

## STARTERS

**CHEESE PEROGIES** ..... 8 ½  
Potato & cheddar cheese filled, bacon & caramelized onions

**CRISPY CHICKEN BAO BUNS** ..... 12  
Crispy chicken, basil lime slaw, Korean chili sauce & miso mayo

**ROASTED WINGS** ..... 12 ½  
Dry-rubbed wings, Frank's hot sauce & lemon

**YAM FRIES** ..... 8 ¾  
With truffle lemon mayo

**SZECHUAN EDAMAME** ..... 7  
Garlic chili sauce, toasted sesame & soy sauce

**FULLY LOADED NACHOS** ..... 19 ¼

**HALF NACHOS** ..... 9 ½  
Pulled chicken, sour cream, avocado, Jack cheese & more  
**Add Guac +5 ¼**

**PINCHE BEEF TACOS** ..... 9 ½  
Three slow-cooked beef tacos, salsa, scallions & feta

**#1 GRADE TUNA POKE** ..... 13  
Ahi, avocado, yuzu, jalapeño, soy & tortilla chips

**FRESH TORTILLA CHIPS & SALSA ROJA** ..... 6 ¾

**HAND-MADE GUACAMOLE & CHIPS** ..... 7 ½

## CHOWDER

**CREAMY CLAM CHOWDA** ..... 10 ½  
Saltine crackers & fresh herbs | **Add Garlic Bread +2**

## NOT JUST SALADS

**SUPERPOWERS BOWL** ..... 16  
Turmeric grains, grilled avocado, charred kale with nutritional yeast & tomato braised chickpeas | **Add Grilled Chicken +5**

**#1 AHI TUNA POKE RICE BOWL** ..... 19  
Roasted garlic ginger soy, crispy Korean tofu, avocado & kale with nutritional yeast

**WEST COAST CHOP SALAD** ..... 17 ½  
Grilled chicken, egg, golden beets, aged cheddar & bacon  
**With Sushi Grade Ahi Tuna Instead +¾**

**TIJUANA CAESAR SALAD** ..... 16  
Grilled chicken, avocado, parmesan & grilled jalapeño caesar dressing

## PRESS BURGERS

**HAND-PRESSED PATTIES, BUTTER TOASTED BUNS, PREMIUM GROCERIES WITH FRIES.**

**SUB FRIES | SALAD +1 YAM FRIES +2 CHOWDER +3**

**JUST THE BURGER** ..... 11  
All the grilled goodness of The LOCAL Burger, hold the fries

**THE LOCAL BURGER** ..... 15 ¾  
Two grilled patties, melted American cheese, caramelized onions, tomato, shredded lettuce & sexy sauce

**DELUXE BURGER** ..... 17 ¾  
Smoked bacon & aged cheddar the classic way

**THE DIABLO** ..... 16 ¾  
Cheddar, Jack cheese, hot sauce, pickled jalapeños & onions

**BROOKLYN BURGER** ..... 17 ¾  
Aged cheddar, red pepper relish & crispy onion rings

### ADD A LIL' EXTRA

**'SHROOMS +3**

**GRIDDLED ONIONS N/C**

**EXTRA PICKLES N/C**

**PROTEIN STYLE N/C**

## SANDWICHES & HANDHELDS

**THE REUBEN** ..... 17 ½  
A classic Reuben & fries, with a crunchy slaw twist

**MEXICAN FISH TACOS** ..... 15 ½  
Beer battered fish, garlic aioli & pico de gallo with fries  
**Add a Taco +5 ¾**

**TUNA CLUB SANDWICH** ..... 17 ¾  
Seared ahi tuna, smoked bacon, avocado & melted cheddar with fries

**THAT CRISPY CHICKEN SANDWICH** ..... 16 ¾  
Toasted Portuguese bun, coleslaw & house BBQ mustard sauce with fries

**HOUSE-MADE VEGGIE BURGER** ..... 15 ¾  
Brown rice, arugula, almonds & melted Swiss cheese with fries

**SUB FRIES | SALAD +1 YAM FRIES +2 CHOWDER +3**

## MAINS

**FRIED CHICKEN RAMEN** ..... 17  
Southern fried chicken, miso sesame broth, charred corn, snap peas, topped with a soft-boiled egg

