



7
west
— cafe —

365
RAIN OR SHINE
— day and night —

WINE 5 oz

RED	gls	1/2L	bottle
Valpolicella, Folanari, Italy	9.50	25.00	
Merlot, Les Jamelles, France	11.00	29.00	42.00
Shiraz/Cab Sauv, Cliff 79, Australia	11.00	29.00	42.00
Malbec/Merlot, Trapiche Astica, Argentina	10.50	28.00	42.00
Cabernet Sauvignon, Beringer, California	10.50	28.00	42.00

WHITE	gls	1/2L	bottle
Soave, Folanari, Italy	9.50	25.00	
Sauvignon Blanc, Trapiche Astica, Argentina	10.50	28.00	42.00
Pinot Grigio, Bolla, Italy	11.00	29.00	42.00
White Zinfandel, Sutter Home, California	10.50	28.00	42.00
Vinbo Verde, Aveleda, Portugal	11.00	29.00	42.00

SPARKLING WINE

By the bottle, please ask server		46.00+	
Bottega Vino dei Poeti Prosecco		46.00	
Henkell Trocken Piccolo	10.50		
Mimosa—sparkling wine with orange juice	10.50		
Kir Royale—sparkling wine with a splash of cassis	12.50		



BEER

Alexander Keiths, Peroni, Barking Squirrel Lager	8.00
Steamwhistle	8.00
Guinness (Tallboy)	8.50
Muskoka Mad Tom IPA	8.00
Blanche de Chambly	8.50
Heineken, Corona	8.50
Strongbow Cider (Tallboy)	9.00

DRAFT

Full Pint	9.50
Half Pint	6.00

CHEERS 1 oz

Domestic Bar Rail	7.50
Premium Bar Rail	9.00

Please ask your server for suggestions

COCKTAILS 1-2 oz

Manhattan - bourbon, sweet vermouth, bitters and orange zest	13.00
Old Fashion - bourbon, sugars, bitters and orange zest	12.00
Whiskey Sour - whiskey, lemon juice, simple syrup, orange zest and egg white	12.00
Caesar - vodka, clamato, Tabasco and Worcestershire	11.00
French Martini - vodka, chambord and pineapple juice	12.00
7 West Martini - vanilla vodka, kahlua, espresso and cream	11.00
Breakfast Martini - vodka, cassis and grapefruit juice	11.00
Vodka Martini	13.00
Gin Martini	13.00
Negroni - campari, gin, sweet vermouth & orange zest	13.00

Premium upgrade add 3.00

COLD DRINKS

Small sparkling/still water	4.50
Large sparkling/still water	7.95
Coke, 7Up, Gingerale, Diet Coke, Soda	4.00
Iced Tea	4.50
Aranciata/Limonata	4.50
Orange Juice	4.50 5.50
Pineapple Juice	4.50 5.50
Grapefruit Juice	4.50 5.50
Cranberry Juice	4.50 5.50

SPECIALTY COFFEE 1 oz

	Coffee	Latte
Irish Whiskey	10.00	11.00
Kahlua	10.00	11.00
Brandy	10.00	11.00
Amaretto	10.00	11.00
Crème de Cacao	10.00	11.00
Bailey's	10.00	11.00
Grand Marnier	10.00	11.00
Monte Cristo (brandy, grand marnier)	11.00	12.00
Kahlua Hot Chocolate		11.00
Bailey's Hot Chocolate		11.00

SPECIALTY TEA 1 oz

Raspberry Amaretto	9.00
Apple Cinnamon Peach Schnapps	9.00
Blueberry Tea (amaretto, grand marnier)	11.00

HOT DRINKS

	Regular	Bowl
Coffee	4.00	6.00
Tea	4.00	6.00
Latte	5.00	7.00
Soy Latte	5.50	7.50
Cappuccino	4.50	
Espresso	4.00	
Macchiato	5.00	
Hot Chocolate	4.50	8.00
Mochaccino	4.50	
Steamed Milk	4.00	6.00
Americano	5.00	7.00
Cider (seasonal)	5.00	

Decaf add 0.50
Flavour shot add 1.00
*Skim milk available

BIT of BLISS

Chocolate Banana Cake	8.50
Vanilla Dark Chocolate Cake	8.50
Belgian Dark Chocolate Cake	8.50
Carrot Cake	8.50
Red Velvet Cake	8.50
Apple Crumble Pie	8.00
Seasonal Pie	8.00
Seasonal Cake	9.00
Dulce de Leche Cheesecake	10.00

*A 18% gratuity will be added to parties of 8 or more.



