

# The eXchange

Restaurant . Bar . Cafe

## **Breakfast** (During busy periods breakfast may only be served until 1pm.)

Set value breakfast items cannot be swapped or changed. If you prefer different items, then please build your own breakfast to your personal choice from the list opposite.

### **Exchange Special** £8.75

2 grilled bacon, 2 sausages, 2 fried eggs, mushrooms, tomato, beans, sauté potatoes & 2 rounds of white or granary toast

### **Bounce back breakfast** £8.25

1 grilled bacon, 1 sausage, black pudding, 1 fried egg hash brown potato, beans, fried white or granary bread

### **Traditional breakfast** £7.75

1 grilled bacon, 1 sausage, 1 fried egg, mushrooms, sauté potatoes, beans or tomatoes & 1 round of white or granary toast

### **Vegetarian breakfast (v)** £7.55

1 Vegetarian sausage, 1 fried egg, beans tomatoes, mushrooms, sauté potatoes & 1 round of white or granary toast

### **Light breakfast** £6.25

2 grilled bacon, 1 grilled tomato, 1 fried egg and 1 round of white or granary toast

### **Breakfast bap** £5.75

5" floured bap filled with grilled bacon, sausage, fried egg, grilled tomato and hash brown

### **Vegetarian breakfast bap (v)** £5.75

5" bap filled with grilled tomato, mushrooms, fried egg, vegetarian sausage & hash brown

### **Avocado & poached eggs on white or granary toast (v)** £7.50

### **Egg on toast (v)** £4.50

2 fried, scrambled or poached eggs on 2 white or granary toast

### **Beans on toast (v)** £4.50

White or granary toast

### **Cheese on toast (v)** £5.60

2 rounds on white or granary toast

### **Bacon or sausage sandwich** £4.75

White/Granary bread or toasted (add fried egg 45p)

Gluten free bread or toast is also available.

## Build your own breakfast £1.70

1 Sausage	£1.05
1 Bacon (GF)	£1.05
2 Black Pudding	£1.50
1 Vegetarian Sausage	£1.05
1 Fried Egg (GF)	45p
Scrambled Eggs (GF)	95p
1 Poached Egg (GF)	45p
1 slice of fried bread	£1.10
breakfast portion of Sauté potatoes	£2.00
Breakfast portion of chips	£1.45
2 hash brown potatoes	£1.50
Mushrooms (GF)	65p
Grilled tomato (GF)	55p
Tinned tomato (GF)	55p
Baked beans (GF)	55p
1 slice of granary or white toast with butter	£1.30
2 slices of granary or white toast with butter	£2.25
1 slice of granary or white gluten free toast with butter (GF)	£1.55
Extra butter portion	12p
Toasted tea cake with butter	£2.65
Tiptree strawberry jam (GF)	65p
Tiptree orange marmalade (GF)	65p
Marmite	40p

Omelettes (GF)		Omelette fillings (extra)	
Served with Hash Brown, Chips or Salad		Cheese	£1.25
Plain (v)	£6.00	Ham	£1.25
Cheese (v)	£7.25	Mushroom	75p
Ham	£7.25	Onion	55p
Mushroom (v)	£7.00	Tomato	60p

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## Lunch menu

<b>Soup of the day</b>	£5.50	<b>Chicken curry</b>	£8.75
served with ½ baguette		Served with steamed rice, naan, salad garnish & mango chutney	
<b>Sausage and mash</b>	£8.25	<b>Chilli con carne</b>	£8.40
with onion gravy		Served with steamed rice & salad garnish	
<b>Hunters chicken</b>	£8.95	<b>Ham, egg &amp; chips</b> (GF)	£7.75
with BBQ sauce, bacon & Cheddar served with chips & salad garnish		<b>Sausage, egg &amp; chips</b>	£7.75
		<b>Scampi &amp; chips</b>	£8.50
		served with salad garnish	

## Burgers

All our burgers are served in a floured bap with lettuce, tomato & burger sauce inside.  
Accompanied by chips & onion rings.

