

STARTERS

LOCAL FRIED CHICKEN (LFC) 12 ½
Southern-style crispy chicken with hot honey & pickle slices

NACHOS 14 ½
House-made tortilla chips, melted cheese - two ways, pico de gallo, jalapeños & pickled onion with a sour cream x yogurt drizzle
Add Spiced Beef +4 | Add Guac +5 ¼

PINCHE BEEF TACOS 9 ½
Three slow-cooked beef tacos, shredded cabbage, feta & cilantro

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

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

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

HOT WINGS 12 ½
With blue cheese dip | **Add Celery +1**

YAM FRIES 8 ½
With truffle lemon mayo

FRESH TORTILLA CHIPS & SALSA ROJA 6 ¾

HAND-MADE GUACAMOLE & CHIPS 7 ½

SOUP

TOMATO BASIL SOUP 7 ½
Pesto, sourdough crumble | **Add Garlic Bread +2**

NOT JUST SALADS

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

#1 AHI TUNA POKE RICE BOWL 19
Roasted garlic ginger soy, crispy Korean tofu, avocado, kale & smashed cucumbers on rice

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 OR SOUP +2

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

+2 **AGED CHEDDAR**

+3 **BACON / 'SHROOMS**

N/C **GRIDDLED ONIONS / EXTRA PICKLES / PROTEIN STYLE**

SANDWICHES & HANDHELDS

BLACKENED TUNA CLUB 17 ¾
Blackened Ahi, smoked bacon, arugula & pickled ginger tartar sauce on a toasted Portuguese bun with fries

THE REUBEN 17 ½
A classic Reuben with mustard, a crunchy slaw twist, pickle spear & fries

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

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 OR SOUP +2

MAINS

FRIED CHICKEN RAMEN 17 ½
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 flaky crust

MALAYSIAN CURRY RICE BOWL 18
Grilled chicken, coconut curry & cilantro scallion slaw

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

DESSERT

CINNAMON SUGAR DONUTS 4 ¾
Four warm donut balls rolled in cinnamon sugar, served on hazelnut chocolate sauce

BRUNCH

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

MIMOSA (4oz) 8 ¼
Choose your juice - OJ, grapefruit, pineapple or guava

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

ADD AN EXTRA FREE RUN EGG TO ANY ITEM +2

BELGIAN WAFFLE 12
Mixed berry compote, dusted with powdered sugar & topped with vanilla whipped cream

BREAKFAST SANDWICH 14
Smoked bacon, fried egg, American cheese, avocado & tomato with country potatoes

BRAISED BEEF & BACON HASH 14
Fried egg, braised beef, red skin potatoes, bacon, caramelized onions & Mama Lil's Peppers

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 & avocado on grilled sesame molasses bread with country potatoes

LOCAL[®]

DAILY DRINK SPECIALS

MAIL-IN MONDAY

STRANGE FELLOWS 'BLACKMAIL' STOUT SLEEVE 5

TAN LINE TUESDAY

33 ACRES OF SUNSHINE SLEEVE 5

WEIRD WEDNESDAY

PARKSIDE 'MOTEL' HAZY PALE ALE SLEEVE 5 ½

THINK AHEAD THURSDAY

CENTRAL CITY 'BEER LEAGUE' LAGER SLEEVE 5
TRASH BUCKET (3 CANS) 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

CENTRAL CITY 'BEER LEAGUE' LAGER SLEEVE 5
MIMOSA / PROSECCO 7 ¼
EL CAESAR 8

WE'RE SOCIAL

  @LOCALGastown

BEER - ON TAP

	 SLEEVE	 PINT
CENTRAL CITY 'BEER LEAGUE' LAGER Surrey, BC.....	6 ¼	8 ¾
PARALLEL 49 CRAFT LAGER Vancouver, BC.....	6 ¼	8 ¾
ROTATING LAGER Crispy, Freshville	See board	
33 ACRES OF SUNSHINE Vancouver, BC.....	6 ¼	8 ¾
ROTATING WHEAT OR TART Sassy, Refreshingtown	See board	
ROTATING MILD ALE Malty, Sweetland.....	See board	
PARKSIDE 'MOTEL' HAZY PALE ALE Port Moody, BC	6 ¾	9 ¼
ROTATING PALE ALE Hops, Freshfield.....	See board	
SUPERFLUX 'HAPPYNESS' IPA Vancouver, BC.....	7 ¼	9 ¾
ROTATING IPA Hoppy, Fullville.....	See board	
STRANGE FELLOWS 'BLACKMAIL' STOUT Vancouver, BC.....	6 ¼	8 ¾
BRODY'S PICK Summerland, BC	See board	

BEER - RARE TALL CANS

TWIN SAILS Port Moody, BC.....	MP
BOOMBOX Vancouver, BC.....	MP
COLLECTIVE ARTS Hamilton, ON	MP

NOT BEER

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

BUCKET SERVICE

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

BEER - OFF TAP

Bottles and Cans

BUD LIGHT (355ml).....	5 ¾
BUDWEISER (355ml)	5 ¾
KOKANEE (355ml).....	5 ¾
STEAM WHISTLE (341ml).....	6 ½
STELLA ARTOIS (330ml).....	6 ½
CORONA (330ml).....	6 ½
GLUTENBERG PALE ALE (473ml - Gluten Free).....	9

Dad Beers

LUCKY LAGER (355ml)	4 ¾
PABST BLUE RIBBON (355ml).....	4 ¾
OLD STYLE PILSNER (355ml).....	4 ¾

SHOT COMBOS

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

COCKTAILS

GIN REFRESHER (2oz)	10
Gin, Campari, mint, lime	
GARDEN SODA (2oz) LO-CAL	9 ½
Health, happiness & cucumber-basil-infused vodka	
LUCKY SOUR (2oz)	9 ¼
Bourbon, lemon, guava, organic cane syrup	
EL CAESAR (2oz)	10
Vodka, spicy Clamato, dressed up with a snack	
OLD FASHIONED (2oz)	10 ½
Bourbon, organic cane syrup, bitters	
BAJA MARGARITA (2oz)	10 ¼
Tequila, fresh lime & organic cane syrup shaken with a salt rim	
CHEAPSKATE SPRITZ (4oz).....	6 ¼
Vino, bubbly water, berries	
PALOMA FRESCA (1oz).....	6 ¾
Tequila, grapefruit, refresco, lime	
SPANISH SANGRIA (4oz).....	7 ¾
Red wine, fruit, sexy accent	
MOSCOW MULE (1oz).....	6 ¾
Vodka, Fever Tree ginger beer, copper-free	
START ME UP (2oz).....	9 ½
Baileys, Kahlua, vodka & coffee on ice	

WINE

White

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

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

Rosé

Olivares Rosado , Sp	10 ½	42
Saint Sidoine Cotes de Provence Rosé , Fr.....	51	

Red

The Hatch 'Ross O' Pinot Noir+ , BC	11 ½	46
Cedar Creek Merlot , BC	9 ½	38
Alamos Malbec , Ar	10 ½	42
Louis Martini Cabernet Sauvignon , Cal.....	13	50
The No. 5 Rotating Red	MP	MP

Schug 'Carneros' Pinot Noir , Cal.....	75
Nichol Nine Mile Pinot Noir+ , BC	46
Gabbiano Chianti Classico , It	49
Catena Malbec , Ar	57
Beringer 'Knights Valley' Cabernet Sauvignon , Cal.....	82
The Prisoner Napa Valley Zinfandel+ , Cal.....	93

Bubbles

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

Mystery Glass of Wine

Red or White.....	5 ¼
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