



SCORING STARTERS

CORN DOGGIES

In house mini corn dogs, mustard, ketchup. 11

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. 10.50

CHEESY BACON BREAD

Garlic bread piled with bacon & mozzarella/brick blended cheese. 12

FRIED PICKLES

Tangy dills paired perfectly with our tasty Southwest sauce! 12

POTATO SKINS

Homemade skins topped with bacon & cheese. Baked up crispy & served with sour cream. 11

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 9.50** Add Chicken or Steak 4.99

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 16.50 / Personal 10.50**

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 18 / Personal 11**

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. 14.50

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.* 42

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. 13.50

CHEF

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

TEX-MEX

Chicken, tomatoes, carrots, green peppers, tortilla chips & tex-mex cheese. 16.50

BLACKENED SALMON

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

GREEK

Tomatoes, cucumbers & red onions topped with kalamata olives, feta & Greek dressing. 14.50

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! 13.50 Add cheese for 1.50

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! 21.50

THE PURE CANADIAN

Back bacon & Canadian cheddar top this patriotic patty! 16

THE BACON CHEDDAR

A classic melt in your mouth! 17

THE SMOKEHOUSE

Seasoned tortilla strips, bacon, cheddar & jalapeño ranch sauce. 16.50

THE CURDBURGER

Mozzarella curds, bacon, French fries & drizzled with hot gravy. 17

THE BACK FORTY

Swiss cheese, Forty Creek BBQ sauce, sautéed onions & mushrooms. 16

EARTH BURGER

Beyond Burger patty, lettuce, tomato, crispy onion. 16

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. 19.50

SPAGHETTI & MEATBALLS

A home style favorite! Spaghetti noodles & homemade meatballs smothered in bolognese sauce. 17

CHICKEN PARMIGIANA

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

BEEF STROGANOFF

In house mouth watering beef, cream sauce, onions, mushrooms. 17

CAPITAL POUTINERY

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

FRENCH FRIES 6

SWEET POTATO FRIES 10

ONION RINGS 8.50

CLASSIC

The original comfort food served with mozzarella curds. 12

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. 8.50

BATMAN BURGER

4oz burger with fries. 7.50

GAMBIT GRILLED CHEESE

Served with fries. 7

TRANSFORMER TENDERS

3 crispy tenders with fries. 9.50

SPIDEY SPAGHETTI

Bolognese sauce on spaghetti. 7

POWER PIZZA

Cheese OR pepperoni. 8.50

DAREDEVIL DOGS

2 hot dogs with fries. 7.50

MIGHTY MAC & CHEESE

Classic cheesy goodness. 7.50

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. 15.50

BUFFALO CHICKEN GRILLED CHEESE

Juicy chicken tenders tossed in buffalo sauce, cheddar and a garlic toast finish. 15

SMOKED MEAT

Montreal classic served on a toasted rye bread. 14.50
Upgrade to Reuben for 2.75

THE DIRTY BIRD

Cajun chicken, jalapeños, tomato, melted Swiss & cajun mayo served on a toasted bun. 14.50

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. 15

SUPREME BBQ CHICKEN

Grilled chicken smothered in BBQ sauce & topped with melted Swiss cheese. Served on a toasted baguette. 14.50

BEEF DIP AU JUS

Thinly sliced roast beef piled high on toasted garlic baguette. Served with side au jus. 16

SOUTHWEST CLUB

A twist on an original classic! Tender roast beef, bacon, lettuce, tomato & southwest sauce. 16

TRADITIONAL CLUB

Classic toasted double decker stuffed with chicken, bacon, lettuce & tomato. 15

THE KOZ

Mouthwatering AAA Alberta steak served open faced on a toasted bun smothered in sautéed onions & mushrooms. Served with onion rings. 6oz. 25
10oz. 34

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. 15

CHICKEN CAESAR

Chicken, bacon, lettuce, parmesan cheese & creamy caesar dressing. 14

CALIFORNIA

Chicken, lettuce, tomatoes, mixed shredded cheese & cranberry mayo. 14

GREEK

Chicken, tomatoes, onions, cucumbers, feta & tzatziki. Served with rice. 14

TUNA

Tuna, lettuce, tomatoes, onions & mayo. Served on whole wheat. 13

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. 13

SOUTHWEST

Tender steak, blended cheeses, sautéed onions & mushrooms. Loaded with Forty Creek & southwest sauce. 16

