## Scoring Starters

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheesy Bacon Bread $9</td>
<td></td>
<td>Garlic bread piled with bacon &amp; mozzarella/brick blended cheese.</td>
</tr>
<tr>
<td>Potato Skins $9</td>
<td></td>
<td>Home made skins topped with bacon &amp; cheese. Baked up crispy &amp; served with sour cream.</td>
</tr>
<tr>
<td>Buffalo Skins $12</td>
<td></td>
<td>Chicken tossed in our Buffalo sauce, baked with Tex-Mex cheese. Blue Cheese to dip.</td>
</tr>
<tr>
<td>Zucchini Sticks $11</td>
<td></td>
<td>Lightly battered spears fried up right! Served with lemon &amp; garlic dip.</td>
</tr>
<tr>
<td>Fried Pickles $10</td>
<td></td>
<td>These tangy dills are paired perfectly with our tasty southwest sauce!</td>
</tr>
<tr>
<td>Bruschetta $9</td>
<td></td>
<td>Garlic bread covered with ripe tomatoes, herbs &amp; spices, sweet red onions &amp; topped generously with feta cheese!</td>
</tr>
<tr>
<td>Garlic Shrimp $14</td>
<td></td>
<td>Pan fried in garlic butter served with naan &amp; Tzatziki.</td>
</tr>
<tr>
<td>Calamari $13</td>
<td></td>
<td>Straight from the North Pacific. House seasoned &amp; battered rings are served golden crisp &amp; paired with our Thai-aioli sauce! Try it Cajun or Buffalo style!</td>
</tr>
<tr>
<td>The Sampler $19</td>
<td></td>
<td>Potato skins, zucchini sticks, mozza bombs &amp; flings! Served with sour cream, garlic &amp; marinara.</td>
</tr>
<tr>
<td>The Tailgate $35</td>
<td></td>
<td>A full size cheese nachos surrounded by 3 of your favorite choices: Wings, flings, ribs, mozza bombs, zucchini sticks, potato skins &amp; cheesy bacon bread. Maximum 2 meats. Served with sour cream &amp; creamy garlic.</td>
</tr>
</tbody>
</table>

## Little Mexico

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>Cheese Nachos $11</td>
<td></td>
<td>Crispy tortilla chips topped with our home made salsa &amp; Tex-Mex cheese.</td>
</tr>
<tr>
<td>Buffalo Nachos $16</td>
<td></td>
<td>Diced tomatoes, onion &amp; 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.</td>
</tr>
<tr>
<td>Pulled Pork Nachos $15</td>
<td></td>
<td>Tender pieces of pulled pork, banana peppers, tomatoes, onions, green peppers &amp; cheese. Drizzled with BBQ &amp; southwest sauce. Served with house salsa on the side.</td>
</tr>
<tr>
<td>Heroes Nachos $13</td>
<td></td>
<td>Our house salsa, green olives, mushrooms &amp; Tex-Mex cheese.</td>
</tr>
<tr>
<td>Tater Totchos $13</td>
<td></td>
<td>A GIANT nacho topped with ground beef, chicken &amp; pulled pork, black beans, jalapenos, salsa &amp; zesty Tex-Mex cheese. Served with guacamole &amp; sour cream.</td>
</tr>
<tr>
<td>Nacho Grande $31</td>
<td></td>
<td>Our house salsa, Bacon, Jalapenos &amp; Tex-Mex Cheese. Served on a bed of homefries! ADD CHICKEN OR STEAK $4</td>
</tr>
<tr>
<td>Real Deal Nachos $14</td>
<td></td>
<td>The way Mexico intended! Stacked with zesty ground beef, black beans, salsa, bacon &amp; cheese.</td>
</tr>
<tr>
<td>Greek Nachos $15</td>
<td></td>
<td>Pita triangles or tortilla chips topped with black olives, tomatoes, red onions, feta &amp; mozzarella. Your choice of gyro meat OR chicken. Served with Tzatziki.</td>
</tr>
<tr>
<td>Grilled Quesadilla $13</td>
<td></td>
<td>A tortilla stuffed with green pepper, onion &amp; tomatoes, our lightly spiced Tex-Mex spread &amp; Tex-Mex cheese. Baked to perfection! Your choice of chicken or beef!</td>
</tr>
</tbody>
</table>

