunrise	- \$6.22
Bloody Caesar	- \$5.66

Smirnoff	- \$6.22
Screwdriver	- \$5.66
Black Russian	- \$5.91
Singapore Sling	- \$5.91
Zombie	- \$6.22
Long Island Iced Tea	- \$6.22
Strawberry Daiquiri	- \$5.91
Margaritas	- \$5.91
Pina Coladas	- \$5.91



HOUSE WINE

White - Lindemans Semillon-Chardonnay,
Red - Shiraz-Cabernet,
Corbett Canyon White Zinfandel

Glass	\$6.22	1/2 Litre	\$15.39	1 Litre	\$28.57
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SPECIAL COFFEES (1/2 oz.)

Heroes Coffee	
Bailey's & Amaretto	- \$5.91
B-52 Coffee	
Kahlua, Bailey's & Grand Marnier	- \$5.91
Irish Coffee	
Irish Whiskey & Irish Mist	- \$5.91
Spanish Coffee	
Tia Maria & Brandy	- \$5.91
Blueberry Tea	- \$5.91

LIQUEURS (1 oz.)

Premium:	
Amaretto - Kahlua - Creme De Cacao Southern Comfort - Jim Beam - Tia Maria Jack Daniels - Bailey's Irish Cream - Metaxa	
Single	- \$5.04
Double	- \$9.31
Extra Premium:	
B&B - Cointreau - Drambuie - Irish Mist - Courvoisier	- \$6.22

OTHER BEVERAGES

Coffee (includes one refill)/Tea	- \$1.89
Herbal Tea	- \$2.09
Green Tea/Chamomilo/Earl Grey	
Hot Chocolate	- \$2.09
Orange Juice, Ruby Red Grapefruit, Apple, Cranberry	
Small	- \$1.89
Large	- \$2.69
Tomato, Clamato	
Small	- \$1.69
Large	- \$2.49

Soft Drinks (includes one refill), Iced Tea, Lemonade	
Pepsi, Diet Pepsi, Ginger Ale & 7up	- \$2.49
Pitcher of POP, Iced Tea or Lemonade	- \$8.09
Milk/Chocolate Milk	
Small	- \$1.49
Large	- \$2.19
Heroes Shakes	- \$2.99
Vanilla, Strawberry or Chocolate	
Bottled Root Beer	- \$3.29
Perrier	- \$2.89
Bottled Water	- \$2.19



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