



Dear Guest, please inform our team members of any dietary requirements:
G - Gluten, D - Dairy, E - Egg, S - Soy, SS - Sesame, SF - Sea Food, N - Nuts,
V - Vegetarian, VN - Vegan, GF - Gluten Friendly,
F - MSC Certified Seafood - Sustainably Caught Seafood
M - Mustard, MS - Molluscs, C - Celery



NIBBLES & BITES		
CHICKEN RINDS (G,D,E) chicken rinds, chili, lime, salt, ranch sauce		55
WARM PUB PRETZELS (V, G, D) cheese, onion marmalade		55
THAI BEEF LETTUCE CUPS (S,SS,N) fresno chili, Thai basil, crispy rice		65
BEEF BRISKET SLIDERS (D,G,E) 3 6 9 PCS brioche bun, smoked cheese		65/125/185
CHEESE NACHOS (V,D,C) served with guacamole, sour cream & salsa add chili con carne		68 25
SMOKEY BUFFALO CHICKEN DRUMETTES (G,D,SS) blue cheese dip, vegetable sticks		6 12 PCS 65 /120
CRISPY FRIED CALAMARI (G, D, E, M, F) lemon tartar sauce, parmesan, cheese		65
SIZZLING RUSSIAN BAKED PRAWNS (SF,D) saffron sauce, feta crumble		75
MEXICAN CHICKEN QUESADILLAS (D,G) corn tortilla filled with chicken, bell peppers, cheese, sour cream, salsa & guacamole		78
THE 7 BAR PLATTER (G,D,F,E,M,C) chicken rinds, beef brisket sliders, calamari, fries & celebrations		129

Salads & Bowls		
FLAKED SALMON SALAD (F,M,E) asparagus, mustard dressing, pickled onion, quail egg		69
CAESAR SALAD (NO ANCHOVY) (V,G,E,D,N) Baby Gem, aged parmesan, garlic crouton Add chicken Add shrimps (SF)		55 10 15
THE BOWL (F,S,SS,N) ahi tuna, edamame, avocado, jasmine rice, Asian soya dressing, macadamia nuts		69
CLASSIC HOUSE RIBEYE STEAK SALAD (M,D) mixed greens, pickled onion, asparagus, mustard dressing		89



BREADS & BUNS		
All burgers and sandwiches are served with your choice of thick cut fries, or side salad		
THE 7 BURGER (D,E,G,M) - 94 Homemade smashed patty with onion, herbs and mustard, melted cheese, bacon relish, mustard mayo, lettuce		
CLASSIC CHICKEN BURGER (G,D,E,SS) - 78 chipotle, lettuce, spicy chicken filet, avocado, tomato, cheddar, homemade slaw		
SIGNATURE STAMPED LAMB PITA (G,D) - 85 bazaar spices, lettuce, tzatziki		
FARM MOZZARELLA PANINI (V,D,G,N) - 69 olive tapenade, rocket leaves, grilled capsicum, zucchini, basil, virgin olive oil		

			RUBS (C, N, M) Signature Rub Chermoula Chimichurri Blackening spice
STEAKS & CHOPS			
Your choice of sauce & one side dish			
U.S tenderloin - 200GM / 300GM		129 /149	
USA Rib Eye - 300GM		179	
Lamb Rack		190	
SAUCES (D,G,M,N) (A) black pepper, mushroom, creamy peppercorn, red wine			

SIDES DISHES
Grilled vine cherry tomato
Sauteed wild mushrooms
Grilled asparagus
Garlic confit mash potato (D)
Mixed green salad
Buttered garden vegetables (D)
Fries
Fries with sloppy joe (D, G)

Signatures		
EARLY BIRD LUNCH (D,G,M,E) crispy bacon, beef sausage, grilled field mushrooms, tomato, hash browns, fried egg, baked beans, sourdough		75
SAUSAGE BY METER (D,G,M) served with caramelized onion, honey mustard, sweet relish, cheese sauce spicy chicken chorizo 50cms veal bratwurst 50cmss		78 85
CHICKEN TACO 3PCS (D,G,E) homemade taco, pulled chicken crushed avocado, mango salsa, lime aioli		69
HOTDOGS & BREW (G,D,E,M) selection of gourmet hot dogs, chicken or beef, mustard, mayo, homemade ketchup, aged cheddar, crispy bacon, sauerkraut Add beer flight 2 bottles		69 60
THE PUB BOARD & KNIFE (D,G,M) selection of 3 cheese, 3 cold cuts, crackers, pickles, mustard, rolls & sticks		125
SPICED BUTTER CHICKEN CURRY (D,N) served with steamed rice, papadum & mango pickle		99
FISH & CHIPS (G, D, E, SF, F) cod fillet, crushed peas, tartar sauce, French fries		115
GERMAN CHICKEN SCHNITZEL (G,D,M) country style potatoes, cranberry sauce, aged parmesan cheese, mushy peas		90
CEDAR WOOD SMOKED SALMON (F,D,G) tobiko butter sauce, asparagus, confit garlic mash		109
WILD MUSHROOM CLASSIC RISOTTO (V,D) Leek and mascarpone foam, aged parmesan add chicken		89 15