## Capital Poutinery

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<thead>
<tr>
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<tbody>
<tr>
<td>French Fries $5</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sweet Potato Fries $6</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Onion Rings $7</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Classic $10</td>
<td></td>
<td>The original comfort food served with mozzarella curds.</td>
</tr>
<tr>
<td>Bacon Cheeseburger $12</td>
<td></td>
<td>Ground beef, smoked Bacon &amp; cheddar.</td>
</tr>
<tr>
<td>Capital $12</td>
<td></td>
<td>Bacon, Italian sausage, sautéed onions, mushrooms.</td>
</tr>
</tbody>
</table>

**Add Jalapenos only $1 or Guacamole only $2**

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

**Catch All the Action Here!!!**
SMOKED MEAT $12
Montreal classic served on toasted rye bread or a soft pretzel style bun.

THE DIRTY BIRD $12.50
Cajun chicken, jalapenos, tomato, melted Swiss & Cajun mayo served on a Kaiser bun.

PULLED PORK $12.50
Tender pulled pork smothered in BBQ sauce on a Kaiser bun.

JALAPENO POPPER GRILLED CHEESE $11
Our home made popper mix made with ground beef, bacon & onion loaded onto the classic Grilled cheese!

GO STYLE GYRO $11
Marinated beef & lamb wrapped up in a pita with lettuce, tomatoes & creamy Tzatziki.

THE BONANZA $13
Roast beef, onions, Swiss cheese & 40 Creek BBQ sauce. Served on a ciabatta bun.

SUPREME BBQ CHICKEN $13
Grilled chicken smothered in BBQ sauce & topped with melted Swiss cheese. Served on a ciabatta bun.

BEEF DIP AU JUS $13
Thiny sliced roast beef piled high on toasted garlic bread. Served with Au Jus for dipping!

THE MEDITERANIAN DOG $11
Mouth watering AAA Alberta steak served open faced on a toasted bun Smothered in sautéed onions & mushrooms. Served with onion rings.

6oz. $19
10oz. $22

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

MEATBALL $12.50
Delicious meatballs topped with zesty Bolognese sauce & mozzarella. Baked up right!

THEOS $13.50
Grilled chicken, red onions, crispy bacon, Swiss cheese & the original Theo sauce!

DEAN’S FAB4 $16
Sliced chicken, smoked meat, roast beef, pepperoni & cheddar. Lightly panini pressed.

GARDEN $11
Peppers, mushrooms, red onions, pickles, tomatoes, Swiss, sharp cheddar & aioli!

SOUTHWEST $13
Tender steak, blended cheeses, sautéed onions & mushrooms. Loaded with 40 Creek & southwest sauce!

CUBAN $13
Breaded, seasoned chicken breast baked with zesty marinara sauce & mozzarella cheese.

CALIFORNIA $12
Chicken, lettuce, tomatoes, mixed shredded cheese & cranberry mayo.

CHICKEN CAESAR $12
Chicken, bacon, lettuce, parmesan cheese & creamy Caesar dressing.

GREEK $12
Chicken, tomatoes, onions, cucumbers, feta & Tzatziki. Served with rice.

LOCALS $13

A must for steak lovers! Tender steak, mozzarella, tomato, mayo & 40 Creek BBQ sauce.

SHRIMP PESTO $14
Shrimp, lettuce, tomatoes, red onions, feta & pesto.

SALMON WRAP $16
6oz. Atlantic salmon filet, lettuce, tomatoes, red onions & mayo. Served on whole wheat.

ALL SANDWICHES CAN BE MADE INTO WHITE/WHOLE WHEAT WRAPS

CATCH ALL THE ACTION HERE!!!

***ALL OF THE ITEMS ABOVE 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 AN ADDITIONAL CHARGE.

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UPGRADE TO CAESAR OR GREEK SALAD, SWEET POTATO FRIES, POUTINE, MEAT POUTINE, LOADED BAKER OR ONION RINGS FOR AN ADDITIONAL CHARGE.
BURGER SHACK

**THE TRADITIONAL $12**
You can't beat this home style classic!

**THE CRISPY BUFFALO $15**
Seasoned breaded chicken tossed in hot sauce & blanketeted with mozzarella & ranch.

**THE CHEEZEED BURGER $15**
This square burger has cheddar on both sides, topped with bacon & caramelized onions. Grilled on Texas Toast! **ADD A PATTY FOR ONLY $5!!**

**THE PURE CANADIAN $13**
Back bacon & Canadian cheddar top this patriotic patty!

**THE BACON CHEDDAR $13**
A classic melt in your mouth!

**THE SMOKEHOUSE $14**
Seasoned tortilla strips, bacon, cheddar & jalapeno ranch sauce.

**THE CURDBURGER $14**
Mozarellia curds, bacon, French fries & drizzled with hot gravy.

**THE SUPERMAN BURGER $17**
For all the HEROES out there! This double decker is stacked! 2 patties, cheddar, bacon, a couple onion rings, hot Cajun & 1000 Island!

