

SERVICE. VALUE. SCORE.



EST. 1991



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@thereallocalheroes



@THEREALLOCALS

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SCORING STARTERS

TATER TOT DOTS

Crispy taters, hollandaise, bacon, ranch. 9

CORN DOGGIES

In house mini corn dogs, mustard, ketchup. 9

ROASTED JALAPEÑO POPPER

Slow roasted jalapeño, rich cheese blend. 12

CAULIFLOWER WINGS

Crisp exterior, fresh cauliflower, paired best with spicy Thai sauce, but have it sauced your way. 12

SPINACH AND ARTICHOKE DIP

Spinach, artichoke, creamy cheese blend, melted to perfection, served with crisp pita and chips. 11

CALAMARI

Straight from the North Pacific. House seasoned & battered rings are served golden crisp & paired with our Thai-aioli sauce. 16.99
Buffalo Style 17.50 / Cajun Style 17.50

BRUSCHETTA

Garlic bread covered with ripe tomatoes, herbs & spices, sweet red onions & topped generously with feta cheese. 9.50

CHEESY BACON BREAD

Garlic bread piled with bacon & mozzarella/brick blended cheese. 10

FRIED PICKLES

These tangy dills are paired perfectly with our tasty southwest sauce! 10.50

POTATO SKINS

Homemade skins topped with bacon & cheese. Baked up crispy & served with sour cream. 10

BUFFALO SKINS

Chicken tossed in our buffalo sauce, baked with tex-mex cheese. Served with blue cheese to dip. 14.50

THE SAMPLER

Potato skins, zucchini sticks, mozza bombs & flings! Served with sour cream, garlic & marinara. 22.75

ZUCCHINI STICKS

Lightly battered spears fried up right! Served with lemon & garlic dip. 11

TACO FLIGHTS

Mini taco bowls stuffed with lettuce, cheese, salsa, tomato, sour cream & ground beef. 12

CHICKEN TENDERS

Crispy tenders cooked golden brown served with French fries. 14.75

MOZZA BOMBS

"Deep fried cheese curds, cooked to perfection. 14.25

THE TAILGATE

Full size cheese nachos surrounded by 3 of your favorite choices. Served with sour cream & creamy garlic. *Maximum 2 meats.* 37.95

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

LITTLE MEXICO

CHEESE NACHOS

Crispy tortilla chips topped with our homemade salsa & tex-mex cheese.

Full 13 / Personal 8.50

Add Chicken or Steak 4.75

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 18.95 / Personal 11

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 18 / Personal 9.99

HEROES NACHOS

Our house salsa, green olives, mushrooms & tex-mex cheese. **Full 14.95 / Personal 9.25**

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. 31

Add Jalapeños 1 Add Guacamole 2

REAL DEAL NACHOS

The way Mexico intended! Stacked with zesty ground beef, black beans, salsa, bacon & cheese. **Full 17 / Personal 10**

TATER TOTCHOS

Our house salsa, bacon, jalapeños & tex-mex Cheese. Served on a bed of taters.

Full 20 / Personal 8.50

Add Chicken or Steak 4

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. 13

CHIMICHANGA

Chicken or Beef, crispy shell, melted cheese, beans, house salsa, rice. 14.50

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 17.95 / Personal 10.50





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, meat poutine,
loaded baker 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. 14

PIGGIE

Juicy pulled pork, dill pickle, iceberg lettuce, Swiss cheese, bacon, mustard, mayo, garlic butter, toasted baguette. 14

3 WHEELER

Three grilled cheese sandwiches, three cheese blend - mozzarella - jack - cheddar, maple bacon, three stories high. 13.50

SMOKED MEAT

Montreal classic served on a toasted rye bread. 13.75

THE DIRTY BIRD

Cajun chicken, jalapeños, tomato, melted Swiss & cajun mayo served on a toasted baguette. 12.95

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. 13.50

SUPREME BBQ CHICKEN

Grilled chicken smothered in BBQ sauce & topped with melted Swiss cheese. Served on a toasted baguette. 13.00

BEEF DIP AU JUS

Thinly sliced roast beef piled high on toasted garlic bread. Served with side au jus. 14.00