west
— cafe —

24
HOURS
7
DAYS
A WEEK

seven charles
street west

T 416 928 9041
7 westcafe.com

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APPETIZERS

<i>Soup of the day</i> Ask your server about our homemade soup of the day.	7.95
<i>Vegetarian Chili</i> Hearty blend of vegetables and red kidney beans in a plum tomato sauce served with pita.	8.95
<i>Moroccan Chili</i> Curried white beans with sautéed onions & tomatoes served with pita.	8.95
<i>7 West Poutine</i> Thick cut fries with gravy and cheese curds, add chicken \$3, pulled pork or sloppy joe mix \$4.	11.95
<i>Garlic Bread</i> Italian bread toasted with fresh garlic spread. add cheese \$2 add chicken \$3. add bacon \$3.	7.95
<i>Bruschetta</i> Diced tomatoes, garlic, basil & olive oil. add cheese \$2, add chicken \$3.	10.95
<i>Nachos</i> Nachos chips, diced tomatoes, red onions and peppers with melted cheese, salsa, sour cream, guacamole & jalapenos, add meat sauce, pulled pork or sloppy joe mix \$4, add chicken \$3.	15.95
<i>Hummus</i> Homemade hummus served with grilled pita & kalamata olives. add an assortment of vegetables \$3, add chicken \$3.	13.95
<i>Antipasto</i> Prosciutto, tomatoes, kalamata olives and bocconcini cheese garnished with chopped red onions, sundried tomatoes, basil and served with Italian bread, add chicken \$3.	19.95
<i>Caprese Salad</i> Tomatoes, bocconcini cheese, red onions and basil served with Italian bread & balsamic drizzle, add chicken \$3.	15.95
<i>Chèvre</i> Roasted red pepper cooked in garlic tomato sauce and topped with goat cheese and served with grilled pita, add chicken \$3.	16.95
<i>7 West Sampler</i> Chèvre, hummus, bruschetta, sundried tomatoes, kalamata olives & bocconcini cheese served with grilled pita, add chicken \$3.	20.95

*Whole wheat pita available.

SALADS

<i>Pasta Salad</i> Penne pasta, peppers, tomatoes, red onions, parsley, basil, dried oregano, olive oil, feta cheese, olives	14.95
<i>House Salad</i> Spring mix, chickpeas, purple cabbage, peppers, cucumbers, red onions & tomatoes.	15.95
<i>Caesar Salad</i> Crisp romaine, croutons and homemade Caesar dressing.	15.95
<i>Greek Salad</i> Spring Mix, red onions, tomatoes, cucumber, kalamata olives and feta cheese.	15.95
<i>Chef's Salad</i> Hard boiled egg, ham, tomato, cucumber, red onions & Spring mix with blue cheese or house dressing.	16.95
<i>Arugula Salad</i> Topped with goat cheese, walnuts, avocado and dried cranberries with balsamic vinegar.	15.95
<i>Side salad portions</i>	10.95

* add tuna mix \$5 add chicken \$5 add bacon \$3 to any salad.

** Please advise your server of any allergies.

PASTA

LUNCH PASTA SPECIAL SERVED WITH YOUR CHOICE OF SIDE HOUSE SALAD, FRIES SOUP OR CRISPS WEEKDAYS 11 A.M. TO 3 P.M.

**Substitute a Caesar, Greek or Arugula Salad, Pasta Salad or Home Fries for 2.95

<i>Pasta What?</i>	Lunch 12.95	Dinner 14.95
<i>Penne in a Mediterranean tomato sauce with diced vegetables, feta cheese & kalamata olives add chicken \$5, add sausage \$4.</i>		
<i>Penne Carbonara</i> Penne with ham, mushrooms, onions & peppers in carbonara sauce with parmesan.	14.95	16.95
<i>Penne Chicken</i> Penne with grilled chicken, mushrooms, red peppers, onions, garlic & parmesan in a white cream sauce.	15.95	17.95
<i>Primavera</i> Penne with a medley of vegetables in a rich cream sauce with parmesan add chicken \$5, add sausage \$4.	13.95	16.95
<i>Lasagna</i> Layers of fresh pasta, meat sauce, mozzarella cheese with parmesan.		18.95
<i>Rosie Ravioli</i> Ravioli filled with ricotta & asparagus in a rosé sauce with parmesan.	14.95	16.95
<i>Pesto Pollo</i> Penne with grilled chicken, onion & sundried tomatoes in a pesto sauce with parmesan.	15.95	17.95
<i>Spaghetti</i> Spaghetti with our homemade classic recipe tomato & basil sauce with parmesan – add homemade meat sauce \$4. add chicken \$5, add sausage \$4.	12.95	13.95
<i>Penne Arrabiata</i> Hot Italian sausage, peppers, onion & garlic in a spicy tomato sauce with parmesan.	14.95	17.95
<i>Virgin Pasta</i> Spaghetti with olive oil, garlic, medley of vegetables, fresh basil & parmesan, add chicken \$5, add sausage \$4.	13.95	15.95
<i>Mac n Cheese</i> Aged cheddar & parmesan with elbow noodles, cream sauce and dijon mustard, kick it up with jalapenos for \$1 add ham \$3 add bacon \$3.	12.95	14.95

PIZZA

CHOOSE BETWEEN PERSONALIZED OR 10". PERSONALIZED PIZZAS ARE OVEN BAKED OR WITH MEDITERRANEAN PITA AND ARE SERVED WITH YOUR CHOICE OF SIDE HOUSE SALAD, FRIES, SOUP OR CRISPS.

