



# 7 GRILLS

## Welcome to 7 Grills Mediterranean Steak House

A mixed cuisine of  
**Albanian • Greek • Turkish • Italian**

At 7 Grills Mediterranean Steak House, we are passionate about serving freshly prepared dishes using premium meats, fresh fish, seasonal vegetables and locally sourced ingredients.

Our menu combines the rich traditions of Mediterranean cuisine with premium steaks, fresh seafood and authentic specialities, all prepared with care and passion.

Thank you for choosing 7 Grills Mediterranean Steak House. We look forward to welcoming you and sharing an unforgettable dining experience.



## Starters

### **Cheese Rolls • £5**

Crispy pastry rolls filled with feta cheese and fresh dill.

### **Hummus • £3**

Creamy traditional hummus, served with warm bread.

### **Garlic Mushrooms • £6**

Oven-baked mushrooms with garlic, white wine and aromatic seasoning.

### **Creamy Mushrooms • £8**

Fresh mushrooms, mascarpone and prawns, seasoned with black pepper, sea salt and parsley, finished with Parmesan cheese.

White wine optional.

### **Grilled Red Pepper • £6**

Grilled red pepper served with feta cheese, white wine, avocado and fresh herbs.

**Bruschetta • £6**

Toasted bread topped with cherry tomatoes, garlic, olive oil and oregano.

**King Prawns • £9**

Pan-cooked in a rich tomato sauce with butter, black pepper, sea salt and mashed avocado.

**King Prawns • £8**

Charcoal-grilled with garlic butter.

**Whitebait • £8**

Lightly battered and fried until golden and crispy.

**Calamari • £7**

Lightly battered and fried until golden and crispy.

**Halloumi • £5**

Grilled halloumi cheese, served warm.

**Tzatziki • £3**

Traditional Greek yoghurt dip with cucumber, garlic and fresh herbs.



## Sides

Greek Salad with feta cheese • £7

Rice • £4

Gourmet Chips • £3

Peppercorn Sauce • £3

Diana Sauce • £3

# Sharing Platter

Serves 4 People

A generous selection of our finest marinated meats, served with 4 portions of chips, 4 portions of rice, a large Greek salad, hummus and tzatziki.

## Comes with:

- 4 marinated lamb chops
- 2 skewers of marinated lamb souvlaki
- 2 skewers of marinated chicken souvlaki
- 8 marinated chicken wings
- 2 skewers of marinated Black Angus beef fillet, 32-day matured

£120



# Beef

Locally Sourced • House Marinated  
• Charcoal Grilled

Our beef is carefully selected and locally sourced, house-marinated and cooked over charcoal to bring out its rich, natural flavour. Served with your choice of fresh salad, chips or rice.

## Aberdeen Angus Ribeye • £33

*36 Days Matured*

A beautifully marbled cut, matured for 36 days for exceptional tenderness, depth of flavour and a rich, juicy finish.

## Souvlaki Skewers • £30

Blackgate Fillet • *32 Days Matured*

Tender Blackgate fillet, matured for 32 days, house-marinated and charcoal grilled on skewers for a deliciously smoky and succulent finish.



## **Aberdeen Angus Fillet • £35**

*36 Days Matured*

A premium, exceptionally tender cut of Aberdeen Angus fillet, matured for 36 days to develop a rich depth of flavour while retaining its naturally delicate texture.

## **Tomahawk • £70**

*Serves Two*

A generous, bone-in cut of premium beef, charcoal grilled to perfection for a beautifully smoky flavour, tender centre and impressive presentation. Perfect for sharing.



# Premium Steaks

Grilled to Perfection

Our steaks are carefully selected and dry-aged in-house for 21+ days to develop maximum flavour and tenderness. Expertly grilled over open flames to bring out their rich, natural taste.

## Rib on the bone

Charcoal-grilled to perfection, served with a fresh salad and your choice of chips or rice.

## Tomahawk

Charcoal-grilled to perfection, served with a fresh salad and your choice of chips or rice.

## Sirloin on Bone

Charcoal-grilled to perfection, served with a fresh salad and your choice of chips or rice.



# Beef Ribs

Slow-Cooked to Perfection

Tender beef ribs, slow-cooked until beautifully succulent and falling apart, then served with seasonal vegetables and rich homemade gravy.