**MOM'S CHICKEN POT PIE** ..... 16 ¾  
Slow-cooked chicken, dijon cream sauce, baked puff pastry

**MALAYSIAN CURRY RICE BOWL** ..... 18  
Grilled chicken, coconut curry, cilantro scallion slaw & crispy onions

**HUEVOS RANCHEROS** ..... 14 ½  
Fresh corn tortillas, eggs, cheddar & Jack cheese, black beans & salsa roja

## DESSERT

**CHOCOLATE POT** ..... 8 ¼  
Salted caramel sauce & whipped cream

**GINGER SNAP COOKIE** ..... **BUCK A POP**

## BRUNCH

*Available Sat, Sun & Holidays - 10am-3pm*

**MIMOSA - CHOOSE YOUR JUICE (4oz)** ..... 8 ¼  
Fresh OJ, grapefruit, pineapple or guava

**START ME UP (2oz)** ..... 9 ½  
Baileys, Kahlua, vodka & coffee on ice

**WE SERVE FREE RUN EGGS**

**YOGHURT & GRANOLA BOWL** ..... 11  
House-made granola & yoghurt with fresh fruit, toasted coconut & chia seeds

**BREAKFAST SANDWICH** ..... 14  
Smoked bacon, fried egg, American cheese, avocado & tomato

**BRAISED BEEF & BACON HASH** ..... 14  
Fried egg, braised beef, red skin potatoes, bacon, caramelized onions & Mama Lil's Peppers | **Add an Extra Egg +2**

**EGGS BENEDICT** ..... 14  
Poached eggs, back bacon & hollandaise with country potatoes

**HUEVOS RANCHEROS** ..... 14 ½  
Fresh corn tortillas, eggs, cheddar & Jack cheese, black beans & salsa roja

**HIPPIE TOAST WITH EGGS** ..... 14 ¼  
Poached eggs, grilled sesame molasses bread & avocado with country potatoes

# LOCAL<sup>®</sup>

## DAILY DRINK SPECIALS

### MAIL-IN MONDAY

**POSTMARK STOUT SLEEVE 5**

### TAN LINE TUESDAY

**33 ACRES OF SUNSHINE SLEEVE 5**

### WEIRD WEDNESDAY

**STRANGE FELLOWS TALISMAN PALE ALE SLEEVE 5**

### THINK AHEAD THURSDAY

**RED RACER PILSNER SLEEVE 5**  
**TRASH BUCKET 12 ½**

### FINALLY FRIDAY

**PARALLEL 49 CRAFT LAGER SLEEVE 5**  
**OLD FASHIONED 8 ¾**

### SWEET, SWEET SATURDAY

**PARALLEL 49 CRAFT LAGER SLEEVE 5**  
**MIMOSA / PROSECCO 7 ¼**  
**BAJA MARGARITA 8 ¼**

### RECOVERY ROOM SUNDAY

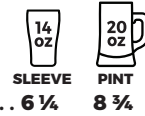
**RED RACER PILSNER SLEEVE 5**  
**MIMOSA / PROSECCO 7 ¼**  
**EL CAESAR 7 ½**