**THE MAIN EVENT**

**STEAK DINNER**
Tender AAA Alberta strip steak served with choice of potato & Caesar salad.

- 6oz Strip $15
- 10oz Strip $18

Add jumbo shrimp (4) - Regular/Blackened OR Calamari - Regular/Cajun/ BUFFALO **ONLY $6**

**CHICKEN BROCHETTE $16**
Two skewers of marinated chicken breast. Served on a bed of seasoned rice. Served with Tzatziki & Greek salad.

**GREEK GYRO $15**
Marinated beef & lamb gyro meat. Served with seasoned rice, Tzatziki, naan bread & Greek salad.

**SUMMER GRILL $16**
Two charbroiled chicken breast drizzled with Local’s Summer BBQ sauce. Served with rice & Caesar Salad. Blackened upon request.

**BLACKENED SALMON $20**

**FISH & CHIPS $13**
A good ol’ English classic! A large pub cut haddock fillet served with tartar fries & slaw!

**CHICKEN & RIBS $25**
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.

**THE FISHBOWL MASHUP $18**
Blackened Salmon, lettuce, onion, tomato, jalapeno & banana peppers on rice.

**NAKED BURRITO BOWL $15**
Grilled steak, black beans, green pepper, onion & Tex-Mex cheese on rice, topped with salsa.

**THE DIRTY BIRD BOWL $15**
Blackened chicken, Swiss, jalapenos, tomato slices & summer BBQ sauce on rice.

**LOCALS PENNE $17**
Grilled chicken on a bed of penne noodles tossed in creamy alfredo and our sun dried tomato pesto sauce.

**CHICKEN PARMIGIANA $18**
Breaded, seasoned chicken breast baked with zesty marinara & mozzarella cheese. Served with spaghetti & meat sauce.

**SPAGHETTI & MEATBALLS $16**
A home style favourite! Spaghetti noodles & home made meatballs smothered in Bolognese sauce.

**ALL PASTAS SERVED WITH GARLIC BREAD & COMPLIMENTED WITH A STARTER CHEF SALAD.**

**UPGRADE TO CAESAR SALAD ONLY $1 OR GREEK SALAD ONLY $2.**

**SIZZLIN’ FAJITAS $22**
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.

**SOFT TACOS $14**
Grilled chicken, seasoned breaded chicken, steak OR battered haddock, lettuce, tomatoes, cheese, salsa & sour cream. Served with rice & black beans.

**CATCH ALL THE ACTION HERE!!!**

Add jalapenos ONLY $1 or guacamole for ONLY $2
SOUP & SALAD

CAESAR $12
Romaine, seasoned croutons, parmesan & Caesar dressing. Bacon added upon request.

BLACKENED SALMON $19
A blackened salmon fillet, fresh tomatoes & crisp red onions.

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

TEX-MEX $15
Chicken, tomatoes, carrots, green peppers, tortilla chips & Tex-Mex cheese.

GREEK $13
Tomatoes, cucumbers & red onions topped with Kalamata olives, feta & Greek dressing.

BLACKENED SHRIMP $17
Blackened shrimp, tomatoes & onions paired with balsamic vinaigrette!

LOCALS STEAK SALAD $16
Romaine, Steak, Tomatoes, Mushrooms, Onions & Feta in a Crispy Taco Shell Bowl.

Add Chicken $4
Add Shrimp $6
Add Tuna $4

LOCAL HEROES HALL OF FAME

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!

OUR FAMOUS LOCALS WINGS
Juicy, meaty & sauced up however you want!
So big that 3 make a pound! Split upon request!
1 LB $11
2 LB $2150
4 LB $42

ROASTER WINGS
Regular pub style wings served 9 in a pound!
1 LB $11
2 LB $2150
4 LB $42

1 LB WING PLATTER $14
Includes fries, coleslaw & pickle.

LIL’ HEIFER $24
1 LB wings, a 1/2 rack of ribs, fries, coleslaw & pickle.

