

the Exchange restaurant & wine bar

LUNCH MENU

PLEASE ORDER AT FOOD COUNTER AND GIVE TABLE NUMBER

LIGHT BITES

Soup of the Day / Served with Home-Made Wheaten	3.50
Seafood Chowder / Served with Farmhouse Wheaten	4.25
Sandwiches / Choice of Two Fillings	3.75
Toasties / Choice of Two Fillings	3.95

GOURMET SANDWICHES (served with French Fries)

Exchange Club Sandwich / Triple Decker Chicken, Bacon / Lettuce / Tomato / Boiled Egg	4.65
Open Beef Melter / Roast Beef on Tomato Bread / Caramelised Onion / Watercress / Jalapeno Mayo	4.65
Parma Ham & Mozzarella Focaccia / Rocket / Roast Pepper & Tomato Relish	4.65

SANDWICH & SOUP COMBO

A Bowl of Home-made Soup & Fresly Prepared Sandwich of your Choice	5.00
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SNACKS

Panini Bread - including Fries or Side Salad	6.50
Tuna Melt / Tuna / Cheese/ Onion	
Chilli Chicken / Chilli infused Chicken / Cheese	
Veggie / Chargrilled Vegetables / Mozzarella Cheese	
Classic / Farmhouse Cheddar / Ham / Tomato	
Cajun / Spicy Chicken / Salsa / Cheese	
Ciabatta - including Fries or Side Salad	6.95
Peppered Steak / with Onion	
Chicken & Bacon / with Ranch Dressing	
Veggie / Chargrilled Vegetables / Mozzarella Cheese	
Open Sandwiches	
Chicken	6.50
Prawn	6.95
Smoked Salmon	6.95
Seafood Combo / Prawn and Marie Rose / Smoked Salmon	7.75
Chilli Steak (Hot)	7.75
Chilli Chicken (Hot)	7.25

SALADS

Classic Tuna Nicoise / Grilled Tuna / Mixed Salad / Olives / Boiled Egg	7.50
Exchange Chicken Caesar / Bacon / Chicken / Garlic Croutons / Fresh Parmesan (please advise if you would like the chicken hot & crispy)	7.25
Mediterranean Salad / Grilled Peppers, Courgettes & Red Onion /Olive Bread /Mozzarella /Rocket, Parmesan	7.50
Italian Salad / Mozzarella / Parma Ham / Vine Tomatoes / Mixed Leaves	7.25

HOUSE SPECIALS

Home Made Sausage / Served with Champ / Sweet Onion Gravy	6.50
Fresh Battered Cod / Served with Mushy Peas / Chips	7.55
Exchange Burger / Lettuce / Tomato / Cheese / Tobacco Onions / Peppered Sauce	6.95
Louisiana Chicken Burger / Spiced Chicken Breast / Cheese / Chorizo / Tobacco Onions / Louisiana Sauce	7.25
Chicken Escalope / Peppered or White Wine & Mushroom Sauce	7.50
Chicken Goujons / Three Dips - BBQ, Sweet and Sour, Garlic Mayo	6.95
Chicken Quesadilla / Crispy Tortilla / Spicy Chicken & Peppers / Salsa & Cheese	6.50
Spicy Chicken Pasta / Penne Pasta / Chilli Chicken / Pepper Salsa Sauce	7.95
Spicy Beef Pasta / Penne Pasta / Chilli Beef / Pepper Salsa Sauce	7.95
Enchilada / Spicy Ground Beef / Strips Hot Cajun Chicken / Salsa Sauce / Creamy Cheese	7.85
Lasagne / Freshly Ground locally sourced Rump Steak / Small House Salad & Side Order	7.85
Baked Potato / Choice of Filling / Side Salad	6.50
Special / With Choice of Side Order. - ASK FOR DETAILS	6.50

SIDE ORDERS

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	
Sauces		1.95	
BBQ	Garlic/Herb Cream	Diane	Louisiana
Sweet & Sour	Pepper	White Wine & Mushroom	Asparagus Cream

KIDS MENU

Includes Choice of Side Order :	3.95	
Chicken Escalope	Chicken Goujons	Chicken Burger
Beef Burger	Fish Fingers	Mini Pizza
Grilled Sausages	Kid Pasta Chicken / Penne Pasta / Tomato Sauce	

DESSERTS

Chocolate Fudge Cake / Smooth & Rich Chocolate Fudge	4.50
Pavlova / Meringue base topped with Seasonal Topping	4.50
Profiteroles / Filled with cream & topped with Hot Chocolate	4.50
Tiramisu / Rich Italian Gateau made with Dark Rum	4.50
Cheesecake / Freshly made	4.50
Selection of Ice-Creams	2.50
Banoffee Pie / Bananas and Caramel on Sweet Biscuit Base	4.50
Strawberry Creme Brulee	4.50
Kids Ice Cream	1.50

Tea or Coffee	from	1.60
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