Comforting, hearty and packed with deep, slow-cooked flavour.

Optional: Creamy mashed potatoes

£28



# Chicken

## Chicken Breast • £20

House-marinated and charcoal grilled, served with your choice of salad, chips or rice.

## Chicken Wings • £18

House-marinated and charcoal grilled, served with your choice of salad, chips or rice.

## Chicken Souvlaki • £20

2 Skewers

Traditional Greek chicken skewers, charcoal grilled and served with your choice of salad, chips or rice.



# Poussin

Spring Chicken

Serves 1-2

Free-range, corn-fed spring chicken, slow roasted and served with steamed vegetables and salad, with your choice of gravy or peri peri sauce.

## Choose a flavour:

**Plain** • Simply seasoned and slow roasted.

**Peri Peri** • Marinated in our spicy peri peri sauce.

**BBQ** • Coated in our smoky BBQ sauce.

(£23)



# Lamb Shank

Slow-Cooked to Perfection

Tender lamb shank, slow-cooked with seasonal vegetables and rich homemade gravy. Comforting, hearty and full of traditional flavour.

Optional: Mashed potatoes

(£23)





## Roasted Lamb

Succulent, slow-roasted lamb served with golden potato wedges and steamed vegetables, delicately garnished with garlic, white wine and warm butter.

Our signature dish, combining gourmet character with tender, elegant flavours and a modern presentation.

£25



## Albanian Fish Tawa

Serves Two

One of our signature dishes, our Albanian Fish Tawa brings together a selection of the freshest catch, including cod, seabass, shark and prawns, gently cooked with aromatic herbs and traditional seasonings.

Served on a rich base of fresh tomatoes and onions, this hearty dish is packed with vibrant Mediterranean flavours and made for sharing.

### Why is it special?

One of our signature dishes

Made with the freshest catch

Rich in Mediterranean flavours

Perfect for sharing

£55

# Fish

Locally Sourced • Charcoal Grilled

Fresh fish, charcoal grilled and served with your choice of salad, chips or rice.

## **Salmon • £24**

Whole or Fillet

## **Bream • £24**

Whole or Fillet

## **Sea Bass • £24**

Whole or Fillet

## **Prawns • £18**

Cooked in a fresh tomato and onion sauce, served with chips.





## Greek Pastitsio

The ultimate Greek comfort food, often described as the Greek version of lasagna. Layers of egg pasta and rich, savoury meat sauce, topped with creamy béchamel and baked to golden perfection.

£18

# Pasta

## **Vegetable Pasta • £18**

Fresh seasonal vegetables sautéed with garlic and cooked in a rich tomato sauce, finished with mascarpone, olive oil, butter and Parmesan.

## **Truffle & Buffalo Cheese Ravioli • £18**

Truffle and buffalo cheese ravioli in a fresh tomato and mascarpone sauce, with Dolce Latte, parsley, butter and olive oil, finished with Parmesan.

## **Chicken Pasta • £18**

Tender chicken and mushrooms sautéed with garlic in a creamy mascarpone sauce, seasoned with sea salt and black pepper, finished with Parmesan.





## Traditional dishes

### **Mediterranean meatballs • £18**

A traditional Albanian dish of homemade meatballs served with rich homemade gravy and gourmet chips.



### **Greek moussaka • £18**

A classic Greek favourite, oven-baked with layers of potatoes, aubergines and seasoned minced meat, topped with a creamy béchamel sauce.



## Kids Menu

### Chicken Wings • £9

5 Pieces • Charcoal grilled, served with chips or rice.

### Souvlaki • £9

1 Skewer • Chicken or Lamb, served with chips or rice.

### Scampi • £8

8 Pieces • Served with chips or rice.

### Chicken Nuggets • £8

6 Pieces • Served with chips or rice.

### Cheese Rolls • £5

4 Pieces • Served with chips or rice.

### Fish Fingers • £8

4 Pieces • Served with chips or rice.



## Desserts

### **Tiramisu • £6**

Classic Italian favourite with layers of mascarpone, coffee and cocoa.

### **Crème Brûlée • £6**

Silky vanilla custard with a crisp caramelised topping.

### **Cake of the Day • £5**

Ask your server for today's selection.

### **Ice Cream • £5**

A selection of delicious ice cream flavours.

