

THE MAIN EVENT

Sizzlin' Fajitas

Chips and salsa to start! Chicken, steak OR shrimp, green peppers and onions served on a hot skillet! Toppings include lettuce, tomatoes, salsa, sour cream and tex-mex cheese. Lettuce wraps OR tortillas available..... 31
Add Guacamole +2

Chicken & Ribs

Two roasted chicken breasts smothered in BBQ sauce and paired with a half rack of pork OR beef ribs with your choice of sauce. Served with seasoned rice and Caesar salad 40

Soft Tacos

Grilled chicken, seasoned breaded chicken, steak OR battered haddock, lettuce, tomatoes, cheese, salsa and sour cream. Served with rice and black beans..... 18

Naked Burrito Bowl

Grilled steak, black beans, green pepper, onion and tex-mex cheese on a bed of rice, topped with salsa 18

The Dirty Bird Bowl

Blackened chicken, Swiss, jalapeños, tomato slices and BBQ sauce on a bed of rice... 18

Steak Dinner

Tender AAA Alberta strip steak served with choice of potato and Caesar salad. 6oz Strip 27 / 10oz Strip 40
Add Jumbo Shrimp +6 - Calamari +6

Chicken Brochette

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

Greek Gyro Platter

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

Summer Grill

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

Chipotle Rice Chicken Bowl

Cajun chicken, salsa, guacamole, jack cheese, jalapeño , crispy spiced chips, chipotle drizzle 19

Thai Rice Chicken Bowl

Thai tossed crispy chicken, cabbage and carrot mix, onion, green pepper, tomato, zesty drizzle served on a bed of rice 19

Jambalaya

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

Fish & Chips

A good ol' English classic! A large pub cut haddock fillet served with tartar sauce, fries and slaw 19

CAPITAL POUTINERY

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

French Fries 6

Sweet Potato Fries 12.5

Onion Rings 9.5

Classic

The original comfort food served with mozzarella curds 13

Dill Pickle Poutine

Dill pickle spears and ranch drizzle 15

Bacon Cheeseburger

Ground beef, juicy bacon and cheddar..... 19

Buffalo Chicken Poutine

Crispy buffalo chicken, drizzled with hot ranch and green onions to finish 15.5

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 9

Flash Flings

3 flings with fries 9.5

Batman Burger

4oz burger with fries 9

Gambit Grilled Cheese

Served with fries 8

Transformer Tenders

3 crispy tenders with fries 10.5

Locals Penne

Grilled chicken on a bed of penne noodles tossed in creamy alfredo and our sun-dried tomato pesto sauce 22

Spaghetti & Meatballs

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

Chicken Carbonara

Hearty pasta tossed in a creamy carbonara sauce with chicken, crispy bacon, parmesan, and black pepper 19

Chicken Parmigiana

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

Spidey Spaghetti

Bolognese sauce on spaghetti 8

Power Pizza

Cheese OR pepperoni..... 9.5

Daredevil Dogs

2 hot dogs with fries..... 8.5

Mighty Mac & Cheese

Classic cheesy goodness 8.5

Nightcrawler Nachos

Salsa and cheese on tortilla chips 9.5

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 breast, fresh slaw, dill pickle, spicy buffalo..... 17

Buffalo Chicken Grilled Cheese

Juicy chicken tenders tossed in buffalo sauce, cheddar and a garlic toast finish 17

Smoked Meat

Montreal classic served on a toasted rye bread 16.5
Upgrade to Reuben for 2.75

The Dirty Bird

Cajun chicken, jalapeños, tomato, melted Swiss and cajun mayo served on a toasted bun 17

Greek Gyro Pita

Your choice of marinated chicken or gyro meat, served with tomatoes, onions, tzatziki, lettuce, potatoes 18

Beef Dip Au Jus

Thinly sliced roast beef piled high on a toasted bun. Served with side au jus.. 17

The Bonanza

Roast beef, onions, Swiss cheese and Forty Creek BBQ sauce. Served on a toasted baguette..... 18

