

LUNCH

Chefs soup of the day £4.75

Served with half a baguette

Wicks manor Old English pork sausages & mash £7.50

Served with onion gravy

Chicken curry £7.95

Served with steamed rice, mango chutney & Naan Bread

Lasagne al Forno £7.95

Served with Garlic Bread

Hunters Chicken £8.25

with BBQ sauce, melted cheddar and bacon served with chips and salad

Ham, Eggs & Chips £7.50

Scampi & Chips £7.95

Served with a side salad

Steak & Mushroom Pie £8.25

Served with a choice of chips or new potatoes

Chilli con Carne £7.95

Served with steamed rice and a side salad

Pulled pork bun £7.95

Served with coleslaw, fries & crispy onion rings

Lamb shank £8.95

Set on buttered mash with red wine & redcurrant jus



Some of our menu items may contain nuts.
Please speak to a team member who can advise you.

OMELETTES

Served with hash brown potatoes, chips or salad

Plain Omelette £5.95

Cheese Omelette £6.50

Mushroom Omelette £6.95

Ham Omelette £7.25

Extra fillings £1.00

PASTA

Penne pasta with:

Bolognaise sauce £7.95

Carbonara £7.95

Chicken and basil cream mushroom sauce £8.10



BURGERS

Classic Burger £7.75

Served in a flour bap, on a bed of fresh lettuce and tomato, served with fries and onion rings

Chicken Burger £7.75

Served in a flour bap, on a bed of fresh lettuce and tomato, served with fries and onion rings

Vegetarian Burger (v) £7.50

Served in a flour bap, on a bed of fresh lettuce and tomato, served with fries and onion rings

Add

Cheddar cheese £1.00

Stilton cheese £1.50

Bacon £1.00

PLOUGHMANS

Cheese Ploughmans (v) £8.10

Chefs selection of cheeses, served with side salad, pickle, crusty baguette & pickled onions

Meat Ploughmans £8.50

Chefs selection of meats, served with side salad, pickle, crusty baguette & pickled onions

Exchange Ploughmans £8.95

Chefs selection of meats and cheeses, served with side salad, pickle, crusty baguette & pickled onions

SALADS

Chicken Caesar Salad £7.95

Prawn Salad £8.50

Ham Salad £7.95

Chicken Breast Salad £8.15

Cheddar cheese salad £7.75

JACKET POTATOES

Cheese £5.95

Baked Beans £5.50

Coleslaw £5.50

Tuna Mayonnaise £5.95

Chilli £7.50

Prawns in seafood sauce £7.95

Coronation chicken £6.95

Extra toppings £2.00



VEGETARIAN

Chickpea Curry (v) £7.50

Chickpea, vegetable & spinach curry served with steamed rice

Loaded Potato Skins £7.50

With stilton & mushroom topping served with side salad & coleslaw

Vegetarian Burger (v) £7.10

Served in a flour bap, on a bed of fresh lettuce and tomato, served with fries and onion rings

SANDWICHES & BAGUETTES

All served with a salad garnish and crisps. All sandwiches and baguettes are available toasted

Exchange Club Sandwich £7.95

Triple deck layered sandwich with chicken, mayo, lettuce, egg, bacon & tomato, served with potato wedges and coleslaw

Cheddar Cheese & Pickle (v) £4.95

Ham £5.50

Chicken Breast £5.50

With mayo & sweetcorn £5.75

Chicken Coronation £5.75

Tuna Mayo £5.50

With sweetcorn £5.60

Bacon, Lettuce & Tomato £5.75

Prawn in seafood sauce £6.99

Add salad for an extra 50p
Choose a crusty baguette for an extra 80p

PANINIS

Cheddar Cheese & Ham Panini £6.50

Bacon, Brie & Cranberry Panini £6.50

Tuna Melt Panini £6.50

Chicken, Mushroom & Cheddar Panini £6.50

Cheddar cheese with red onion chutney £6.50

All served with a side salad and coleslaw

SIDE ORDERS

Fries £2.75

Cheesy fries £3.50

Potato Wedges £2.75

Cheesy Potato Wedges £3.55

Onion rings £2.50

Garlic Bread £2.50

Cheesy Garlic Bread £3.35

Mixed Salad £2.75

CAKES

Scone with butter £2.30

Scone with butter & jam £2.60

Scone with jam & clotted cream £2.90

Chocolate fudge cake £3.00

Carrot Cake £3.00

Lemon meringue Pie £3.00

Coffee and walnut cake £3.00

Guest Cakes – please ask your server for today's choices

DESSERTS

Apple pie £2.50

Cheesecake £3.50

Please ask your server for flavour of the week

Custard £1.00

Cream £1.00

HOT DRINKS



Pot of Tea £1.50

Americano regular £1.95

Americano Large (Extra shot) £2.30

Cappuccino £2.50

Espresso £1.95

Latte regular £2.50

Latte large £2.75

Mocha Regular £2.60

Mocha Large £2.95

Hot chocolate £2.30

With cream £2.50

With marshmallows and cream £2.70

White hot chocolate £2.55

Earl Grey & Fruit tea £1.70

Ask your server for our selection of flavoured syrups

COLD DRINKS

Fresh fruit smoothies (v) £2.95

Ice cream Milkshake

Small £2.95

Large £3.50

Still or Sparkling water £1.60

Fruit shoot £1.50

Orange juice £1.95

Apple Juice £1.95

Cranberry juice £1.95

Appletiser £2.05

Pepsi £2.10

Diet Pepsi £2.10

Lemonade £2.10

J20 / Oasis / Elderflower £2.10

WINES, BEERS & SPIRITS

By the glass	Small 175ml	Large 250ml
Medium or Dry White, Rose or Red House Wine	£3.75	£5.50

By the bottle	
White Viognier	£16.50
Aromo Syrah Rosé	£16.50
Red Carmenere	£16.50
White Pinot Grigio	£17.00
Prosecco	£23.00

Selection of lager, cider & Ale From £3.00

Spirits From £3.00

All prices include VAT.

Wine by the glass also available in 125ml measures.



Should you have any specific dietary requirement or food intolerance, please let your server know, so that we can advise you on your menu choices.

THE **exchange**

RESTAURANT - BAR - CAFÉ