



# SCORING STARTERS

## CORN DOGGIES

In house mini corn dogs, mustard, ketchup. 12

## JALAPEÑO POPPER

Crispy jalapeño, rich cheese blend. 13

## CAULIFLOWER WINGS

Crisp exterior, fresh cauliflower, paired best with spicy Thai sauce, but have it sauced your way. 13

## SPINACH AND ARTICHOKE DIP

Spinach, artichoke, creamy cheese blend, melted to perfection, served with crisp pita and chips. 12

## CALAMARI

Straight from the North Pacific. House seasoned & battered rings are served golden crisp & paired with our Thai-aioli sauce. 18  
Buffalo Style 19.25 / Cajun Style 19.25

## BRUSCHETTA

Garlic bread covered with ripe tomatoes, herbs & spices, sweet red onions & topped generously with feta cheese. 12

## CHEESY BACON BREAD

Garlic bread piled with bacon & mozzarella/brick blended cheese. 12.5

## FRIED PICKLES

Tangy dills paired perfectly with our tasty Southwest sauce! 12.5

## POTATO SKINS

Homemade skins topped with bacon & cheese. Baked up crispy & served with sour cream. 12

## THE SAMPLER

Potato skins, zucchini sticks, mozza bombs & flings! Served with sour cream, garlic & marinara. 25

## ZUCCHINI STICKS

Lightly battered spears fried up right!  
Served with lemon & garlic dip. 12

## TACO FLIGHTS

Mini taco bowls stuffed with lettuce, cheese, salsa, tomato, sour cream & ground beef. 13

## CHICKEN TENDERS

Crispy tenders cooked golden brown served with French fries. 16

## MOZZA BOMBS

Deep fried cheese curds, cooked to perfection. 15

## LOCALS PIEROGI

Caramelized onion, bacon, sour cream. 12

## BRIAN'S ARMADILLO EGG

Jalapeño popper wrapped in juicy ground beef. 18

## MAC N CHEESE

Creamy macaroni and cheese finished with Italian bread crumbs. 12



# LITTLE MEXICO

## CHEESE NACHOS

Crispy tortilla chips topped with our homemade salsa & tex-mex cheese. **Full 14 / Personal 9.5** Add Chicken or Steak 5

## BUFFALO NACHOS

Diced tomatoes, onion & green peppers with breaded chicken tossed in hot sauce OR sweet chili Thai and topped with tex-mex cheese. Drizzled with Local's Buffalo sauce. **Full 20 / Personal 12**

## GREEK NACHOS

Pita triangles or tortilla chips topped with black olives, tomatoes, red onions, feta & mozzarella. Your choice of gyro meat OR chicken. Served with tzatziki. **Full 19 / Personal 11**

## HEROES NACHOS

Our house salsa, green olives, mushrooms & tex-mex cheese. **Full 17 / Personal 11**

## NACHO GRANDE

A GIANT nacho topped with ground beef, chicken & pulled pork, black beans, jalapeños, salsa & zesty tex-mex cheese. Served with guacamole & sour cream. 35 Add Jalapeños 1 Add Guacamole 2

## REAL DEAL NACHOS

The way Mexico intended! Stacked with zesty ground beef, black beans, salsa, bacon & cheese. **Full 19 / Personal 12**

## TATER TOTCHOS

Our house salsa, bacon, jalapeños & tex-mex Cheese. Served on a bed of taters. **Full 21 / Personal 12** Add Chicken or Steak 5

## GRILLED QUESADILLA

A tortilla stuffed with green pepper, onion & tomatoes, our lightly spiced tex-mex spread & tex-mex cheese. Baked to perfection! Your choice of chicken or beef. 15.5

## CHIMICHANGA

Chicken or Beef, crispy shell, melted cheese, beans, green pepper, onion, mushroom, house salsa, rice. 16

## PULLED PORK NACHOS

Tender pieces of pulled pork, banana peppers, tomatoes, onions, green peppers & cheese. Drizzled with BBQ & southwest sauce. Served with house salsa on the side. **Full 20 / Personal 12**

## THE TAILGATE

Full size cheese nachos surrounded by 3 of your favorite choices. Served with sour cream & creamy garlic. *Max 2 meats.* 45

**WINGS - FLINGS - RIBS**  
**MOZZA BOMBS - POTATO SKINS**  
**ZUCCHINI STICKS**  
**CHEESY BACON BREAD**

# SOUP & SALAD

Add Chicken 5 - Add Shrimp 6 - Add Tuna 4

## SOUP OF THE DAY

Ask your server for today's homemade selection! 5

## CAESAR

Romaine, seasoned croûtons, parmesan & caesar dressing. Bacon added upon request. 14

