

**EASY STARTERS**

**BRUSCHETTA**

Toasted Vienna loaf, topped with chopped tomato, garlic, red onions, basil, and feta cheese with balsamic glaze. **\$12.77**

**GARLIC BREAD**

Vienna loaf brushed with house made whipped garlic butter with cheese. **\$9.77**

**SPINACH DIP**

Hot melted cheese blend and chopped spinach. Served with half tortilla chips and nanna bread. **\$14.77**

**QUESADILLA**

Flour tortillas grilled and filled with a shredded cheese blend, diced red onion, tomatoes, grilled chicken and topped with green onion. Served with sour cream and salsa. **\$14.77**

Sub Steak **\$4.77** | Shrimp **\$4.77**

**CHICKEN TACOS**

Three soft tortillas lightly grilled and filled with guacamole, coleslaw, shredded cheese blend and chicken breast. Topped with green onion and ranch dressing. **\$12.77**

**VEGGIE TACO**

Three soft tortillas lightly grilled and filled with crumbled Impossible Beef Made From Plants, guacamole, shredded cheese blend and coleslaw. Topped with chipotle aioli and green onion. **\$13.77**

**FISH TACOS**

Three soft tortillas filled with crisp beer battered fish, guacamole, coleslaw and a shredded cheese blend. Topped with green onion and ranch dressing. **\$14.77**

**BITS & BITES**

**PICKLE WEDGES**

7 Seasoned and breaded pickle wedges, served with a delicious dill dip. **\$11.77**

**CALAMARI**

Hand Battered Cajun seasoned calamari, served with chipotle sauce. **\$15.77**

**COCONUT SHRIMP**

Breaded coconut shrimp served with Sweet chili sauce **\$15.77 (gfs check)**

**MOZZARELLA STICKS**

Mozzarella cheese double coated and fried. Cheesy, stringy, crunchy and dip Served with pizza sauce. **\$11.77**

**NACHO**

Tricolour corn Tortilla chips topped with shredded cheese, blended tomato, green onions, jalapeno and lettuce.

Served with salsa and sour cream. **\$17.77**

(Option: Grilled Chicken, Boneless chicken or Ground beef for **\$5.77**)

**P.E.I MUSSELS**

Fresh P.E.I. mussels tossed in a white wine marinara sauce topped, with Asiago cheese and, served with Vienna garlic bread. **\$16.77**

**SOCIAL 7 PLATTER**

Wing or boneless wing of your choice, coconut shrimp, deep fried pickles, mozzarella stick, fries, Veggie sticks & garlic bread with cheese. **\$44.77**

**SOUPS & GREENS**

**FRENCH ONION SOUP**

Rich onion broth, topped with toasted croutons, and melted Swiss cheese. **\$9.77**

**SOUP OF THE DAY**

Ask your Server for the soup of the day. Served with garlic crostini. **\$8.77**

**CAESER SALAD**

Fresh romaine lettuce tossed in creamy garlic Caesar dressing and topped with croutons, smoked bacon, shredded Parmesan-Romano cheese, and a lemon wedge.

Small **\$9.77** | Large **\$14.77**

**HOUSE SALAD**

Freshly chopped lettuce mix topped with tomatoes, red onion, cucumbers and carrots. Served with balsamic dressing.

Small **\$8.77** | Large **\$13.77**

**GREEK SALAD**

Freshly chopped lettuce mix blended with tomatoes, peppers, cucumbers, red onions, olives, and feta cheese.

Small **\$10.77** | Large **\$15.77**

**QUINO SALAD**

Freshly chopped lettuce mix topped with quinoa and dried cranberries and tossed in a sweet chili poppy seed dressing. Topped with a seasoned grilled chicken breast, fresh cucumber, sliced red pepper and goat cheese. **\$16.77**

**MANDARINA SALAD**

Fresh romaine lettuce, sliced almonds, sesame seeds, mandarin oranges and crisp salad noodles tossed in a poppy seed dressing and topped with a sweet BBQ grilled chicken breast. **\$16.77**

**COBB SALAD**

Freshly chopped lettuce mix with diced tomato, cucumber, smoked bacon, grilled chicken, red onion, Hard boil egg and a shredded cheese blend. Served with ranch dressing. **\$17.77**

**STEAK AND**

**BLUE CHEESE SALAD**

Grilled to order steak, red onions, and roasted red peppers on crispy romaine lettuce, and topped with goat cheese crumble and served with your choice of dressing. **\$18.77**

**MEAT OPTIONS:**

Chicken **\$ 5.77**    Steak (6oz) **\$ 9.77**  
Shrimp **\$ 8.77**    Salmon **\$ 9.77**