WE'RE SOCIAL



@LOCALGastown

## BEER - ON TAP



<b>PARALLEL 49 CRAFT LAGER</b> Vancouver, BC.....	<b>6 ¼</b>	<b>8 ¾</b>
<b>RED RACER PILSNER</b> Surrey, BC.....	<b>6 ¼</b>	<b>8 ¾</b>
<b>ROTATING LAGER</b> Crispy, Freshville .....	<b>See board</b>	
<b>33 ACRES OF SUNSHINE</b> Vancouver, BC.....	<b>6 ¼</b>	<b>8 ¾</b>
<b>ROTATING WHEAT OR TART</b> Sassy, Refreshingtown .....	<b>See board</b>	
<b>ROTATING MILD ALE</b> Malty, Sweetland.....	<b>See board</b>	
<b>STRANGE FELLOWS TALISMAN PALE ALE</b> Vancouver, BC.....	<b>6 ¼</b>	<b>8 ¾</b>
<b>ROTATING PALE ALE</b> Hops, Freshfield.....	<b>See board</b>	
<b>SUPERFLUX IPA</b> Vancouver, BC.....	<b>7 ¼</b>	<b>9 ¾</b>
<b>ROTATING IPA</b> Hoppy, Fullville.....	<b>See board</b>	
<b>POSTMARK STOUT</b> Railtown, BC .....	<b>6 ¼</b>	<b>8 ¾</b>
<b>BRODY'S PICK</b> Summerland, BC .....	<b>See board</b>	

## BEER - RARE TALL CANS

<b>TWIN SAILS</b> Port Moody, BC.....	<b>MP</b>
<b>BOOMBOX</b> Vancouver, BC.....	<b>MP</b>
<b>COLLECTIVE ARTS</b> Hamilton, ON .....	<b>MP</b>

## NOT BEER

<b>HEY Y'ALL HARD ICED TEA</b> (355ml).....	<b>6 ¼</b>
<b>LONETREE CIDER</b> (330ml) .....	<b>6 ¾</b>
<b>LEFT FIELD CIDER</b> (500ml).....	<b>12 ½</b>

## BUCKET SERVICE

<b>TRASH BUCKETS</b> (3 x Dad Beers).....	<b>13 ½</b>
<b>CHEAP VACATION</b> (3 x Coronas).....	<b>18 ¾</b>

## BEER - OFF TAP

### Bottles and Cans

<b>BUD LIGHT</b> (355ml).....	<b>5 ¾</b>
<b>BUDWEISER</b> (355ml).....	<b>5 ¾</b>
<b>KOKANEE</b> (355ml).....	<b>5 ¾</b>
<b>STEAM WHISTLE</b> (341ml).....	<b>6 ½</b>
<b>STELLA ARTOIS</b> (330ml).....	<b>6 ½</b>
<b>CORONA</b> (330ml).....	<b>6 ½</b>
<b>GLUTENBERG PALE ALE</b> (473ml).....	<b>8 ½</b>

### Dad Beers

<b>LUCKY LAGER</b> (355ml).....	<b>4 ¾</b>
<b>PABST BLUE RIBBON</b> (355ml).....	<b>4 ¾</b>
<b>OLD STYLE PILSNER</b> (355ml).....	<b>4 ¾</b>

## SHOT COMBOS

<b>SHOTGUN BLAST</b> (Can of PBR + 1oz Jack Daniels).....	<b>9 ¼</b>
<b>DEER &amp; BEER</b> (Can of Old Style Pilsner + 1oz Jager).....	<b>9 ¼</b>
<b>LUCKY IRISH #&amp;*K</b> (Can of Lucky Lager + 1oz Jameson).....	<b>9 ¼</b>