Southwest Club

A twist on an original classic! Tender roast beef, bacon, lettuce, tomato and southwest sauce..... 17.5

Traditional Club

Classic toasted double decker stuffed with chicken, bacon, lettuce and tomato..... 17

The Koz

Mouthwatering AAA Alberta steak served open faced on a toasted bun smothered in sautéed onions and mushrooms. Served with onion rings..... 6oz. 30 / 10oz. 40

Pulled Pork

Juicy pulled pork, cabbage mix, toasted bun 17

Captain's Cut Bun

Breaded haddock, coleslaw, tartar sauce..... 20

THAT'S A WRAP

Local's Wrap

A must for steak lovers! Tender steak, mozzarella, lettuce, tomato, mayo and Forty Creek BBQ sauce 17

Chicken Caesar Wrap

Chicken, bacon, lettuce, parmesan cheese and creamy caesar dressing 16

Spicy Caesar Pita

Crispy chicken tossed in hot sauce, served with creamy Caesar dressing, lettuce, bacon, parmesan, served on a fluffy pita 17.5

Buffalo Chicken Wrap

Lettuce, tomato, buffalo chicken, jack cheese, ranch..... 17

California

Chicken, lettuce, tomatoes, mixed shredded cheese and cranberry mayo..... 16.5

Greek

Chicken, tomatoes, onions, cucumbers, feta and tzatziki. Served with rice 16.5

Tuna

Tuna, lettuce, tomatoes, onions and mayo. Served on whole wheat 15

Salmon Wrap

6oz. Atlantic salmon filet, lettuce, tomatoes, red onions and mayo. Served on whole wheat 25

PANINI PIT

Garden

Peppers, mushrooms, red onions, pickles, tomatoes, Swiss, sharp cheddar and aioli 14.5

Chicken Parm

Breaded, seasoned chicken breast baked with zesty marinara sauce and mozzarella cheese 16.5

Southwest

Tender steak, blended cheeses, sautéed onions and mushrooms. Loaded with Forty Creek and southwest sauce 18

Cuban

Grilled chicken, ham, Swiss cheese and our homemade aioli..... 17.5

SUB HUB

Philly

A true classic! Tender steak, sautéed onions, mushrooms and green peppers. Topped with mozzarella! 17.5

Theos

Grilled chicken, red onions, crispy bacon, Swiss cheese and the original Theo sauce!..... 17

Dean's Fab4

Sliced chicken, smoked meat, roast beef, pepperoni and cheddar..... 18

Meatball

Delicious meatballs topped with zesty bolognese sauce and mozzarella. Baked up right!..... 17



King of
Wings & Ribs

Voted Ottawa's Best
Wings & Sports Bar

EST. 1991

SCORING STARTERS

THE SAMPLER

Potato Skins, Zucchini Sticks, Mozza Bombs & Flings!
Served with sour cream, garlic and marinara. 25

Corn Doggies

In house mini corn dogs, mustard, ketchup 13

Jalapeño Popper

Crispy jalapeño, rich cheese blend... 13.5

Cauliflower Bites

Crisp exterior, fresh cauliflower, paired best with spicy Thai sauce, but have it sauced your way..... 14

Spinach & Artichoke Dip

Spinach, artichoke, creamy cheese blend, melted to perfection, served with crisp pita and chips 14

Bruschetta

Garlic bread covered with ripe tomatoes, herbs and spices, sweet red onions and topped generously with feta cheese 13.5

Calamari

Straight from the North Pacific. House seasoned and battered rings are served golden crisp and paired with our Thai-aioli sauce 18.5
Buffalo Style 19.5 / Cajun Style 19.5

Cheesy Bacon Bread

Garlic bread piled with bacon and mozzarella/brick blended cheese 13

Fried Pickles

Tangy dills paired perfectly with our tasty Southwest sauce! 13

Feisty Feta Dip

Feta dip with a bold punch..... 13

Potato Skins

Homemade skins topped with bacon and cheese. Baked up crispy and served with sour cream 13

