

Appetizers

House Salad 9.5 GF VEG

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

7by7 Winter Salad 11 GF VEG

salted caramel vinaigrette / green apple / dried apricot / spiced pecan / mix greens / kale

Wonton Nachos 14 GF VEG

crispy wonton nachos / cheese / tomato / pickled onion / drizzled with spicy Thai sauce
add chicken or beef 4

Poutine 10 GF

fries / house-made gravy / cheese curds / mozzarella
add chicken or beef 4

Moza Sticks 13 VEG

hand-rolled mozzarella sticks / house marinara sauce & ranch dressing

Spinach Bacon Artichoke Dip 14

choice of pitas / wontons

Cheesy Garlic Bread 12 VEG OP

toasted Vienna roll topped with 3 cheese blend / bacon / jalapeños / served with marinara sauce.

Pulled Pork Arancini 11

crispy fried Italian rice balls / pulled pork and mozzarella stuffing / garlic sauce / house BBQ

After 4 pm Apps

Beef Vol-au-Vent 16

crispy handmade puff pastry shell / seared beef / Brie / peppercorn sauce

Seafood Crêpes 15

savoury dill crêpes / shrimp / haddock / salmon / clam and cream cheese filling / lemon cream sauce / pickled lemon zest

Duck Pancakes 17

warm dumpling wrapper / duck leg confit / fresh vegetable / house hoisin sauce

Wraps & Sandwiches

7by7 Sausage Hoagie 14

grilled hot Italian sausage / roasted red pepper aioli / Monterey Jack / lettuce / tomato

Butter Chicken Chicken Burger 13

crispy chicken breast / butter chicken burger sauce / lettuce / pickle / red onion / brioche

Mushroom Swiss Burger 15.5

grilled beef patty / red wine glaze / bacon / Jack Daniels sautéed mushrooms / Swiss cheese

Classic Burger 15

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

Chicken Shawarma Wrap 13

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

Crispy Haddock Wrap 13.5

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

Souvlaki Pita 12.5

naan bread / marinated chicken / greens / pickled onion / tomato / red pepper / olives / tzatziki

Double Decker Clubhouse 12.5

7by7 clubhouse / Memphis spiced mayonnaise

Pulled Pork Roll 14

Jack Daniels pulled pork / buttered Vienna roll / cheddar moza blend / house coleslaw / whiskey glazed mushrooms

Philly Cheese Sandwich 14

shaved steak / fried peppers / red onion / creamy Béchamel cheese sauce

Jalapeño Popper Sandwich 13 VEG

toasted sourdough / cream cheese / moza blend / Monterey Jack / jalapeño

Soups And Sides

Traditional tomato and basil soup 9/5 GFO VEG

Butternut squash and spiced pecan soup with a maple syrup drizzle 10/6 GF VEG

Hand cut, Memphis spiced fries 3.5 VEG

Whipped potato 4.5 GF VEG

Pilaf 4 GF VEG

Rice and peas 4.5 GF

Side House salad 5 GF VEG

Side Winter salad 6 GF VEG

Main Courses

Whitney Pier Caribbean Style Chicken & Rice 18

crispy home-style fried chicken / basmati rice with black bean / green lentils / tomato chicken gravy

Panko Breaded Fish and Chips 1 piece 16 / 2 pieces 19

haddock in a crispy herbed panko / homemade tartar sauce / creamy coleslaw / lemon wedge / fries

Pan-Fried Haddock 1 piece 17 / 2 pieces 21

blackened or plain pan-fried haddock / Cajun cream sauce / rice pilaf / sautéed vegetables

Chicken Bacon Mac and Cheese 19

creamy macaroni and cheese / bacon / two pieces of homestyle fried crispy chicken / Jack Daniels barbecue sauce

Steak Au Poivre 32 GF

8oz striploin steak grilled to your liking / brandy peppercorn sauce / whipped potato / seasonal vegetable

Salmon Florentine 26 GF

seared salmon / spinach and bacon cream sauce / rice pilaf / seasonal vegetable

Fettuccine Alfredo 16 VEG

fettuccine / creamy garlic Alfredo sauce / balsamic / parsley / served with your choice of buttered toast or naan points
add bacon 5 / chicken 5 / scallops 8

After 4 Pm Mains

Agnolotti ai Tre Fromaggi 34

hand rolled saffron pasta / ricotta / Brie & parmesan filling / gremolata cream sauce / seared Digby scallops

Lac Brome Duck Breast 29 GF

seared duck breast / blackberry molasses / fondant potato / sautéed kale salad

Chicken Roulade 27

chicken rolled / roasted with an artichoke feta stuffing / served with tabbouleh / baba ghanoush / jus

Beef Bourguignon 35 GF

braised short rib / red wine jus / lardon / Parisienne potato / pearl onion/ carrot purée

7 by 7 Cultures

Chicken Satay Noodle Bowl 19 GF

grilled chicken thigh / peanut sauce / sautéed vegetables / rice noodle

Penne Boscaiola 21

Italian sausage / penne / mushroom / garlic / herb cream sauce

Dan Dan Noodles 19

pan-fried udon noodle / minced pork / chili oil / garlic / shallot / ginger

Butter Chicken 19

traditional butter chicken sauce / coconut basmati rice / grilled naan

Chicken Fricasée 19 GF

chicken stewed in savoury cream sauce / mushroom / seasonal vegetable / whipped potato

Fish Taco 19

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

Cooking
Without
Borders