HUNGRY HEIFER $45
2 LB wings, a full rack of ribs, fries, coleslaw & pickle.

PORK RIBS
1/2 Rack $14
Full Rack $26
Served with fries, coleslaw & pickle.

BEEF RIBS
3 Ribs $14
6 Ribs $26
Served with fries, coleslaw & pickle.

FLINGS
No bones about it!
1/2 LB $11
1 LB $2150
2 LB $42
1/2 LB platter $14

SANTA FE $12/ M$17/ L$23
Ground beef, bacon, tomato, onion & Tex-Mex cheese.
40 Creek BBQ as a base.

BUFFALO $13/ M$19/ L$26
Breaded Buffalo chicken tomato, onion & green pepper. Drizzled with Buffalo sauce!

SPICY BBQ $12/ M$19/ L$25
Chicken, bacon, onion, green pepper, banana peppers & Tex-Mex cheese.
Hot, 40 Creek & Cajun base.

CHICKEN PESTO $13/ M$20/ L$26
Chicken, onion, jalapenos & Swiss. Pesto as a base. Topped with mozza.

CHICKEN BRUSCHETTA $12/ M$1650/ L$21
Chicken, tomato, red onion, feta, herbs & spices.

PHILLY STEAK $13/ M$21/ L$2750
Tender steak, bacon, mushroom & onion.

POPPER PIZZA $12/ M$17/ L$23
Our house cream cheese popper mix topped with ground beef, bacon, onion & jalapenos.

CHEESE $10/ M$13/ L$18
Onion, mushroom, green pepper, green olives & tomato.

VEGGIE $13/ M$18/ L$23
Onion, mushroom, green pepper, green olives & tomato.

COMBO $12/ M$16/ L$21
Pepperoni, mushroom, green peppers.

HAIWAIAN $12/ M$16/ L$21
Ham OR bacon & pineapple.

CHEESEBURGER $11/ M$16/ L$2150
Ground beef, mushroom & Tex-Mex cheese.

DEAN’S PIZZA $13/ M$18/ L$24
Chicken, red onion, mushroom & green olives.

PINEAPPLE EXPRESS $1250/ M$17/ L$23
Pepperoni, green pepper, pineapple & banana peppers.

MEATLOVER $14/ M$19/ L$2550
Pepperoni, bacon, ground beef, ham & Italian sausage.

LIL’ HEIFER $24

HUNGRY HEIFER $45

CATCH ALL THE ACTION HERE!!!
LITTLE HEROES

WONDER WINGS $6
4 roaster wings with fries.

FLASH FLINGS $7
3 flings with fries.

BATMAN BURGER $6
4oz burger with fries.

GAMBIT GRILLED CHEESE $6
Served with fries.

TRANSFORMER TENDERS $7
3 crispy tenders with fries.

SPIDEY SPAGHETTI $6
Bolognese sauce on spaghetti.

POWER PIZZA $6
Cheese OR pepperoni.

DAREDEVIL DOGS $6
2 hot dogs with fries.

MIGHTY MAC & CHEESE $6
Classic cheesy goodness.

NIGHTCRAWLER NACHOS $7
Salsa & cheese on tortilla chips.

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 $6
4 roaster wings with fries.

FLASH FLINGS $7
3 flings with fries.

BATMAN BURGER $6
4oz burger with fries.

GAMBIT GRILLED CHEESE $6
Served with fries.

TRANSFORMER TENDERS $7
3 crispy tenders with fries.

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Bolognese sauce on spaghetti.

POWER PIZZA $6
Cheese OR pepperoni.

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FLASH FLINGS $7
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BATMAN BURGER $6
4oz burger with fries.

GAMBIT GRILLED CHEESE $6
Served with fries.

TRANSFORMER TENDERS $7
3 crispy tenders with fries.

SPIDEY SPAGHETTI $6
Bolognese sauce on spaghetti.

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Cheese OR pepperoni.

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4oz burger with fries.

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FLASH FLINGS $7
3 flings with fries.

BATMAN BURGER $6
4oz burger with fries.

GAMBIT GRILLED CHEESE $6
Served with fries.

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Cheese OR pepperoni.

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SERVING OTTAWA FOR OVER 26 GREAT YEARS!!!

LOCAL HEROES
KING OF WINGS & RIBS

LIKE US ON FACEBOOK
FOLLOW @THEREALLOCALS

WWW.LOCALHEROESRESTAURANTS.COM

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613-224-3873
clyde@localheroesrestaurants.com