**SALAD DRESSINGS**

- Ranch
- Sweet chilli poppy seed
- Blue cheese
- Dill
- Oil & Vinegar
- Caesar
- French, Italian
- Greek dressing
- Balsamic Vinaigrette
- Poppy Seed

All burgers are served with your choice of fries or tortilla chips

**ANGUS BURGER (6 OZ)**

Grilled Angus burger topped lettuce, tomato, onions and pickle served on a toasted brioche bun. **\$14.77**

**SOCIAL 7 BURGER (6 OZ)**

Grilled Angus burger, house seasoning topped poutine, bacon, BBQ sauce and green onion. Served on a toasted brioche bun. **\$16.77**

**THE CANADIAN BURGER**

Beef patty topped with lettuce, tomato, onions, pickle, peameal bacon and melted cheddar cheese. Served on a toasted brioche bun **\$15.77**

**BUFFALO CHICKEN**

**DILL BURGERS**

Hand-breaded chicken, fried and tossed in our buffalo sauce. Topped with cheddar cheese, smoked bacon, onion strings, our homemade Garlic Dill sauce. Served on a toasted brioche bun. **\$16.77**

**BEYOND VEGETABLE BURGER**

Vegetable patty topped with lettuce, tomato, onions, pickle, sautéed mushrooms and Swiss cheese. Served on a toasted brioche bun. **\$15.77**

**BURGERS**

**MUSHROOM BURGER (6 OZ)**

Beef patty topped with lettuce, tomato, onions, pickle, grilled mushrooms and Swiss Cheese. Served on a toasted brioche bun. **\$16.77**

**SUPREME BURGER**

Beef patty topped with bacon, lettuce, tomato, pickle, sautéed onions, mushrooms, and melted Canadian cheddar cheese. Served on a toasted brioche bun. **\$16.77**

**SANDWICHES & WRAPS**

All sandwiches and wraps are served with your choice of fries or tortilla chips.

**TRIPPLE DECKER GRILLED CHEESE SANDWICH**

Texas toast, stuffed with swiss, mozzarella and cheddar cheese. **\$12.77**

**CHICKEN B.L.T. SANDWICH**

Marinated grilled chicken, crispy bacon, mayo, fresh lettuce, and tomato, served on toasted white bread. **\$15.77**

**RUBBEN SANDWICH**

Thinly shaved corned beef, topped with sauerkraut, Swiss cheese and Dijon mustard served on grilled marble rye bread. **\$16.77**

**PHILLY CHEESE STEAK SANDWICH**

6 oz. steak topped with sautéed onions, mixed peppers, topped with melted house blend cheese and social 7 secret sauce on a toasted Vienna bread. **\$18.77**

**HOT BEEF DIP SANDWICH**

Sliced smoked brisket topped with crispy onions and Swiss cheese. Served with our savoury homemade au jus and horseradish garlic aioli. **\$16.77**

**BUFFALO CHICKEN WRAP**

Fried chicken tenders tossed in Buffalo sauce, topped with lettuce, tomato and mix cheese with ranch dressing, wrapped in a freshly grilled flour tortilla. **\$14.77**

**BEYOND MEAT WRAP**

Beyond meat patty topped with freshly chopped lettuce mix, tomatoes, peppers, cucumbers, red onions, olives, and feta cheese. **\$16.77**

# STAFF FAVORITES

All staff favorites are served with your choice of fries or tortilla chips.

## FISH & CHIPS

Crispy beer battered haddock served with coleslaw, a side tartar sauce, a lemon wedge. **\$18.77**

## CHICKEN FINGERS

5 chicken fingers served with coleslaw and side of plum sauce **\$15.77**. Add bbq sauce or honey garlic sauce **\$1.77**

**1LB WINGS \$16.77 2 WINGS \$29.77**

**BOONLESS WINGS 10 PC \$16.77**

**BOONLESS WINGS 15PC \$22.77**

## WINGS SAUCE

Mild, Medium, Hot, Honey garlic, smoke BBQ, sweet chillies, Garlic Pharm, Caesar on fire. Buffalo, buffalo Ranch, Mississippi, Jerk.