## CHEF

Onions, mushrooms, green peppers & green olives, cucumbers & tomatoes. 12

## TEX-MEX

Chicken, tomatoes, carrots, green peppers, tortilla chips & tex-mex cheese. 17

## BLACKENED SALMON

A blackened salmon fillet, fresh tomatoes & crisp red onions. 22

## GREEK

Tomatoes, cucumbers & red onions topped with kalamata olives, feta & Greek dressing. 15

## BLACKENED SHRIMP

Blackened shrimp, tomatoes & onions paired with balsamic vinaigrette. 18

## LOCALS STEAK SALAD

Romaine, steak, tomatoes, mushrooms, onions & feta in a crispy taco shell bowl. 18



# BURGER SHACK

8oz burgers made fresh in house served on a fresh kaiser bun with fries, coleslaw & a pickle. Ask your server for substitution choices.

## THE TRADITIONAL

You can't beat this home style classic! 14 Add cheese for 1.5

## THE CRISPY BUFFALO

Seasoned breaded in-house chicken thighs tossed in hot sauce & blanketed with mozzarella & ranch. 17

## THE CHEEZED BURGER

This square burger has cheddar on both sides, topped with bacon & caramelized onions. Served on Texas toast! 18 Add a patty for only 5

## SUPERMAN BURGER

For all the HEROES out there! This double decker is stacked! 2 patties, cheddar, bacon, a couple onion rings, hot cajun & 1000 Island sauce! 22

## THE PURE CANADIAN

Back bacon & Canadian cheddar top this patriotic patty! 17

## THE BACON CHEDDAR

A classic melt in your mouth! 17.5

## THE SMOKEHOUSE

Seasoned tortilla strips, bacon, cheddar & jalapeño ranch sauce. 16.5

## THE CURDBURGER

Mozzarella curds, bacon, French fries & drizzled with hot gravy. 17.5

## THE BACK FORTY

Swiss cheese, Forty Creek BBQ sauce, sautéed onions & mushrooms. 17

## EARTH BURGER

Beyond Burger patty, lettuce, tomato, crispy onion. 17

# Pasta

All pastas served with garlic bread & complimented with a starter chef salad. Upgrade to caesar salad or Greek salad only 3.

## LOCALS PENNE

Grilled chicken on a bed of penne noodles tossed in creamy alfredo and our sun-dried tomato pesto sauce. 21

## SPAGHETTI & MEATBALLS

A home style favorite! Spaghetti noodles & homemade meatballs smothered in bolognese sauce. 17.5

## CHICKEN PARMIGIANA

Breaded, seasoned chicken thigh baked with zesty marinara & mozzarella cheese. Served with spaghetti & meat sauce. 20

## BEEF STROGANOFF

In house mouth watering beef, cream sauce, onions, mushrooms. 18

# CAPITAL POUTINERY

Served on a generous serving of fries, with real mozzarella curds & gravy.

**FRENCH FRIES** 6

**SWEET POTATO FRIES** 12

**ONION RINGS** 9

**CLASSIC**

The original comfort food served with mozzarella curds. 13

**BACON CHEESEBURGER**

Ground beef, juicy bacon & cheddar. 18

**CAPITAL**

Bacon, Italian sausage, onions, mushrooms. 16

**FAJITA POUTINE**

Onions, green pepper, smothered in gravy 15

# LIL' HEROES



All kids meals include a small pop, milk or juice. Kids meals are intended for children under 12. Seniors over 65 may also order from the Little Heroes menu.

## WONDER WINGS

4 roaster wings with fries. 8

## FLASH FLINGS

3 flings with fries. 8.5

## BATMAN BURGER

4oz burger with fries. 7.5

## GAMBIT GRILLED CHEESE

Served with fries. 7

## TRANSFORMER TENDERS

3 crispy tenders with fries. 9.5

## SPIDEY SPAGHETTI

Bolognese sauce on spaghetti. 7

## POWER PIZZA

Cheese OR pepperoni. 8.5

## DAREDEVIL DOGS

2 hot dogs with fries. 7.5

## MIGHTY MAC & CHEESE

Classic cheesy goodness. 7.5

## NIGHTCRAWLER NACHOS

Salsa & cheese on tortilla chips. 9

# HANDHELDS

All sandwiches can be made into white or whole wheat wraps.  
All sandwiches and wraps are served with a choice of fries, baked potato, rice, soup or chef salad.  
Upgrade to caesar or Greek salad, sweet potato fries, poutine, or onion rings for 3

## THE SANDWICH SPOT

Upgrade any chicken sandwich to in house fried chicken for only 2.75

### THE CLYDE AVENUE

Succulent in house battered chicken thighs, fresh slaw, dill pickle, spicy buffalo. 16

