

Appetisers

With Your Choice of Sauce: Sweet & Spicy Chilli, Honey Mustard, Lemon Garlic, or Pineapple Roasted Bell Pepper

| | Smallies | Biggies |
|---|----------|---------|
| Chicken Kebabs | \$16 | \$30 |
| Grilled with Onions, Sweet Peppers & Pineapple | | |
| Chicken Wing Pieces | \$16 | \$30 |
| BBQ or Panko Crusty You Choose | | |
| Shrimp Kebabs | \$26 | \$49 |
| Grilled with Onions, Sweet Peppers Pineapple or Panko Crusty | | |
| BBQ Pig Tail Pieces | \$11 | \$20 |
| Spicy & Delicious | | |
| BBQ Pork Rib Pieces | \$16 | \$30 |
| BBQ, Succulent, Tender Rib Pieces | | |
| Chicken Tenders Bites | \$16 | \$30 |
| Panko Crusty | | |
| Flying Fish Fingers | \$16 | \$30 |
| Panko Crusty | | |
| Bajan Fish Cakes | \$12 | \$22 |
| Crispy Fried, True Bajan Taste, Great Sauces | | |
| Bruschetta | \$12 | \$22 |
| Chopped Tomatoes, Onions, Black Olives, Herbs & Feta Cheese on Grilled Garlic Bread | | |
| Cheesy Garlic Pizza Bread | \$12 | \$22 |
| Italian Pizza Sauce | | |
| Samosas | \$22 | \$40 |
| All Beef or All Chicken or All Veggie | | |
| Combo Sampler | \$32 | \$59 |
| Choose any four different Appetisers | | |
| Fries can be added to any Appetisers to create a meal | | |



Perfection Pizza

Mozzarella & Cheddar Cheese Mix

| | 10" | 15" |
|--------------|------|------|
| Pizza | \$33 | \$49 |

Choice of Italian Herb Tomato, Pesto or Garlic Sauce

Toppings (First Topping Free) \$3 \$4

Mince Beef, Pepperoni, Ham, Bacon, Onions, Pineapple, Black Olives, Sweet Peppers, Mushrooms.

Happy Hour

Everyday 5pm – 7pm

Vodka

Smirnoff Vodka (Red) 2 for 1 \$10

Gin

Gilbeys' Gin 2 for 1 \$10

Rum

MOUNT Gay Eclipse 2 for 1 \$6

Mount Gay Pure Silver 2 for 1 \$6

Mount Gay Black Barrel 2 for 1 \$8

Beer

Banks 2 for \$7

Heineken 2 for \$9

Cocktails

Margarita's 2 for 1 \$15

Daiquiri's 2 for 1 \$15

Mojito (Rum) 2 for 1 \$13

Wednesday's

Pizza & Moscato Wine Night

Buy a 10" Pizza and get Glass of Moscato Wine at ½ Price

Buy a 15" Pizza and get 2 Glasses of Moscato Wine at ½ Price



South 7's Grill

Comes with your Choice of Side & Grilled Garlic Bread

Smallies Biggies

- | | | |
|---|-------------|-------------|
| Chicken Kebabs | \$33 | \$57 |
| Grilled with Onions, Sweet Peppers & Pineapple | | |
| Shrimp Kebabs | \$39 | \$69 |
| Grilled with Onions, Sweet Peppers & Pineapple | | |
| Kebab Combo | | \$68 |
| Grilled Shrimp & Grilled Chicken Kebabs | | |
| Chicken (1/4 & 1/2) | \$33 | \$49 |
| Marinated and Grilled to Perfection | | |
| Proper Pork Spare Ribs | \$36 | \$63 |
| BBQ, Spicy & Delicious | | |
| Chicken & Ribs Combo | | \$60 |
| 1/4 Chicken & Pork Ribs Marinated and Grilled to Perfection | | |
| Catch of the Day | \$36 | \$59 |
| Grilled or Panko Crispy Served with Lemon Garlic | | |
| Seafood Combo | | \$68 |
| Grilled Shrimp & Grilled Steak Fish Lemon Garlic Sauce | | |
| Flying Fish | \$30 | \$49 |
| Panko Crusty Served with Honey Mustard or Lemon Garlic | | |



Compliment Your Meal



South 7's Pasta

Penne Pasta

With Rich Alfredo or Pesto Sauce

- | | |
|---|-------------|
| Chicken | \$39 |
| Grilled Kebabs with Onions, Sweet Peppers & Pineapple | |
| Fish Pasta | \$41 |
| Grilled Steak Fish | |
| Shrimp | \$45 |
| Grilled Kebabs with Onions, Sweet Peppers & Pineapple | |
| ADD Bacon to your Pasta | \$5 |
| "Everything Tastes Better with Bacon" | |