CUBAN

Grilled chicken, ham, Swiss cheese & our homemade aioli. 16

CHICKEN PARM

Breaded, seasoned chicken breast baked with zesty marinara sauce & mozzarella cheese. 15

SUB HUB

PHILLY

A true classic! Tender steak, sautéed onions, mushrooms & green peppers. Topped with mozzarella! 16

THEOS

Grilled chicken, red onions, crispy bacon, Swiss cheese & the original Theo sauce! 15

MEATBALL

Delicious meatballs topped with zesty bolognese sauce & mozzarella. Baked up right! 15

DEAN'S FAB4

Sliced chicken, smoked meat, roast beef, pepperoni & cheddar. 17.50

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. 27.50 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. 35

SOFT TACOS

Grilled chicken, seasoned breaded chicken, steak OR battered haddock, lettuce, tomatoes, cheese, salsa & sour cream. Served with rice & black beans. 16.50

NAKED BURRITO BOWL

Grilled steak, black beans, green pepper, onion & tex-mex cheese on a bed of rice, topped with salsa. 16.50

THE DIRTY BIRD BOWL

Blackened chicken, Swiss, jalapeños, tomato slices & BBQ sauce on a bed of rice. 16.50

STEAK DINNER

Tender AAA Alberta strip steak served with choice of potato & Caesar salad. 6oz Strip 23
10oz Strip 30 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. 18

GREEK GYRO

Marinated beef & lamb gyro meat. Served with seasoned rice, tzatziki, naan bread & Greek salad. 19

SUMMER GRILL

Two charbroiled chicken breasts drizzled with Local's BBQ sauce. Served with rice & caesar salad. Blackened upon request. 18

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. 16

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 14 / M 23 / L 28

CHICKEN PESTO

Chicken, onion, jalapeños & Swiss. Pesto as a base. Topped with mozzarella. S 15 / M 23 / L 29

CHICKEN BRUSCHETTA

Chicken, tomato, red onion, feta, herbs & spices. S 16 / M 23 / L 27

PHILLY STEAK

Tender steak, bacon, mushroom & onion. S 16 / M 25 / L 36

SPICY BBQ

Chicken, bacon, onion, green pepper, banana peppers & Tex-mex cheese. Hot, Forty Creek & cajun base. S 16 / M 26 / L 32

TAILGATER

Mild sausage, caramelized onions, mushrooms & mozzarella curds. S 14 / M 20 / L 26

CHEESEBURGER

Ground beef, mushroom, onion & Tex-mex cheese. S 14 / M 22 / L 28

DEAN'S PIZZA

Chicken, red onion, mushroom & green olives. S 15 / M 22 / L 29

PINEAPPLE EXPRESS

Pepperoni, green pepper, pineapple & banana peppers. S 14 / M 20 / L 26

BUFFALO

Breaded Buffalo chicken, tomato, onion & green pepper. Drizzled with Buffalo sauce! S 14 / M 22 / L 29

CHEESE

S 12 / M 15 / L 20

VEGGIE

Onion, mushroom, green pepper, green olives & tomato. S 15 / M 21 / L 26

COMBO

Pepperoni, mushroom, green peppers. S 14 / M 18 / L 24

HAWAIIAN

Ham OR bacon & pineapple. S 14 / M 19 / L 24

PEPPERONI

S 13 / M 17 / L 22

MEATLOVER

Pepperoni, bacon, ground beef, ham & Italian sausage. S 16 / M 22 / L 28

APPLE MESQUITE

Apple mesquite sauce, chicken, pineapple, bacon. S 15 / M 24 / L 28

WE ARE THE KING OF RIBS & WINGS

PORK RIBS

1/2 Rack 18 - Full Rack 28
Served with fries, coleslaw & pickle.

Original recipe used since 1991!



BEEF RIBS

3 Ribs 22 - 6 Ribs 36
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 12.50
1/2 LB platter 16.50

1LB WING PLATTER

Includes fries, coleslaw & pickle. 18

ROASTER WINGS

Regular pub style wings served 9 in a pound. 1 LB 13.50

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 13.50

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

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