Zucchini Sticks

Lightly battered spears fried up right! Served with lemon and garlic dip..... 13

Taco Flights

Mini taco bowls stuffed with lettuce, cheese, salsa, tomato, sour cream and ground beef 14

Chicken Tenders

Crispy tenders cooked golden brown served with French fries 17

Mozza Bombs

Deep fried cheese curds, cooked to perfection 15

Locals Pierogi

Caramelized onion, bacon, and sour cream..... 14

Mac & Cheese

Creamy macaroni and cheese finished with Italian bread crumbs 13
Add Buffalo Chicken +5

Antojitos

Cheese filling, tomato, green pepper, chicken 13

Spring Roll

Crispy spring rolls served to perfection..... 13.5

THE TAILGATE

Full size cheese nachos surrounded by 3 of your favorite choices.
Served with sour cream and 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 and Caesar dressing.
Bacon added upon request 14

Chef

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

Tex-Mex

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

Blackened Salmon

A blackened salmon fillet, fresh tomatoes and crisp red onions 22

Blackened Shrimp

Blackened shrimp, tomatoes and onions paired with balsamic vinaigrette 18

Greek

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

Locals Steak Salad

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

LITTLE MEXICO

Cheese Nachos

Crispy tortilla chips topped with our homemade salsa and tex-mex cheese Full 16.5 / Personal 12
Add Chicken or Steak +5

Buffalo Nachos

Diced tomatoes, onion and 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 22 / Personal 14

Greek Nachos

Pita triangles or tortilla chips topped with black olives, tomatoes, red onions, feta and mozzarella. Your choice of gyro meat OR chicken. Served with tzatziki..... Full 21 / Personal 13

Heroes Nachos

Our house salsa, green olives, mushrooms and tex-mex cheese Full 19 / Personal 13

Nacho Grande

A GIANT nacho topped with ground beef, chicken and pulled pork, black beans, jalapeños, salsa and zesty tex-mex cheese. Served with guacamole and sour cream 36
Add Jalapeños +1 | Add Guacamole +2

Real Deal Nachos

The way Mexico intended! Stacked with zesty ground beef, black beans, salsa, bacon and cheese Full 22 / Personal 14

Tater Totchos

Our house salsa, bacon, jalapeños and tex-mex Cheese. Served on a bed of taters Full 22 / Personal 13
Add Chicken or Steak +5

Grilled Quesadilla

A tortilla stuffed with green pepper, onion and tomatoes, our lightly spiced tex-mex spread and tex-mex cheese. Baked to perfection! Your choice of chicken or beef 17

Chimichanga

Chicken or Beef, crispy shell, melted cheese, beans, green pepper, onion, mushroom, house salsa, rice..... 18

Pulled Pork Nachos

Tender pieces of pulled pork, banana peppers, tomatoes, onions, green peppers and cheese. Drizzled with BBQ and southwest sauce. Served with house salsa on the side Full 22 / Personal 14

BURGER SHACK

All our burgers made fresh in house served on a fresh kaiser bun with fries, coleslaw and a pickle. Ask your server for substitution choices.

The Traditional

Can't beat this home style classic! 16
Add cheese for +1.5

The Crispy Buffalo

Seasoned breaded in-house chicken thighs tossed in hot sauce and blanketed with mozzarella and ranch..... 18

The Cheezed Burger

This square burger has cheddar on both sides, topped with bacon and caramelized onions. Served on Texas toast! 19
Add a patty for only +5

Superman Burger

For all the HEROES out there! This double decker is stacked! Two patties, cheddar, bacon, a couple onion rings, hot cajun and 1000 Island sauce!..... 23

Firecracker Burger

Jalapeño poppers, bacon, cheese..... 18

The Pure Canadian

Back bacon and Canadian cheddar top this patriotic patty!..... 18

The Bacon Cheddar

A classic melt in your mouth! 18.5

The Smokehouse

Seasoned tortilla strips, bacon, cheddar cheese, jalapeños and jalapeño ranch sauce 18

The Curdburger

Fried Mozzarella Curds and bacon, drizzled with hot gravy 19.5

The Back Forty

Swiss, Forty Creek BBQ sauce, sautéed onions and mushrooms 18

Earth Burger

Beyond Burger patty, lettuce, tomato, crispy onion 17.5

Local's SMASH

Two smash burger patties, special sauce, bacon, lettuce, cheddar..... 18

KING OF RIBS & WINGS

Original recipe used since 1991!