Salads

Served in a Tortilla Bowl

With Chopped BBQ Chicken Tenders or Grilled Fish: Add \$14
Shrimp: Add \$18

- | | Regular | Super |
|--|-------------|-------------|
| Greek Salad | \$12 | \$22 |
| Romaine, Iceberg Lettuce, Tomatoes, Cucumbers, Onions, Feta Cheese & Sliced Black Olives with Balsamic Vinaigrette | | |
| Caesar Salad | \$12 | \$20 |
| Romaine Lettuce, Grated Parmesan & Croutons with Caesar Dressing | | |
| Garden Salad | \$12 | \$18 |
| Romaine, Iceberg Lettuce, Tomatoes, Cucumbers Choice of Balsamic or Lemon Garlic Dressing | | |

South 7's Sides

Our Mains come with any of these Sides
Additional Sides are \$12 Add \$4 for Cheese or Bacon

Grilled Potatoes

With Cheese

Crispy French Fries

Delicious

Bread Fruit Chips

Thin Crunchy Slices (Seasonal)

Roasted Garlic Fried Rice

Chives & Thyme

Greek Salad

Romaine, Iceberg Lettuce, Tomatoes, Cucumbers, Onions,
Feta Cheese & Sliced Black Olives Served in a Tortilla Bowl

Caesar Salad

Romaine Lettuce, Grated Parmesan & Croutons
Tossed with Caesar Dressing & Served in a Tortilla Bowl

Garden Salad

Romaine, Iceberg Lettuce, Tomatoes, Cucumbers
Served in a Tortilla Bowl with Dressing of Choice

Bacon & Cheese Gilled Potatoes

Cheese Fries!



Breadfruit Chips



Tortilla Salads



South 7's Sauces

Smoky BBQ, Balsamic Vinaigrette, Honey Mustard,
Sweet & Spicy Chilli, Caesar, Ranch, Lemon Garlic or
Pineapple Roasted Bell Pepper Zesty Sauce

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Are You Looking for a Venue?!*

BOOK YOUR EVENT

Dinner & Drinks with friends
Birthdays and Anniversaries
Holiday Lunches
Staff team building
Your night on the town
The before & after party

We Can Host!



[fb.com/south7.barandgrill](https://www.facebook.com/south7.barandgrill) book your table 271 7585



Thursday's Bajan Fish Fry \$35

Steak Fish, Shrimp, Flying Fish or Fish Cakes
You Choose PLUS Grill Potatoes & Garden Salad

Jumbo Combo Fish Fry \$55

½ of All of the Meats PLUS Grill Potatoes & Garden Salad





Burgers & Wraps

Best in the South

Served on a Grilled Burger Bun or Wrap; Includes Romaine or Iceberg Lettuce, Tomatoes, Onions, & Side of your Choice:

South 7: 7 "Burgers" to Choose From

Homemade Burger \$33

Grilled Seasoned 8oz, Topped with Melted Cheese. BBQ Sauce & Mayo

Hawaiian Burger \$34

Grilled 8oz Burger, Pineapple Roasted Bell Pepper Sauce

Pizza Burger \$39

Grilled 8oz Burger, Pizza Sauce, Pizza Cheese, Pepperoni, Ham, Onions & Dressing

Burger Wrap \$34

Options: Grilled: Homemade Burger, Hawaiian Burger, or Pizza Burger.

Fish Steak "Burger" \$36

Grilled Fish Steak or Panko Crusty

Seafood Combo "Burger" \$47

Fish Steak & Shrimp, Grilled or Panko Crusty

De Monster Burger \$49

2 Grilled 8oz Burgers, Bacon, Cheese, Mushrooms, and Crispy Chips with BBQ Sauce & Mayo.

Can be served without the burger bun. "Sumptuous"

Chicken Tender Wrap \$33

Grilled or Panko Crusty, with Caesar Dressing

Flying Fish Wrap \$31

Fried Fillets Panko Crusty - With Honey Mustard

Catch of the Day Wrap \$37

Grilled or Panko Crusty, Savoury & Flavourful

Garlic Shrimp Wrap \$39

Garlic Buttery Shrimp or Panko Crusty

Romaine Lettuce Wrap

Chicken, Flying Fish, COD or Shrimp on Romaine Lettuce With Tomatoes, Cucumbers, Onions & Dressing of Choice



Decadent Desserts \$12

Chocolate Carmel Pecan Pie
Double Fudge Chocolate Cake,
New York Style Cheese Cake



Like Us on Face Book

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Take away Orders: 271-7585

South 7's Challenge

Eat 2 Monster Burgers with Sides at the same sitting and by the same person within 1/2 Hour & WIN a Bar Comp Value of \$100, PLUS your Monster Burger Meal

10% gratuity is added to your bill