**Substitute a Caesar, Greek or Arugula Salad, Pasta Salad or Home Fries for 3.95

	Personalized	10"
<i>Basic</i> Tomato sauce, basil, cheese.	11.95	13.95
<i>Vegetarian</i> Tomato sauce, basil, cheese, mushrooms, green pepper, red pepper, red onion, green olive, sweet corn, garlic.	12.95	15.95
<i>Pepperoni</i> Tomato sauce, basil, cheese & pepperoni.	13.95	15.95
<i>Pesto</i> Pesto, sundried tomatoes, mushrooms, chicken & mozzarella.	13.95	15.95
<i>Sicilian</i> Tomato sauce, garlic, goat cheese, kalamata olives, fresh basil & mozzarella cheese.	13.95	15.95
<i>The 7 West</i> Tomato sauce, basil, cheese, pepperoni, sausage, bacon.	15.95	17.95
<i>Breakfast</i> Sunny-side up, cheese, ham & mushrooms.	14.95	16.95
<i>Calzone</i> Tomato sauce, basil, cheese, pepperoni & mushrooms.	14.95	16.95

BREAKFAST

<i>All The Time Breakfast</i> Fried or scrambled eggs, home fries, sausages & toast with choice of bacon, ham or smoked turkey.	14.95
<i>Morning Bagel</i> Ham & scrambled eggs with mozzarella served open faced with a side house salad.	13.95
<i>7 West Omelette</i> Onion, green peppers and mushrooms served with a side house salad, add ham or smoked turkey \$3	14.95

*add cheese \$2
*substitute egg white \$1.50

OPEN

- ALWAYS -

SANDWICHES

ALL SANDWICHES ARE SERVED WITH YOUR CHOICE OF SIDE HOUSE SALAD, FRIES, SOUP OR CRISPS.

**Substitute a Caesar, Greek or Arugula Salad, Pasta Salad or Home Fries for 3.95

<i>Grilled Cheese</i> add ham or bacon \$3.	9.95
<i>Double Stacked Grilled Cheese</i> add ham or bacon \$3.	11.95
<i>Pulled Pork</i> Tender slow roasted pork in homemade chipotle BBQ sauce add cheese \$2.	15.95
<i>Classic Burger</i> Lettuce, tomato, red onion, pickle and house sauce add aged cheddar \$3, add bacon \$3	13.95
<i>Bacon Mushroom Burger</i> Sautéed mushrooms, lettuce and tomato with bacon and house sauce, add aged cheddar \$3	15.95
<i>Red Pepper and Chevre Burger</i> Roasted red peppers with goat cheese.	15.95
<i>Veggie Burger</i> Homemade black bean quinoa burger, onions, lettuce, tomato, cucumber, house sauce and hummus.	14.95
<i>Sloppy Joe</i> Slow cooked ground beef with chillies and peppers on a soft kaiser bun add aged cheddar \$3.	14.95
<i>Hot Prosciutto Panino</i> Prosciutto sautéed with onions & tomatoes.	15.95
<i>Prosciutto Panino</i> Prosciutto with bocconcini cheese, lettuce and tomatoes with an avocado spread.	15.95
<i>7 West Montreal Meat</i> Montreal-style smoked beef sautéed with onions and mustard on Italian panino – add cheese \$2.	14.95
<i>Grilled Vegetable</i> Honey glazed grilled vegetables with bocconcini cheese on an Italian panino.	13.95
<i>7 West Chicken Club</i> Classic triple decker with chicken breast, bacon, lettuce, tomato and mayo.	16.95
<i>Chicken Sandwich</i> Herbed chicken breast with lettuce, tomato and honey mustard on an Italian panino.	15.95
<i>7 West BLT</i> Bacon, lettuce, tomato & mayo on 7 grain bread add a fried egg \$2.	14.95
<i>Philly Steak Sandwich</i> Traditional sliced ribeye steak sautéed with chipotle BBQ sauce, mushrooms, onions, peppers & melted mozzarella on Italian panino.	15.95
<i>Bagel Melt</i> Sliced tomatoes covered with mozzarella on an open faced sesame seed bagel – add bacon \$3.	11.95
<i>Tuna Melt</i> House recipe tuna salad covered in melted cheese on an open faced sesame seed bagel.	15.95
<i>Turkey Sandwich or Melt</i> Smoked turkey with lettuce, tomato & mayo on 7 grain or served open faced on a bagel covered in melted cheese	14.95