



hummus, flat bread 15

mussel & clam fritters,
chilli oil, homemade kimchi salad *gf* 19

balmac kitchen platter 15 p/p minimum 2

twice baked 3 cheese soufflé, olive paste 21

cos and avocado green goddess salad, sprouted
sunflower seeds, garden spring onion,
crunchy buckwheat *gf* 19

add free-range chicken 7

panko crumbed fish 'n chips 22

lightly spice rubbed beef, almond-tahini hummus
smeared sourdough pancake, toasted cauliflower-
herb tabouli, crispy onions 22

pan roasted brined free-range chicken, sesame
crusted winglet, labneh, fresh herb zaatar, balmac
garden slaw 27

daily fish 29

slow roasted free range pork belly, homemade
sambal, daikon, crushed cucumber, lime 35

spice roasted cauliflower, garlic white bean mash,
toasted sunflower seeds & fresh herb pistou *gf df* 31

Sides

hand-cut chips, aioli *gf* 7.9

roasted mushrooms with smashed pumpkin *gf* 11

salad leaves, sunflower seed dressing *df gf* 8.5

zero waste means not only training the mind and muscle memory to discard less but to use practical yet innovative ways to produce great quality food and fantastic service without being wasteful - Penny Allan



Dessert

Penny's black doris plum & crème fraiche bombe
Alaska, stewed blackberries *gf* 15.9

rolled pavlova, mascarpone, cherries,
white choc honeycomb *gf* 15.9

condensed milk flan, caramel, whole orange
marmalade,
whipped cream *gf* 15.9

oreo s'mores with ice cream 9

COGNAC

courvoisier VS, france 10

hennessy VSOP, france 12.5

peyrat XO, france 19

PORT / SHERRY

offley tawny 10yr old port, 12/130

offley old tawny 20yr old port, 17

gonzalez, fino tio pepe sherry, spain 8

valdespino, pedro ximenez, spain 13

WHISKY

laphroaig islay single malt, 10yr 14

talisker Isle of Skye, 10yr 16

bruichladdich Port Charlotte 13

johnnie walker black, 12yr 9

glenmorangie highland single malt, 10yr 10

jameson's irish whisky 9

DESSERT WINE 375ml

14 riverby estate noble riesling marlborough 14.5/69



WHITE glass / 500ml carafe / bottle
16 carrick central otago sauvignon blanc 10/32/42*
16 urlar gladstone wairarapa riesling 10/32/47*
17 lamont central otago pinot gris 13/39/55*
16 walnut block marlborough chardonnay 12.5/38/53*
16 peregrine central otago chardonnay 15/47/65*
17 stonecroft hawkes bay rose 10/32/47*
18 black estate treble waipara rose 14/44/65*

RED glass / 500ml carafe / bottle
14 glandovey wanaka pinot noir 14.5/47/65
15 burn cottage moonlight race pinot noir 17.5/55/83*
15 mitolo jester McLaren Vale Shiraz 14.5/45/65
14 stonecroft hawkes bay merlot cabernet 14/42/60*

*with our HQ out of action after a fire on Aug 16th we have popped up in the octagon,
a homebase in the city. No 7 City will operate with a zero waste ethos.*

BUBBLY

NV Pirramimma McLaren Vale Sparkling Shiraz 11/52
NV Quartz Reef Methode Traditionnelle Brut 13.5/59*

COCKTAILS /16

aperol spritz: aperol, prosecco, soda
limoncello spritz: limoncello / prosecco / soda
mojito: rum, lime, mint
muscatini: dessert wine, aperol, lemon
cardrona essence: gin, rosemary, cucumber

TAP BEER

12oz/large
new new new APA 5.2% 8.5/10.5
new new new pilsner 5.6% 8.5/10.5
scotts brewing co. vienna lager 3.7% 8.5/10.5

BOTTLED

hawkes bay kingston original apple cider 5% /9.5
hawkes bay alcoholic ginger infusion 4% /9.5
little creatures pilsner 4.6% /10
little creatures pale ale 5.2% /10
parrot dog bloodhound red ale 6.3% /11
corona 4.5% /9
emerson's porter 5%/13
clausthaler 0.5% /7

COGNAC

courvoisier VS, France 10
hennessy VSOP, France 12.5
peyrat XO, France 19

*biodynamic / organic



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NON ALCOHOLIC

lemongrass, lime & ginger soda /6.5
strawberry & orange blossom soda /6.5
antipodes sparkling water /6.5/11
housemade otago summer fruits iced tea /6.5
on tap - kapowai kombucha blueberry + cinnamon /6.5*
gingerella /6.5 *
karma cola /6.5*
lemonade /6.5*

SMOOTHIES / ICED (until 5pm)

banana berry /8.5
raspberry chocolate coconut (V) /9
green 9
iced choc/ iced coffee/ iced mocha /7.5

TEA

english breakfast /earl grey /4
japanese sencha /lemon & ginger sencha / peppermint
/pure chamomile /otago summer fruits /4.50

COFFEE

espresso /4
long black /flat white / cappuccino /4.5
café latte /chai latte / vienna /5
café moccachino /5.5
whitt's hot chocolate /5
decafe / .80
soy / coconut / almond / 1
large / .5