### BUFFALO CHICKEN GRILLED CHEESE

Juicy chicken tenders tossed in buffalo sauce, cheddar and a garlic toast finish. 16

### SMOKED MEAT

Montreal classic served on a toasted rye bread. 15  
Upgrade to Reuben for 2.75

### THE DIRTY BIRD

Cajun chicken, jalapeños, tomato, melted Swiss & cajun mayo served on a toasted bun. 15.5

### CHICAGO STYLE GYRO

Marinated beef & lamb wrapped up in a pita with lettuce, tomatoes & creamy tzatziki. 18

### THE BONANZA

Roast beef, onions, Swiss cheese & Forty Creek BBQ sauce. Served on a toasted baguette. 16

### SUPREME BBQ CHICKEN

Grilled chicken smothered in BBQ sauce & topped with melted Swiss cheese. Served on a toasted baguette. 15.5

### BEEF DIP AU JUS

Thinly sliced roast beef piled high on a toasted bun. Served with side au jus. 16.5

### SOUTHWEST CLUB

A twist on an original classic! Tender roast beef, bacon, lettuce, tomato & southwest sauce. 16.5

### TRADITIONAL CLUB

Classic toasted double decker stuffed with chicken, bacon, lettuce & tomato. 16

### THE KOZ

Mouthwatering AAA Alberta steak served open faced on a toasted bun smothered in sautéed onions & mushrooms. Served with onion rings. 6oz. 26  
10oz. 35

### PULLED PORK

Juicy pulled pork, cabbage Mix, toasted bun 16

## THAT'S A WRAP

### LOCALS

A must for steak lovers! Tender steak, mozzarella, tomato, mayo & Forty Creek BBQ sauce. 16.5

### CHICKEN CAESAR

Chicken, bacon, lettuce, parmesan cheese & creamy caesar dressing. 14.5

### CALIFORNIA

Chicken, lettuce, tomatoes, mixed shredded cheese & cranberry mayo. 15

### GREEK

Chicken, tomatoes, onions, cucumbers, feta & tzatziki. Served with rice. 15

### TUNA

Tuna, lettuce, tomatoes, onions & mayo. Served on whole wheat. 14

### SHRIMP PESTO

Shrimp, lettuce, tomatoes, red onions, feta & pesto. 17

### SALMON WRAP

6oz. Atlantic salmon filet, lettuce, tomatoes, red onions & mayo. Served on whole wheat. 22

## Panini Pit

### GARDEN

Peppers, mushrooms, red onions, pickles, tomatoes, Swiss, sharp cheddar & aioli. 14

### SOUTHWEST

Tender steak, blended cheeses, sautéed onions & mushrooms. Loaded with Forty Creek & southwest sauce. 17

### CUBAN

Grilled chicken, ham, Swiss cheese & our homemade aioli. 17

### CHICKEN PARM

Breaded, seasoned chicken breast baked with zesty marinara sauce & mozzarella cheese. 16

## SUB HUB

### PHILLY

A true classic! Tender steak, sautéed onions, mushrooms & green peppers. Topped with mozzarella! 17

### THEOS

Grilled chicken, red onions, crispy bacon, Swiss cheese & the original Theo sauce! 16

### MEATBALL

Delicious meatballs topped with zesty bolognese sauce & mozzarella. Baked up right! 16

### DEAN'S FAB4

Sliced chicken, smoked meat, roast beef, pepperoni & cheddar. 17.5

# THE MAIN EVENT

### SIZZLIN' FAJITAS

Chips & salsa to start! Chicken, steak OR shrimp, green peppers & onions served on a hot skillet! Toppings include lettuce, tomatoes, salsa, sour cream & tex-mex cheese. Lettuce wraps OR tortillas available. 29.5 Add guacamole 2

### CHICKEN & RIBS

Two roasted chicken breasts smothered in BBQ sauce & paired with a half rack of pork OR beef ribs with your choice of sauce. Served with seasoned rice & caesar salad. 38

### SOFT TACOS

Grilled chicken, seasoned breaded chicken, steak OR battered haddock, lettuce, tomatoes, cheese, salsa & sour cream. Served with rice & black beans. 17.5

### NAKED BURRITO BOWL

Grilled steak, black beans, green pepper, onion & tex-mex cheese on a bed of rice, topped with salsa. 17

### THE DIRTY BIRD BOWL

Blackened chicken, Swiss, jalapeños, tomato slices & BBQ sauce on a bed of rice. 17

### STEAK DINNER

Tender AAA Alberta strip steak served with choice of potato & Caesar salad. 6oz Strip 25  
10oz Strip 34 Add Jumbo Shrimp (4) - Regular/Blackened OR Calamari - Regular Cajun/Bufalo ONLY 6

