



## EASY STARTERS

### GARLIC BREAD

Vienna loaf brushed with housemade whipped garlic butter with cheese. **\$9.77** | Add bacon **\$1.77**

### BRUSCHETTA

Garlic crostini, topped with chopped tomatoes, garlic, red onions, basil, and feta cheese, with balsamic glaze. **\$12.77**

### BEYOND MEAT TACOS

Three soft tortillas lightly grilled and filled with beyond meat patty, guacamole, shredded cheese blend and coleslaw. Topped with chipotle aioli and green onions. **\$13.77**

### CHICKEN TACOS

Three soft tortillas lightly grilled and filled with guacamole, coleslaw, a shredded cheese blend and chicken breast. Topped with green onions and ranch dressing. **\$14.77**

### FISH TACOS

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

### SPINACH DIP

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

### QUESADILLA

Flour tortillas grilled and filled with a shredded cheese blend, diced red onions, tomatoes, grilled chicken and topped with green onions. Served with sour cream and salsa. **\$14.77**  
Sub: Steak **\$4.77** | Shrimp **\$4.77**

## BITS & BITES

### PICKLE WEDGES

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

### MOZZARELLA STICKS

Mozzarella cheese double-coated and fried. Cheesy, stringy, crunchy. Served with marinara sauce. **\$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**

### NACHOS

Corn tortilla chips topped with shredded cheese, blended tomatoes, green onions, jalapeño and lettuce. Served with salsa and sour cream. **\$17.77**

Add: 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

Wings or boneless wings of your choice, coconut shrimp, deep-fried pickles, mozzarella sticks, fries, veggie sticks and garlic bread with cheese. **\$44.77**

## SOUPS & GREENS

### SOUP OF THE DAY

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

### FRENCH ONION SOUP

Rich onion broth, topped with garlic crostini, and melted Swiss cheese. **\$9.77**

### HOUSE SALAD

Freshly-chopped lettuce mix topped with tomatoes, red onions, cucumbers and carrots. Served with balsamic dressing. **Small \$8.77** | **Large \$13.77**

### 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**

## BURGERS

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

### ANGUS BURGER

A grilled Angus burger topped with lettuce, tomatoes, onions and pickle. Served on a toasted brioche bun. **\$14.77**

### THE CANADIAN BURGER

A grilled Angus burger topped with lettuce, tomatoes, onions, pickle, peameal bacon and melted cheddar cheese. Served on a toasted brioche bun. **\$15.77**

### BEYOND MEAT BURGER

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

### GREEK SALAD

Freshly-chopped lettuce mix topped with tomatoes, peppers, cucumbers, red onions, olives, and feta cheese. **Small \$10.77** | **Large \$15.77**

### QUINOA SALAD

Freshly chopped lettuce mix topped with quinoa and dried cranberries, 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**

### MANDARIN BBQ SALAD

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

### COBB SALAD

A freshly-chopped lettuce mix with diced tomatoes, cucumber, smoked bacon, grilled chicken, red onions, hard-boiled eggs and a shredded cheese blend. Served with ranch dressing. **\$17.77**

### STEAK AND GOAT

### CHEESE SALAD

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

### MEAT OPTIONS: ADD-ONS

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

### SALAD DRESSINGS

- RANCH
- SWEET CHILI
- POPPY SEED
- BLUE CHEESE
- DILL
- OIL & VINEGAR
- BALSAMIC
- VINAIGRETTE
- POPPY SEED

### BUFFALO CHICKEN

### DILL BURGER

Hand-breaded chicken, fried and tossed in our buffalo sauce. Topped with Cheddar cheese, smoked bacon, onion strings, and our housemade garlic dill sauce. Served on a toasted brioche bun. **\$16.77**

### MUSHROOM AND

### SWISS BURGER

A grilled Angus burger topped with lettuce, tomatoes, onions, pickle, grilled mushrooms and Swiss Cheese. Served on a toasted brioche bun. **\$16.77**

### SUPREME BURGER

A grilled Angus burger topped with bacon, lettuce, tomatoes, pickle, sautéed onions, mushrooms, and melted Canadian cheddar cheese. Served on a toasted brioche bun. **\$16.77**

### SOCIAL 7 BURGER

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

## SANDWICHES & WRAPS

All sandwiches and wraps are served with your choice of fries or tortilla chips. Add gravy **\$2.77**

### TRIPLE DECKER GRILLED

### CHEESE SANDWICH

Texas toast, stuffed with Swiss, mozzarella and cheddar cheese. **\$12.77** | Add Bacon **\$2.77**

### CHICKEN B.L.T. SANDWICH

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

### HOT BEEF DIP SANDWICH

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

### REUBEN 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, melted house blend cheese and Social 7 Secret Sauce on a toasted Vienna bread. **\$18.77**

### BUFFALO CHICKEN WRAP

Fried chicken tenders tossed in Buffalo sauce, topped with lettuce, tomatoes 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, wrapped in a freshly-grilled flour tortilla. **\$16.77**

# 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 housemade spice blend, mixed cheese, green chillies, onions, 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**

## SMOKED BACON CHEESEBURGER POUTINE

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

## SOCIAL 7 SPECIAL POUTINE

Crispy fries, topped with rich gravy, chopped boneless wings with cheese curds and creamy dill sauce. Sprinkled with red and green onions of your choice, to spice it up. **\$15.77**

# PASTA

All our pastas are served with garlic bread.

## FETTUCCINE ALFREDO

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

### Add-Ons:

**Grilled Chicken Breast \$5.77**

**Shrimp \$5.77**

## 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 a rich and creamy Alfredo sauce with penne pasta. **\$18.77**

## SAUSAGE ARRABIATA PASTA

Penne pasta in a spicy tomato sauce with Italian sausage, onions and peppers with Asiago & Parmesan cheese. **\$18.77**

## 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 rosé sauce, with linguine noodles. **\$22.77**

## FETTUCCINE SALMON

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

# STAFF FAVORITES

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

## CHICKEN FINGERS

5 chicken fingers served with coleslaw and a side of plum sauce. **\$15.77**

**Add BBQ sauce or honey garlic sauce \$1.77**

## FISH & CHIPS

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

## BONELESS WINGS

**10 PC \$16.77 | 15PC \$22.77**

## CHICKEN WINGS

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

## WINGS SAUCE

Mild, Medium, Hot, Honey Garlic, Smoke BBQ, Sweet Chillies, Garlic Parm, Caesar on Fire, Buffalo, Buffalo Ranch, Mississippi.

**Dry Rub:** Cajun, Chipotle Mango, Lemon Pepper, Salt And Pepper

## 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.

**\$19.77**

## FULL RACK OF BACK RIBS

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

## SOCIAL 7 BBQ DELIGHT

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**

# ENTREES

## SESAME STIR FRY

Sautéed fresh vegetables and toasted sesame seeds with stir fry sauce served over rice. **\$12.77**

### Add-Ons:

**Chicken \$5.77**

**Shrimp \$8.77**

**Steak (6oz) \$9.77**

## LIVER AND ONIONS WITH BACON

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

## BUTTER CHICKEN

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

## CHICKEN SOUVLAKI

Greek-style grilled chicken skewers on a bed of rice, with a Greek salad and tzatziki. Served with roast potatoes and lemon wedges. **\$19.77**

## DILL SALMON

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

## LEMON BUTTER SHRIMP

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

## NEW YORK STRIPLIN

8oz. NY striploin grilled and topped with sautéed mushrooms and onions. Served with a side of garlic mashed potatoes and fresh steamed vegetables. **\$28.77 | Add Shrimp \$8.77**