**Dry Rub:** Cajun, Trioplate Mango, lemon pepper, Salt and Pepper

## SOCIAL 7 FULL RACK OF BACK RIBS

Full rack of our slow cooked pork back ribs smeared with your choice of sauce and served with coleslaw. **\$27.77**

## SOCIAL 7 ½ RACK OF BACK RIBS

Half a rack of our slow cooked pork back ribs smeared with your choice of sauce and served with coleslaw. **\$19.99**

## SOCIAL 7 BBQ DELIGHT

A half pound dusted wings or 5 pieces boneless wings, and a half rack of our slow cooked pork back ribs smeared with your choice of sauce and served with coleslaw. **\$24.77**

# POUTINE & FRIES

## FROM THE FRYER

Choice of fries, sweet potato fries or onion rings served with dip **\$9.77**

## TRADITIONAL POUTINE

Crispy fries topped with rich gravy and cheese curds. **\$10.77**

## JAFFNA SPICED POUTINE

Crispy fries topped with homemade spice blend, mix cheese, green chilli, onion with ranch and chipotle mayo. **\$11.77**

## FRIES SUPREME

Crispy fries with mix cheese, ground beef, sour cream and green onions. **\$13.77**

## BUTTER CHICKEN POUTINE

Crispy fries topped with Authentic Indian butter chicken, cheese curds, sour cream, and green onions. **\$14.77**

## SOCIAL 7 SPECIAL POUTINE

Crispy fries topped with rich gravy, chopped boneless wings, with cheese curd and creamy dill sauce sprinkled with red and green onion with choice to spice it up. **\$15.77**

## SMOKED BACON CHEESEBURGER POUTINE

Crispy fries topped with seasoned ground beef, smoked bacon, melted cheese blend, and rich gravy. **\$14.77**

# ENTREES

## NEW YORK STRIPLAIN

8 oz. NY striploin grilled your way topped with sautéed mushroom and onion served with your choice of side and fresh steamed vegetables. **\$26.77**

## DILL SALMON

Grilled Atlantic salmon smothered in creamy dill sauce served with basmati rice and fresh vegetables. **\$22.77**

## BUTTER CHICKEN

Authentic Indian butter chicken, served with basmati rice, warm garlic naan, with a tomato and cucumber salad and ranch dressing. **\$19.77**

## CHICKEN SOUVLAKI

Greek styled grilled chicken skewers on a bed of rice served with Greek salad, tzatziki, and lemon wedges **\$19.77**

## LIVER AND ONIONS WITH BACON

Tender beef liver cooked your way, simmered in beef gravy, and topped with sautéed onions, and bacon. Served with mashed potatoes and fresh steamed vegetables. **\$17.77**

## LEMON BUTTER SHRIMP

Tiger shrimp, peppers, and onions sautéed in a creamy butter glaze, served with rice and Greek salad. **\$23.77**

## SESAME STIR FRY

Sautéed fresh vegetables and toasted sesame seeds with your choice of sauce (teriyaki, honey garlic, or Thai sweet chili) served over rice. **\$12.77**

## ADD

**Chicken \$ 5.77**

**Steak (6oz) \$ 7.77**

**Shrimp \$ 6.77**

# PASTA

All Our Pastas Are Served With Garlic Bread

## FETTUCINE ALFREDO

Fettuccine noodles tossed in rich and creamy Alfredo sauce. **\$12.77**

### Add- Ons:

**Grilled chicken breast \$4.77**

**Tiger shrimp \$5.77**

## S7 SIGNATURE CHICKEN PARMESAN

Italian seasoned and breaded chicken oven-baked with melted cheese, served over linguine noodles in our classic tomato sauce. **\$19.77**

## SEAFOOD LINGUINE

Mussels, shrimp, and calamari tossed in rose sauce, with linguine noodles. **\$22.77**

## PESTO CHICKEN PENNE

Grilled chicken with mixed vegetables in a creamy pesto sauce with penne pasta. **\$17.77**

## PENNE CARBONARA

Chicken, bacon, red onions, fresh mushrooms, and spinach tossed in rich and creamy Alfredo sauce with penne pasta. **\$18.77**

## ARRABIATA PASTA

Penne Pasta in a spicy tomato sauce with Italian Sausage, onion, peppers, Asiago & Parmesan Cheese. **\$18.77**

## FETTUCINE SALMON

Salmon with Rose Sauce, mixed with tomatoes, spinach, white wine, and garlic with fettuccine pasta. **\$22.77**

# KIDS

Includes Fountain pop and kids Sundae.

**Add on Shirley Temple \$3.77. Orange, apple, cranberry, chocolate milk, milk, \$1.77**

**KIDS PLAIN BURGER AND FRIES \$10.77**

**KIDS GRILLED CHEESE AND FRIES \$10.77**

**KIDS CHICKEN FINGERS AND FRIES \$10.77**

**KIDS ALFREDO LINGUINE \$10.77**

**KIDS CHEESE QUESADILLA \$10.77**