CURLY FRIES REGULAR FRIES HERB (G) - 40
CHOICE OF TOPPINGS (D,G,C,E) - 15 beef chili, grilled chicken, creamy cheese sauce, spicy tomato salsa, Monterey jack cheese
TRUFFLE PARMESAN FRIES (D) - 45

VEGAN AT 7 SPORTS BAR		
ENGLISH GARDEN SALAD (V, VN, M) baby gem, spinach, asparagus, radish, peas, tomato, cucumber, honey mustard sauce		55
VEGAN JACKFRUIT TACOS (V, VN) Gluten free corn tortilla, BBQ jackfruit, mango salsa, vegan aioli		59
THE VEGAN BURGER (G, V, VN) Vegan patty, tomato chutney, vegan cheddar cheese, arugula		69
PENNE ARRABBIATA (V, VN, C) Gluten free vegan penne pasta, Spicy tomato sauce, fresh basil		65

Flat Bread Signatures		
ITALIAN FLATBREAD (D, G) bocconcini, extra virgin oil , vine tomato, rocket		70
MUSHROOM FLAT BREAD (G, D) garlic cream, burrata, roasted mushroom, arugula, caramelized onions		70
STEAK FLATBREAD (G, D) Shredded brisket, gorgonzola, shimeji		105
CHIPOTLE FLATBREAD (G, D, E) chicken, chipotle ranch sauce, avocados, bacon, cilantro, and red peppers		90
CLASSIC PEPPERONI cheese mozzarella, beef pepperoni (G, D)		85

SHAKE & BAKE		
EPIC CAMPARI GRANITA TABLE SIDE (D, E, A) - SERVED BY THE TABLE Non-alcoholic Campari, vanilla custard, raspberry gelee, fresh berries		89
BLACK FOREST AFFOGATO (D, G, E) chocolate mousse, cherry compote, vanilla mascarpone chantilly, espresso		59
ADULT ONLY POPSICLE (VN) a shot of adulting + seasonal fruit		79
CLASSIC BANANA BANOFFEE (D, G) salted dulce de leche, flambeed banana, whipped cream		49
FRESHLY BAKED CHOCOLATE CHIP COOKIES SKILLET (E, G, D, N) vanilla ice cream, oreo, pecan, salted caramel		49

<i>Cider/ Bottled beer</i>		
Strongbow		40
Heineken 0 %		32
Heineken		42
Amstel Light		42
Corona		42
Estrella Dam		42
Brewdog Punk IPA		55



DRAUGHT BEER / CIDER		
Heineken		55/35
Tiger		55/35
Stella		55/35
Peroni		55/35
Guinness		55/35
Hoegaarden		55/35
Strongbow		55/35

SIGNATURE COCKTAILS		
BABY, CALM DOWN (SERVES TWO)		125
Prosecco, Aperol, St-Germain Liqueur, Chambord, Rasberry Puree, Rose water		
SPORT DON'T LIE (SERVES TWO)		120
Jose Cuervo Silver, Cointreau, Corona, Agave, Graprefruit, Lime		
THE LIVING LEGEND		70
Ron Zacapa, Jim Beam, Orgeat, Hazelnut, Chocolate Bitters, Pineapple, Lime		
TEMPTED TO TOUCH		65
Bacardi, Malibu, Strawberry Puree,Coconut Flakes, Lemon		
EVERYBODY TALKS		110
Bacardi, Tanqueray, Mango, Passion Fruit , Mint, Lime		
BACK ON 7		65
London Dry Gin, Blueberry Jam, Cucumber, Rosemarry, Lime, Tonic		
ABOVE THE CLOUDS		65
Southern Comfort, Red label , Orange , Lemon		

CHAMPAGNE		
Moët & Chandon Brut «Impérial» , France		895
Moët & Chandon Brut «Impérial Rosé» , France		1050
Louis Roederer, Brut Nv , France		945



<i>Sparkling Wine</i>		
Alberto Nani, Organic, Prosecco, Extra Dry, Italy		65/320
Parés Baltà, Brut Cava, Penedes, Spain		295

