

The Exchange

Food menu

Nibbles, Tapas, Bar-Snacks & Bites

Soup of the day £5

Mac 'n' Cheese £5

Basket of Bread (vg) - £4

Chorizo Sausage, roquito peppers, chilli glaze and parsley. (gf) - £6.50

Halloumi Fries, sesame crust, sweet chilli dip. (v) (gf) - £7

Southern Fried Chicken strips, pepper mayo. - £6.50

Sticky Crispy Beef strips, grilled pineapple, sweet chilli and soy glaze. (gf) - £6.95

Mixed Olives, garlic, red peppers, olive oil. (vg) (gf) - £4.50

Crispy Calamari Squid Rings, garlic mayo, paprika, lemon. - £7.50

Pork Ribs, BBQ whisky glaze, fresh chilli. - £6.50

Breaded Cod Goujons, tartare sauce, lemon. - £5.50

Mixed Falafel Medley, mango chutney dip. (vg) (gf) - £5

Chicken Liver Pate, Caramelised white onion chutney, salad garnish, rosemary croutes. (gf) £7.50

Beetroot cure Salmon, pickled cucumber & relish with cream Fraiche. (gf) £8.95

Sandwiches (Served Monday-Sat). All served with salad garnish and fries. (gf available)

Minute Beef steak, tomato, rocket, onion chutney and pepper sauce on toasted ciabatta - £11.95

Bacon & Brie Ciabatta, Crispy bacon and creamy French brie with cranberry sauce on toasted ciabatta - £9.95

Beetroot Falafel Ciabatta - Warm falafels gem lettuce and mango chutney on toasted ciabatta. (vg) £9.95

Sharing Boards & Platters

Camembert Sharing Board.

Cornichons, garlic, rosemary, warm sliced Ciabatta loaf, olive oil & balsamic, sea salt. (v) - £16

The Meaty Boy Platter. Chorizo sausages & sweet chilli glaze; Southern fried chicken strips & black pepper mayo BBQ pork ribs; Sticky crispy beef strips with sweet chilli & grilled pineapple; minute steak with garlic butter, fries. £28

Mains

Fisherman's Pie,

Salmon, smoked haddock and king prawns in a creamy dill & white onion volute topped with grilled mash, served with green vegetable bundle. (gf) £14.50

Aubergine & Scamorza Ravioli

Tomato sauce, parmesan (v) - £13.50

Ribeye Steak

10oz Ribeye, grilled tomato, Portobello mushroom, pepper sauce, fries and salad garnish. (gf) - £28

Bangers & Mash

- Trio of pork sausages, bacon mash, rich onion gravy, topped with crispy leeks - £13.95

Fish and Chips

- Classic crispy beer-battered cod fillet with fries, minted peas, tartare sauce and lemon. - £14.50

Slow-Roasted Pork Belly

- black pudding and bacon, Sautee cabbage - £17.50

Beef Burger / Vegan Burger

8oz beef burger with lettuce, white onion, beef tomato, salsa, sesame brioche bun, fries and slaw (Add mozzarella and bacon for £2)

Southern fried Chicken Burger-

Southern fried chicken breast strips, mozzarella, white Onion, gem lettuce, beef tomato, black pepper mayo, sesame brioche bun, sweet potato fries - £14.50

Salads

Chicken caesar salad lettuce,

Southern Fried Chicken strips parmesan, croutons, anchovies and Caesar dressing- £14.50

Vegan Salad

Gem lettuce, mixed falafels, red peppers, almonds, mustard dressing. (vg) (gf) - £14

Crispy Beef Salad

Mixed leaf, sticky crispy beef strips, chargrilled pineapple, cashews and sweet chilli (gf) - £14.95

Sides & Small Dishes

Fries. (vg) (gf) - £3.95

Cheesy Fries. (v) (gf) - £4.50

Sweet potato fries. (vg) (gf) - £4.50

Garlic Bread. (v) - £4

Cheesy Garlic bread. (v) - £4.50

Mixed salad with honey & mustard dressing. (v) (gf) - £3.95

Hot drinks

Americano -----£2.50

Cappuccino -----£2.95

Espresso -----£1.95

Flat white -----£2.95

Hot chocolate -----£2.50

Latte -----£2.95

Liquor coffee -----£5.50

Pot tea -----£2.50