

the Exchange restaurant & wine bar

EVENING MENU

PLEASE ORDER AT FOOD COUNTER AND GIVE TABLE NUMBER

WHILE YOU WAIT

Mexican Tortilla Chips / Selection of homemade dips & peanuts	4.95
Bread Selection / Tapenade, Sweet Chilli & Sun-Dried Tomato Pesto	4.50
Mediterranean Olives, Feta Cheese and Baby Onions in Spicy Oil	4.50
Crispy Chilli Chicken Bites / Sweet Chilli Mayo & Satay Dip	4.95
Mini Chicken Bang Bang Skewers / Sweet Chilli & Satay Dips	4.95
Mini Bruschettas / Garlic Croute, Tomato & Basil Topping	4.25
Garlic Breads / Plain or Cheesy	3.45

MEAT DISHES

From the Grill: 12oz Sirloin Steak	17.65
8oz Minute Steak (Sirloin)	14.75
10oz Fillet Steak	19.50
Fillet Mignon / Grilled Fillet Steak / Slow Braised Shoulder / Roasted Vegetables / Mushroom & Thyme Jus	20.25
Ribeye & Ribs / Dry Aged Ribeye Steak / Barbecued Ribs / Herb Roasted Wedges / Crispy Onions / Jack Daniels BBQ Sauce	17.50
Peppered Rump Steak / Peppered Cream Sauce / Tobacco Onions	16.50
Surf & Turf / Fillet Steak / King Prawns / Crispy Monkfish / Garlic & Herb Sauce	20.95
Exchange Burger / Lettuce/Tomato/Cheese/Coleslaw/Tobacco Onions/Pepper Sauce	9.95
Lamb Shank / Slow Cooked / Rich Red Onion Jus / Cabbage Mash	14.25
Chilli Fillet Steak in Pitta Bread / Salad / Garlic Mayo	14.75
Steak Fajitas / Strips of Fillet Steak / Peppers / Red Onion Salsa / Guacamole / Sour Cream	13.95
Crispy Roast Duckling / Caramelised Orange Sauce or Sweet & Sour Sauce	15.50
Duck Breast / Stir Fry Vegetables / Hoi Sin and Plum Sauce / Crispy Spring Roll	15.50
Enchilada / Spicy Ground Beef / Strips Hot Cajun Chicken / Salsa Sauce / Creamy Cheese	11.75
Penne Pasta / Chilli Beef / Salsa / Pepper Sauce / Stir Fry Vegetables	14.95

CHICKEN DISHES

Chicken Escalope / Chargrilled / White Wine or Creamy Pepper Sauce	11.75
Marinated Chilli Chicken / In Pitta Bread with Salad & Garlic Mayo	14.50
Chicken Bang Bang / Sweet Chilli Marinated Chicken Fillet/Peppers/Asian Coleslaw/ Chilli & Coriander Dips	13.95
Chicken Fajitas / Strips of Chicken Fillets / Peppers / Red Onion Salsa / Guacamole / Sour Cream	13.95
Louisiana Chicken / Chorizo Cream Sauce / Tobacco Onions	14.75
Sicilian Chicken / Garlic & Parmesan Crumb/ Grilled Mediterranean Vegetables / Sun-Dried Tomato Dressing	14.25
Jamaican Jerk Chicken / Half Spiced Chicken / Sweet Potato 2 ways / Chilli & Coconut Sauce	14.50
Chicken Goujons / Three Dips - BBQ, Sweet and Sour, Garlic Mayo	11.50
Thai Green Curry / Poppadoms / Basmati Rice	13.65
Chicken Carbonara / Bacon Lardons / Light Cream Sauce / Tagliatelle / Garlic Bread	13.50
Chicken Stirfry / Spiced Chicken / Oriental Vegetables / Noodles	13.50
Szechuan Chicken / Ginger / Garlic / Red Chilli Marinade / Stir Fry Vegetables	14.25
Chicken Stack / Sweet Potato Mash / Roast Pepper Salsa / Mozzarella	14.25
Penne Pasta / Chilli Chicken / Salsa / Pepper Sauce / Stir Fry Vegetables	14.50
Traditional Roast Chicken / Roast Garlic Mash / Onion Gravy / Stuffed Smoked Bacon Roll	14.25

FISH DISHES

Baked Cod / Chorizo, Tomato and Potato Ragu / Watercress Salad	14.25
Chargrilled Tuna Steak / Blackened with Cajun Spices / Lime Infused Stir Fry Vegetables	15.75
Medallions of Monkfish / Laska Sauce / Tiger Prawns	15.75
King Prawn & Smoked Salmon Linguine / Basil Cream Sauce	15.75
Natural Smoked Haddock / Rice in a light Curry Sauce / Bombay Potatoes	14.75
Blackened Salmon / Stirfry Vegetables / Crispy Wanton	14.50
Battered Scampi / Tartar Sauce & Lemon	14.95
Grilled Salmon / In a Puff Pastry Case / Spinach and watercress Sauce / Roast Vine Tomatoes	14.50
Battered Cod / Fresh Beer Batter/ Tartar Sauce & Lemon	12.50
Grilled Seabass / Asparagus Cream Sauce / Herb Mash	14.95
Seafood Linguine / Cod, Monkfish, Prawn and Salmon / Thermidor Sauce	14.50

VEGETARIAN DISHES

Vegetable Stack / Chargrilled Halloumi / Courgette / Peppers / Aubergine	11.50
Goats Cheese Tart / Goats Cheese / Mushroom / Vegetable Galette / Roast Tomatoes	11.50
Stir-Fry Vegetables / Spiced Oriental Vegetables / Noodles	11.50

ALL MAIN COURSES INCLUDE CHOICE OF ONE SIDE ORDER

Potatoes - 3.45	Noodles / Rice / Bread - 3.45	Vegetables & Salads - 3.45
Chips	Fine Thai Spiced Noodles	Sauté Mushrooms
Baked Potato	Basmati Rice	Mushrooms in Garlic Cream
Baby New Potato	Garlic Bread	Tobacco Onions
Garlic Fries		Sauté Onions
Parmesan Fries		Selection Fresh Vegetables
Skins - Chilli / Sour Cream		Caesar Salad
Potatas Bravas / Tomato & Chilli Sauce		Rocket & Parmesan Salad
Champ		Greek Salad
Spanish (Pepper / Chorizo Cream)		Tossed Salad
		Side Salad
		Honey Glazed Roasted Vegetables

SAUCES - £1.95

BBQ	Garlic/Herb Cream	Diane	White Wine & Mushroom
Sweet & Sour	Pepper	Louisiana	Asparagus Cream

Selection of Sweets at the Food Counter		4.50
Tea or Coffee	from	1.60

IN ORDER TO ACCOMMODATE ALL WISHING TO DINE ON BUSY EVENINGS,
YOU MAY BE ASKED TO TAKE AFTER DINNER DRINKS AT THE BAR