WHITE WINE		
Hardy's, Chardonnay, Australia		46/220
Castello Di Gabbiano,Pinot Grigio, Italy		55/260
Baby Doll, Sauvignon Blanc, Yealands, New Zealand		70/340
Penfolds, Koonunga Hills, Chardonnay, South Australia		325
Cloudy Bay, Sauvignon Blanc, New Zealand		585
Henri Bourgeois, Sancerre Grand Reserve, Loire Valley, France		620
Martin Codax, Albarino, Spain		320
Dr. Loosen, Reisling, Mosel, Germany		290



ROSE WINE		
De Bortoli, Family Selection Rosé, New South Wales, Australia		54/260
Chateau d'Esclans, «Whispering Angel», Côtes de Provence, France		460

RED WINE		
Navarra Vina Palomeras, Tempranillo, Spain		46/220
Robert Mondavi, «Bourbon Barrel», Cabernet Sauvignon, USA		58/280
Oyster Bay, Pinot Noir, Marlborough, New Zealand		72/350
Barossa Valley Estate, Shiraz, South Australia		400
Château l'Eglise d'Armens, Saint-Emilion Grand Cru, France		520
Barone Ricasoli Brolio,«Chianti Classico», Tuscany, Italy		440
Argento, Malbec, Argentina		265

WHISKY	30ML/BTL	BRANDY & COGNAC	30ML/BTL
JW Red Label	46/1020	Toress IO	46/1020
JW Black Label	60/1250	Hennessy VS	52/1080
JW Blue Label	240/5100	Remy Martin VSOP	60/1173
Chivas Regal I2yo	62/1320	Remy Martin XO	190/3714
Chivas Regal I8yo	106/2252	Courvoisier XO	190/3714
Hibiki Harmony	85/1760		
J&B Rare	50/1062	LIQUEUR	30ML
John Jameson	50/1062	Cointreau	40
		Drambuie	40
SINGLE MALTS	30ML/BTL	Baileys	45
Glenmorangie	64/1440	Jagermeister	45
Glenfiddich I2 YO	66/1480	Sambuca	40
Glenfiddich I5 YO	76/1580	Absinthe	50
Glenlivet I2 YO	68/1520	Kahlua	40
Glenlivet I5 YO	78/1610	Ameretto	50
Macallan I2 YO	80/1564		
Macallan I8 YO	230/4496	APERITIF	30ML
Laphroaig IO YO	66/1360	Pimms No I	40
		Martini Bianco	40
AMERICAN WHISKEY & BOURBON	30ML/BTL	Martini Extra Dry	40
Jack Daniel's	54/1220	Martini Rosso	40
Gentlemen Jack	56/1350	Martini Rosato	40
JD Sinatra Select	135/3786	Campari	40
Jim Beam	50/1062	Aperol	40
VODKA	30ML/BTL	SOFT DRINKS	
Absolut Blue	46/1020	Pepsi / Pepsi Diet	26
Ketel One	52/1080	7 up / 7 up Diet	26
Grey Goose	64/1400	Mirinda	26
Beluga Noble	64/1400	Tonic Water	24
Belvedere	66/1450	Ginger Ale	26
Ciroc	65/1500	Soda	24
Absolut Citron	50/1100		
GIN	30ML/BTL	ENERGY DRINKS	
Tanqueray London Dry	46/1020	Red Bull	35
Tanqueray No. IO	56/1160	Red Bull Sugarfree	35
Hendricks	56/1160	Red Bull Watermelon	35
Hendricks Flora Adora	60/1250		
Monkey 47	65/939	FRESH JUICES	35
Bombay Sapphire	48/1050	Orange, Mint Lemon,	
Beefeater Pink	46/1020	Pineapple, Watermelon	
Gin Mare	55/1200		
TEQUILA	30ML/BTL	WATER	500 ML/ 750 ML
Jose Cuervo Especial Silver	44/980	Acqua Panna	30/35
Jose Cuervo Especial Gold	48/1020	San Pellegrino	30/35
Patron Silver	55/1200		
Don Julio Anejo	95/2018		
Don Julio I942	274/6165		
Clase Azul Reposado	180/3850		
Patrón Añejo	72/1550		
Patrón Reposado	70/1500		
RUM	30ML/BTL		
Bacardi Superior	46/1020		
Captain Morgan Dark	48/1050		
Captain Morgan White	48/1050		
Captain Morgan Spiced Gold	48/1020		
Bumbu	55/1168		
Havana Club	55/1168		
Ron Zacapa 23 YO	90/1912		



All prices are in UAE Dirhams Inclusive of 7% Municipality fee, 5% VAT & 10% Service charge