### CHICKEN BROCHETTE

Two skewers of marinated chicken breast. Served on a bed of seasoned rice. Served with tzatziki & Greek salad. 20

### GREEK GYRO

Marinated beef & lamb gyro meat. Served with seasoned rice, tzatziki, naan bread & Greek salad. 19.5

### SUMMER GRILL

Two charbroiled chicken breasts drizzled with Local's BBQ sauce. Served with rice & caesar salad. Blackened upon request. 20

### JAMBALAYA

Rice, shrimp, chicken, sausage, tomato, green pepper & southern spice. 19

### FISH & CHIPS

A good ol' English classic! A large pub cut haddock fillet served with tartar sauce, fries & slaw. 17

# THE PIZZERIA

Our pizzas are a staple here at Local Heroes loaded with cheese & baked golden brown. Pizza sizes - small 9" / medium 12" / large 15".  
Thick or thin crust upon request.

### SANTA FE

Ground beef, bacon, tomato, onion & Tex-mex cheese. Forty Creek BBQ as a base. S 15 / M 24 / L 29

### CHICKEN PESTO

Chicken, onion, jalapeños & Swiss. Pesto as a base. Topped with mozzarella. S 16 / M 24 / L 29

### CHICKEN BRUSCHETTA

Chicken, tomato, red onion, feta, herbs & spices. S 17 / M 24 / L 28

### PHILLY STEAK

Tender steak, bacon, mushroom & onion. S 18 / M 27 / L 38

### SPICY BBQ

Chicken, bacon, onion, green pepper, banana peppers & Tex-mex cheese. Hot, Forty Creek & cajun base. S 17 / M 27 / L 33

### TAILGATER

Mild sausage, caramelized onions, mushrooms & mozzarella curds. S 15 / M 21 / L 27

### CHEESEBURGER

Ground beef, mushroom, onion & Tex-mex cheese. S 15 / M 23 / L 29

### DEAN'S PIZZA

Chicken, red onion, mushroom & green olives. S 16 / M 23 / L 30

### PINEAPPLE EXPRESS

Pepperoni, green pepper, pineapple & banana peppers. S 15 / M 21 / L 27

### BUFFALO

Breaded Buffalo chicken, tomato, onion & green pepper. Drizzled with Buffalo sauce! S 15 / M 23 / L 30

### CHEESE

S 13 / M 16 / L 21

### VEGGIE

Onion, mushroom, green pepper, green olives & tomato. S 16 / M 21 / L 27

### COMBO

Pepperoni, mushroom, green peppers. S 15 / M 19 / L 25

### HAWAIIAN

Ham OR bacon & pineapple. S 15 / M 20 / L 25

### PEPPERONI

S 14 / M 18 / L 23

### MEATLOVER

Pepperoni, bacon, ground beef, ham & Italian sausage. S 17 / M 23 / L 29

### APPLE MESQUITE

Apple mesquite sauce, chicken, pineapple, bacon. S 16 / M 25 / L 29

## WE ARE THE KING OF RIBS & WINGS

Original recipe used since 1991!

### PORK RIBS

1/2 Rack 19 - Full Rack 30  
Served with fries, coleslaw & pickle.

### BEEF RIBS

3 Ribs 24 - 6 Ribs 38  
Served with fries, coleslaw & pickle.



On opening day, our first shipment of wings came in. They were like nothing we had ever seen before!  
We cooked them up, dished them out & never looked back as we became Ottawa's Original KING of Wings!

### FLINGS

No bones about it!  
1/2 LB 13  
1/2 LB platter 17

### 1LB WING PLATTER

Includes fries, coleslaw & pickle. 18.5

### ROASTER WINGS

Regular pub style wings served 9 in a pound. 1 LB 13.75

### OUR FAMOUS LOCALS WINGS

Juicy, meaty & sauced up however you want! So big that 3 makes a pound!  
Split upon request. Served naked, no breading about it. 1 LB 13.75

## GET SAUCY WITH IT...

MILD  
MEDIUM  
HOT  
911  
JERK  
HONEY GARLIC  
SPICY THAI  
40 CREEK BBQ  
APPLE BUTTER  
TERIYAKI

SWEET & SOUR  
RANCH/HOT RANCH  
JALAPEÑO RANCH  
CAESAR  
CAJUN  
LEMON PEPPER  
NICK'S GREEK  
SWEET JULIUS HEAT  
DANTE'S INFERNO

## RIBS & WINGS

### HUNGRY HEIFER

2 LB wings, a full rack of ribs, fries, coleslaw & pickle. 60

## THE BEST OF BOTH WORLDS

### LIL' HEIFER

1 LB wings, a 1/2 rack of ribs, fries, coleslaw & pickle. 35

WWW.LOCALHEROESRESTAURANT.COM



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