SOUTHWEST CLUB

A twist on an original classic! Tender roast beef, bacon, lettuce, tomato & southwest sauce. 13.50

TRADITIONAL CLUB

Classic toasted double decker stuffed with chicken, bacon, lettuce & tomato. 13.50

THE KOZ

Mouthwatering AAA Alberta steak served open faced on a toasted bun smothered in sautéed onions & mushrooms. Served with onion rings. 6oz. 23.99 10oz. 31

SUB HUB

PHILLY

A true classic! Tender steak, sautéed onions, mushrooms & green peppers. Topped with mozzarella! 12.50

THEOS

Grilled chicken, red onions, crispy bacon, Swiss cheese & the original Theo sauce! 13.95

MEATBALL

Delicious meatballs topped with zesty bolognese sauce & mozzarella. Baked up right! 13.45

DEAN'S FAB4

Sliced chicken, smoked meat, roast beef, pepperoni & cheddar. 16.50

THAT'S A WRAP

LOCALS

A must for steak lovers! Tender steak, mozzarella, tomato, mayo & Forty Creek BBQ sauce. 13

CHICKEN CAESAR

Chicken, bacon, lettuce, parmesan cheese & creamy caesar dressing. 12.50

CALIFORNIA

Chicken, lettuce, tomatoes, mixed shredded cheese & cranberry mayo. 12.50

GREEK

Chicken, tomatoes, onions, cucumbers, feta & tzatziki. Served with rice. 12.75

TUNA

Tuna, lettuce, tomatoes, onions & mayo. Served on whole wheat. 11.99

SHRIMP PESTO

Shrimp, lettuce, tomatoes, red onions, feta & pesto. 14.50

SALMON WRAP

6oz. Atlantic salmon filet, lettuce, tomatoes, red onions & mayo. Served on whole wheat. 19.99

Panini Pit

GARDEN

Peppers, mushrooms, red onions, pickles, tomatoes, Swiss, sharp cheddar & aioli. 11

SOUTHWEST

Tender steak, blended cheeses, sautéed onions & mushrooms. Loaded with Forty Creek & southwest sauce. 13.50

CUBAN

Grilled chicken, ham, Swiss cheese & our homemade aioli. 13.50

CHICKEN PARM

Breaded, seasoned chicken breast baked with zesty marinara sauce & mozzarella cheese. 13.75



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! 12.50

THE CRISPY BUFFALO

Seasoned breaded in-house chicken thighs tossed in hot sauce & blanketed with mozzarella & ranch. 15.95

THE CHEEZED BURGER

This square burger has cheddar on both sides, topped with bacon & caramelized onions. Served on Texas toast! 16.43 *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 & 100 Island sauce! 19.50

THE PURE CANADIAN

Back bacon & Canadian cheddar top this patriotic patty! 13.75

THE BACON CHEDDAR

A classic melt in your mouth! 15.84

THE SMOKEHOUSE

Seasoned tortilla strips, bacon, cheddar & jalapeño ranch sauce. 16.21

THE CURDBURGER

Mozzarella curds, bacon, French fries & drizzled with hot gravy. 16.60

THE BACK FORTY

Swiss cheese, Forty Creek BBQ sauce, sautéed onions & mushrooms. 14.50

EARTH BURGER

Beyond burger® patty, lettuce, tomato, crispy onion. 15



CAPITAL POUTINERY

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

FRENCH FRIES 5

SWEET POTATO FRIES 8.99

ONION RINGS 7.50

CLASSIC

The original comfort food served with mozzarella curds. 10

BACON CHEESEBURGER

Ground beef, smoked bacon & cheddar. 17

CAPITAL

Bacon, Italian sausage, sautéed onions, mushrooms. 14.37



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. 25.75 *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. 31.99

SOFT TACOS

Grilled chicken, seasoned breaded chicken, steak OR battered haddock, lettuce, tomatoes, cheese, salsa & sour cream.