## COCKTAILS

<b>GARDEN SODA</b> (2oz) <b>LO-CAL</b> .....	<b>9 ½</b>
Health, happiness & cucumber-basil-infused vodka	
<b>AGED RUM DAIQUIRI</b> (2oz) .....	<b>9 ½</b>
Appleton Estate VX Rum, lime juice, organic cane syrup, blender-free	
<b>LUCKY SOUR</b> (2oz) .....	<b>9 ¼</b>
Bourbon, lemon, guava, organic cane syrup	
<b>EL CAESAR</b> (2oz) .....	<b>10</b>
Vodka, spicy Clamato, pepperoni snack	
<b>OLD FASHIONED</b> (2oz).....	<b>10 ½</b>
Bourbon, organic cane syrup, bitters	
<b>BAJA MARGARITA</b> (2oz) .....	<b>10 ¼</b>
Tequila, fresh lime & organic cane syrup shaken with a salt rim	
<b>PALOMA FRESCA</b> (1oz).....	<b>6 ¾</b>
Tequila, fresh-squeezed grapefruit	
<b>SPANISH SANGRIA</b> (4oz).....	<b>7 ¾</b>
Red wine, fruit, sexy accent	
<b>MOSCOW MULE</b> (1oz).....	<b>6 ¾</b>
Vodka, Fever Tree ginger beer, copper-free	
<b>CHEAPSKATE</b> (4oz) .....	<b>6 ¼</b>
Vino, rose lemonade	
<b>START ME UP</b> (2oz).....	<b>9 ½</b>
Baileys, Kahlua, vodka & coffee on ice	

## WINE

### White

	<i>6oz</i>	<i>Bottle</i>
Synchromesh <b>Riesling</b> , BC .....	<b>11</b>	<b>44</b>
The Hatch 'B Yanco' <b>Pinot Blanc</b> , BC .....	<b>9 ¼</b>	<b>37</b>
Seven Terraces <b>Sauvignon Blanc</b> , NZ.....	<b>11 ½</b>	<b>46</b>
Wente 'Morning Fog' <b>Chardonnay</b> , Cal .....	<b>13</b>	<b>52</b>
The No. 5 Rotating <b>White</b> .....	<b>MP</b>	<b>MP</b>

La Chablisienne <b>Chablis</b> , Fr .....	<b>74</b>
Tantalus 'Juveniles' <b>Chardonnay</b> , BC.....	<b>52</b>
Greywacke <b>Sauvignon Blanc</b> , NZ.....	<b>59</b>
Burrowing Owl <b>Pinot Gris</b> , BC.....	<b>50</b>
La Crema <b>Chardonnay</b> , Cal.....	<b>65</b>
Cakebread <b>Chardonnay</b> , Cal .....	<b>96</b>

### Rosé

Lopez de Haro <b>Rosado</b> , Sp .....	<b>10 ½</b>	<b>42</b>
Saint Sidoine <b>Cotes de Provence Rosé</b> , Fr.....	<b>51</b>	

### Red

The Hatch 'Ross O' <b>Pinot Noir+</b> , BC .....	<b>11 ½</b>	<b>46</b>
El Petit Bonhomme <b>Garnacha+</b> , Sp .....	<b>10</b>	<b>40</b>
Alamos <b>Malbec</b> , Ar .....	<b>10 ½</b>	<b>42</b>
Louis Martini <b>Cabernet Sauvignon</b> , Cal.....	<b>13</b>	<b>50</b>
The No. 5 Rotating <b>Red</b> .....	<b>MP</b>	<b>MP</b>

Schug 'Carneros' <b>Pinot Noir</b> , Cal.....	<b>75</b>
Nichol Nine Mile <b>Pinot Noir+</b> , BC .....	<b>46</b>
Cedar Creek <b>Merlot</b> , BC .....	<b>38</b>
Catena <b>Malbec</b> , Ar .....	<b>57</b>
Beringer 'Knights Valley' <b>Cabernet Sauvignon</b> , Cal.....	<b>82</b>
The Prisoner Napa Valley <b>Zinfandel+</b> , Cal.....	<b>93</b>

### Bubbles

Freixenet <b>Cava</b> , Sp (200ml).....	<b>12</b>
Zonin <b>Prosecco</b> , It.....	<b>42</b>
Blue Mountain <b>Brut</b> , BC .....	<b>60</b>
Moët & Chandon <b>Brut Champagne</b> , Fr .....	<b>115</b>

### Mystery Glass of Wine

Red or White.....	<b>5 ¼</b>
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**YOU  
ARE  
HERE**