Pork Ribs

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



Beef Ribs

3 Ribs 30 / 6 Ribs 45
Served with fries, coleslaw and 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 and never looked back as we became **Ottawa's Original KING of Wings!**

Flings

No bones about it!
1/2 LB 13.5 / 1/2 LB platter 18.5

Wing Platter

Includes fries, coleslaw and pickle.
1 LB 19.5

Roaster Wings

Regular pub style wings served 9 in a pound. 1 LB 14.75

Our Famous Locals Wings

Juicy, meaty and sauced up however you want! So big that 3 makes a pound! Split upon request. Served naked, no breading about it. 1 LB 14.75

GET SAUCY WITH IT!

Mild	Sweet & Sour
Medium	Ranch/Hot Ranch
Hot	Jalapeño Ranch
911	Caesar
Jerk	Cajun
Honey Garlic	Lemon Pepper
Spicy Thai	Nick's Greek
40 Creek BBQ	Sweet Julius
Apple Butter	Heat
Teriyaki	Dante's Inferno

RIBS & WINGS

THE BEST OF BOTH WORLDS

Hungry Heifer

2 LB wings, a full rack of ribs, fries, coleslaw and pickle. 65

Lil' Heifer

1 LB wings, a 1/2 rack of ribs, fries, coleslaw and pickle. 40

THE PIZZERIA

Our pizzas are a staple here at Local Heroes loaded with cheese and baked golden brown. Pizza sizes - Small 9-Inch / Medium 12-Inch / Large 15-Inch. Thick or thin crust upon request.

Santa Fe

Ground beef, bacon, tomato, onion and tex-mex cheese, Forty Creek BBQ as a base. S 16 / M 25 / L 30

Chicken Pesto

Chicken, onion, jalapeños and Swiss, pesto as a base, topped with mozzarella. S 17 / M 25 / L 30

Chicken Bruschetta

Chicken, tomato, red onion, feta, herbs and spices. S 18 / M 25 / L 29

Philly Steak

Tender steak, bacon, mushroom and onion. S 19 / M 28 / L 39

Tailgater

Mild sausage, caramelized onions, mushrooms and mozzarella curds. S 16 / M 22 / L 28

Cheeseburger

Ground beef, mushroom, onion and tex-mex cheese. S 16 / M 24 / L 30

Dean's Pizza

Chicken, red onion, mushroom and green olives. S 17 / M 24 / L 31

Buffalo

Breaded buffalo chicken, tomato, onion and green pepper, drizzled with Buffalo sauce! S 16 / M 24 / L 31

Pineapple Express

Pepperoni, green pepper, pineapple and banana peppers. S 16 / M 22 / L 28

Spicy BBQ

Chicken, bacon, onion, green pepper, banana peppers and tex-mex cheese, hot, Forty Creek and cajun base. S 18 / M 28 / L 34

Cheese S 14 / M 17 / L 22

Veggie

Onion, mushroom, green pepper, green olives and tomato. S 17 / M 22 / L 28

Combo

Pepperoni, mushroom, green peppers. S 16 / M 20 / L 26

Hawaiian

Ham OR bacon and pineapple. S 16 / M 21 / L 26

Pepperoni

S 15 / M 19 / L 24

Meatlover

Pepperoni, bacon, ground beef, ham and Italian sausage. S 18 / M 24 / L 30

Chicken Caesar

Caesar dressing base, bacon, chicken, spinach, cheddar, parmesan. S 17 / M 26 / L 30