Served with rice & black beans. 14.95

NAKED BURRITO BOWL

Grilled steak, black beans, green pepper, onion & tex-mex cheese on a bed of rice, topped with salsa. 15

THE DIRTY BIRD BOWL

Blackened chicken, Swiss, jalapeños, tomato slices & BBQ sauce on a bed of rice. 15

STEAK DINNER

Tender AAA Alberta strip steak served with choice of potato & Caesar salad. 6oz Strip 21 10oz Strip 28

Add Jumbo Shrimp (4) - Regular/Blackened OR Calamari - Regular
Cajun/Buffalo ONLY 6

CHICKEN BROCHETTE

Two skewers of marinated chicken breast. Served on a bed of seasoned rice. Served with tzatziki & Greek salad. 16.50

GREEK GYRO

Marinated beef & lamb gyro meat. Served with seasoned rice, tzatziki, naan bread & Greek salad. 18

SUMMER GRILL

Two charbroiled chicken breasts drizzled with Local's BBQ sauce. Served with rice & caesar salad. Blackened upon request. 16.95

JAMBALAYA

Rice, shrimp, chicken, sausage, tomato, green pepper & southern spice. 18

FISH & CHIPS

A good ol' English classic! A large pub cut haddock fillet served with tartar sauce, fries & slaw. 15.25

PASTA

All pastas served with garlic bread & complimented with a starter chef salad. Upgrade to caesar salad only 2.50 or Greek salad only 2.

LOCALS PENNE

Grilled chicken on a bed of penne noodles tossed in creamy alfredo and our sun-dried tomato pesto sauce. 17.75

SPAGHETTI & MEATBALLS

A home style favorite! Spaghetti noodles & homemade meatballs smothered in bolognese sauce. 16

CHICKEN PARMIGIANA

Breaded, seasoned chicken breast baked with zesty marinara & mozzarella cheese. Served with spaghetti & meat sauce. 18.95

SOUP & SALAD

Add Chicken 4.75 - Add Shrimp 6 - Add Tuna 4

SOUP OF THE DAY

Ask your server for today's homemade selection! 4.50

CAESAR

Romaine, seasoned croutons, parmesan & caesar dressing. Bacon added upon request. 12

CHEF

Onions, mushrooms, green peppers & green olives, cucumbers & tomatoes. 11

TEX-MEX

Chicken, tomatoes, carrots, green peppers, tortilla chips & tex-mex cheese. 15.25

BLACKENED SALMON

A blackened salmon fillet, fresh tomatoes & crisp red onions. 19.95

GREEK

Tomatoes, cucumbers & red onions topped with kalamata olives, feta & Greek dressing. 13

BLACKENED SHRIMP

Blackened shrimp, tomatoes & onions paired with balsamic vinaigrette. 17

LOCALS STEAK SALAD

Romaine, steak, tomatoes, mushrooms, onions & feta in a crispy taco shell bowl. 16



WE ARE THE KING OF RIBS & WINGS

LOCAL HEROES HALL OF FAME

PORK RIBS

1/2 Rack 16.99 **Full Rack** 26.75
Served with fries, coleslaw & pickle.

BEEF RIBS

3 Ribs 19.99 **6 Ribs** 32.99
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 11.50
1/2 LB platter 15.50

ROASTER WINGS

Regular pub style wings
served 9 in a pound.
1 LB 13

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

1LB WING PLATTER

Includes fries, coleslaw
& pickle. 16.45

GET SAUCY WITH IT...

MILD
MEDIUM
HOT
911
JERK
HONEY GARLIC
SPICY THAI

40 CREEK BBQ
APPLE BUTTER
HICKORY MAPLE
TERIYAKI
SWEET & SOUR
RANCH/HOT RANCH
JALAPEÑO RANCH

CAESAR
CAJUN/BLACKENED
LEMON PEPPER
NICK'S GREEK
SWEET JULIUS HEAT
DANTE INFERNO

RIBS & WINGS

THE BEST OF BOTH WORLDS

HUNGRY HEIFER

2 LB wings, a full rack of ribs, fries, coleslaw & pickle. 55.25

LIL' HEIFER

1 LB wings, a 1/2 rack of ribs, fries, coleslaw & pickle. 31.99





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.

