

Appetizers

7by7 Salad 8

maple dijon vinaigrette / greens / tomato / cucumber / pickled onions / crispy chickpeas / toasted almonds

7by7 Summer Salad 9

fresh blueberries / crumbled goat cheese / green apples / orange balsamic vinaigrette on a bed of greens

Wonton Nacho. 13

crispy wonton nachos / Cheese / fresh tomato / pickled onion / drizzled with spicy thai sauce

Caesar Salad 9

classic caesar salad with crispy bacon / homemade croutons / parmesan petals / and a lemon

Poutine 10

fries / house made gravy / cheese Curds / mozzarella
Add chicken or beef

Moza Sticks 12

hand rolled mozzarella sticks / house marinara sauce & ranch dressing

Spinach bacon artichoke dip 13

choice of pitas / wontons

Moules Marinière 11

mussels in a white wine cream sauce with fresh herbs and a touch of sour cream

Cheesy Garlic Bread 8

toasted vienna roll topped with 3 cheese blend / bacon / jalapenos. Served with marinara sauce.

After 4pm Apps

Shrimp and Grits 12

grilled shrimp on top creamy polenta / confit cherry tomato and adobo oil

Planked salmon 15

hot smoked salmon / served with handmade Boursin cheese / Dill carrots and grilled baguette

Seared Digby Scallops 12

Seared Scallops with triple sec duck bacon / pea purée

Wraps & Sandwiches

Chicken Shawarma Wrap 13

marinated chicken with garlic sauce / lettuce / tomato / pickled turnip / french fries

Crispy Haddock Wrap 12

crispy Atlantic haddock / lettuce / tomato / tartar sauce wrapped in a warm flour tortilla

Souvlaki Pita 12

naan Bread / marinated Chicken / greens / pickled onion / tomato / red pepper / olives / tzatziki

Triple Decker Clubhouse 12

A traditional clubhouse / Memphis spiced mayonnaise

Whiskey Bacon Burger 13

grilled beef patty / topped with creamy goat cheese / fresh red onion / lettuce / whiskey bacon jam

Classic Burger 13

cheddar/ bacon / lettuce / tomato / pickle / mayonnaise on a soft brioche bun

Pulled pork roll 15

jack Daniels pulled pork / buttered Vienna roll / cheddar mozza blend / whiskey glazed mushrooms / house coleslaw

Philly cheese sandwich 14

braised Beef Brisket / fried peppers / onions / Toasted Vienna Roll / creamy béchamel cheese Sauce

7by7 Grilled cheese 10

Sourdough bread toasted in butter with bacon and our 4-cheese blend

Soups and sides

traditional tomato and basil soup full size 9 side 5

corn and potato chowder full size 9 side 5

hand cut french fries 3.5

whipped potato 4

rice Pilaf 4

rice and peas 4

Side house salad 4.25

side caesar or summer salad 5

Main courses

Pancake battered fish and chips 1 piece 12 / 2 pieces 15
haddock deep fried in a light batter / homemade tartar sauce lemon / Fries

Pan fried Haddock 1 piece 14 / 2 pieces 17
blackened or plain pan-fried haddock with cajun cream sauce / rice pilaf / sautéed vegetables.

Whitney Pier Caribbean Style Chicken & Rice 18
crispy home style fried chicken / basmati rice with black bean / green lentils /
tomato chicken gravy

Chicken bacon Mac and cheese 18
creamy macaroni and cheese / bacon / two pieces of homestyle fried crispy chicken / jack Daniels barbecue sauce

Steak Dinner 24
8oz beef striploin cooked to your liking / topped with beurre rouge and pomme frites / Served with whipped potato / market
vegetables

Bone in pork chop 21
grilled pork glazed with honey mustard / green apple slaw / whipped potato / market vegetables.

After 4pm mains

Crispy Skin Salmon 24
atlantic Salmon / buttery saffron mussel sauce / Served with warm fennel / carrot salad and parsnip purée

Chicken Roulade 23
chicken rolled / roasted with an artichoke / feta stuffing / Served with Tabbouleh / baba ghanoush / jus

Seafood risotto 21
creamy Italian rice / scallops / shrimp / clams / salmon / haddock

Pork Wellington 24
pork tenderloin wrapped in mushrooms / prosciutto / puff pastry / served with grilled corn / fingerling potato.

7 by 7 Cultures

Fettuccine Alfredo 15
Pasta / creamy garlic alfredo Sauce / Parsley / served with your choice of buttered toast or Naan Points
Add chicken 4

Butter Chicken 16
traditional butter chicken sauce / coconut basmati rice / grilled naan

Bibimbap 12
korean style stir fried vegetable rice bowl / gochujang sauce / a spicy fried egg

Tom Yam Noodle Soup 16
hot and sour thai soup / wild mushrooms / seared shrimp / scallion

Fish Taco 15
crispy fish on soft taco shells / mango chutney / fresh lettuce / cilantro lime crema

*Thank!
You!*