CHEESEBURGER

Ground beef, mushroom, onion & Tex-mex cheese.
S 13 / M 19.99 / L 26

DEAN'S PIZZA

Chicken, red onion, mushroom & green olives. S 13.75 / M 19.99 / L 27

PINEAPPLE EXPRESS

Pepperoni, green pepper, pineapple & banana peppers.
S 12.50 / M 17.95 / L 23.50

BUFFALO

Breaded Buffalo chicken, tomato, onion & green pepper. Drizzled with Buffalo sauce! S 13.75 / M 19.95 / L 26.95

CHEESE S 10.50 / M 13.95 / L 18.95

VEGGIE

Onion, mushroom, green pepper, green olives & tomato.
S 13.95 / M 18.95 / L 23.95

COMBO

Pepperoni, mushroom, green peppers. S 12.95 / M 16.95 / L 21.95

HAWAIIAN

Ham OR bacon & pineapple. S 12.50 / M 16.95 / L 21.95

PEPPERONI S 11.50 / M 15.75 / L 19.95

MEATLOVER

Pepperoni, bacon, ground beef, ham & Italian sausage.
S 14.50 / M 19.95 / L 25.95

APPLE MESQUITE

Apple mesquite sauce, chicken, pineapple, bacon.
S 14 / M 21.95 / L 26

SANTA FE

Ground beef, bacon, tomato, onion & Tex-mex cheese. Forty Creek BBQ as a base. S 12.75 / M 21 / L 26

CHICKEN PESTO

Chicken, onion, jalapeños & Swiss. Pesto as a base. Topped with mozzarella. S 13.95 / M 20.95 / L 26.95

CHICKEN BRUSCHETTA

Chicken, tomato, red onion, feta, herbs & spices. S 14.50 / M 21.25 / L 25

PHILLY STEAK

Tender steak, bacon, mushroom & onion. S 13.75 / M 21.95 / L 32.95

SPICY BBQ

Chicken, bacon, onion, green pepper, banana peppers & Tex-mex cheese. Hot, Forty Creek & cajun base. S 14 / M 24 / L 30

TAILGATER

Mild sausage, caramelized onions, mushrooms & mozzarella curds.
S 12.75 / M 17.95 / L 23.75

Little 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. 7.20

FLASH FLINGS

3 flings with fries. 7.75

BATMAN BURGER

4oz burger with fries. 6.50

GAMBIT GRILLED CHEESE

Served with fries. 6.50

TRANSFORMER TENDERS

3 crispy tenders with fries. 8.95

SPIDEY SPAGHETTI

Bolognese sauce on spaghetti. 6

POWER PIZZA

Cheese OR pepperoni. 7.20

DAREDEVIL DOGS

2 hot dogs with fries. 6.50



MIGHTY MAC & CHEESE

Classic cheesy goodness. 6.50

NIGHTCRAWLER NACHOS

Salsa & cheese on tortilla chips. 7.95

Desserts

THE BEST FOR THE END



A HEROES FINISH

Buckle your seatbelts 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! 8.75

ICE CREAM SUNDAE

Premium vanilla ice cream stacked and packed with your choice of topping, real whipped creme and a cherry. Choose from chocolate, strawberry and butterscotch. 5.50

DEEP FRIED ICE CREAM

Rolled with cinnamon sugar and topped off with your choice of strawberry or chocolate topping. Devilish! 8.75

APPLE CARAMEL CHEESECAKE

Northern spy apple and caramel filling, gently nestled between streusel and then topped with a drizzling of additional caramel. A classic taste experience. 9.60

CHICAGO'S FAMOUS ELI'S CHEESECAKE

Old fashion cheesecake. Chocolate or strawberry. 8.25

HERO TAILS

Served with cinnamon and sugar. Strawberry topping available upon request. One of our Favorites! 8

CARROT CAKE

A traditional Canadian favorite! Three layers of a light carrot cake with cream icing filling. Topped with miniature rosettes and chopped walnuts makes this a classic treat! 6.90

OREO CHEESECAKE

Your favorite cookie now available as a decadent dessert 12

CHOCOLATE CHIP HONEY BALLS

Golden balls of dough filled with chocolate chips and drizzled with honey and cinnamon sugar. Addictive! 9.50

HEROES SHAKES

Smooth, rich and creamy. Available in vanilla, strawberry or chocolate. 3.75