<b>Classic beef burger</b>	£7.95
<b>Chicken burger</b>	£7.95
<b>Vegetarian burger</b>	£7.95
Add bacon	£1.05
Cheddar	£1.50
Stilton cheese	£1.60

## Jacket potato

All jackets served with salad & butter portions

<b>Baked beans</b>	£5.75
<b>Coleslaw</b>	£6.50
<b>Cheese</b>	£6.95
<b>Chilli con carne</b>	£8.10
<b>Coronation chicken</b>	£7.99
<b>Prawns in seafood sauce</b>	£8.00
<b>Tuna mayonnaise</b>	£6.95
<b>Tuna mayo &amp; sweetcorn</b>	£7.10
Extra toppings from	£1.00

## Pasta

<b>Macaroni cheese (topped with grilled tomato)</b> (v)	£7.95
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## Childrens menu (Under 10 year old's)

### Breakfast menu

<b>Sausage breakfast</b>	£4.50
served with fried egg, baked beans & white or granary toast	
<b>Bacon breakfast</b>	£4.50
served with fried egg, baked beans & white or granary toast	
<b>Egg on toast</b>	£3.50
1 piece of white or granary toast topped with fried, scrambled or poached egg	
<b>Beans on toast</b>	£3.50
1 piece of white or granary toast	

### Lunch menu

<b>Penne pasta</b>	£4.50
with a choice of bolognese or tomato, or cheese sauce (Extra cheese 75p)	
<b>Chicken nuggets</b>	£4.50
with chips and beans	
<b>Sausages</b>	£4.50
2 sausages with a choice of chips or mashed potatoes and beans	
<b>Fish fingers</b>	£4.50
with chips & beans	
<b>½ jacket potato</b>	£4.50
served with a choice of Cheddar cheese, tuna mayo or beans	

### Sandwiches

<b>Cheddar cheese</b>	£3.75
<b>Chicken</b>	£3.75
<b>Tuna Mayo</b>	£3.75
<b>Ham</b>	£3.75
<b>Strawberry jam</b>	£3.50
<b>Marmite</b>	£3.50
<b>Smooth Peanut butter</b>	£3.50

The above is served with 1 round of white or granary bread (crusts removed) served with crisps

### Children's Snack Plate

<b>Sliced cheese, fresh fruit, Raisins &amp; cheddar biscuits</b>	£3.50
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## Children's Drinks (Refer to drinks menu for full selection)

Fruit Shoots (apple, blackcurrant & apple, orange or summer fruit flavours)	£1.60
Squash (Orange, Ribena)	£1.00
Oasis (Citrus or Summer berries flavours)	£2.35

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## Hot Beverages

We serve soya, almond, semi skimmed & whole milk

### Tea

Pot of Tea	£1.60
Decaf Tea	£1.80
Earl Grey	£1.80
Fruit Teas (various selection)	£1.80
Hot water	£1.00

### Coffee's

**Our coffee is made from Caffe Milano Coffee beans, roasted in Suffolk.**

Americano regular	£1.90	large	£2.30
Cappuccino regular	£2.60	large	£2.95
Latte regular	£2.60	large	£2.95
Espresso			£2.00
Iced Coffee			£3.50
Mocha regular	£2.75	large	£3.10
Cream for coffee (per shot)			40p
Cold milk for coffee			25p
Hot milk for coffee			35p
Soya, almond or oat milk			40p

### Decaffeinated Coffee

Americano regular	£2.35	large	£2.75
Cappuccino regular	£2.95	large	£3.20
Latte regular	£2.90	large	£3.25

### Syrups

Caramel, Hazelnut, Cinnamon,	50p
Toffee Nut, Gingerbread & Popcorn	

### Chocolate

Hot chocolate regular	£2.60	large	£2.95
White Hot chocolate regular	£2.75	large	£3.10
Add Cream (40p) Add Marshmallows (25p)			
Mug of hot milk			£2.25

## Milk Shakes

### Ice Cream Milk Shakes

Reg	£3.25	Large	£3.95
Banana			
Fresh banana & Peanut Butter			
Chocolate			
Strawberry			
Vanilla			

## Cold Beverages

### Juices

Apple Juice	£2.35
Cranberry Juice	£2.25
Orange juice	£2.35

### Fruit Shoot

Apple, Blackcurrant, Orange or Summer Fruits	£1.60
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### J2O

Apple & Mango, Apple & Raspberry, Orange & Passion Fruit	£2.75
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### Soda

Diet Pepsi, Pepsi Max & Lemonade	£2.50
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### Appletiser

£2.40

### Elderflower

£2.40

### Oasis (Summer Fruit & Orange)

£2.30

### Water

Still (500ml)	£1.75
Sparkling (500ml)	£1.75
Tonic Water (125ml)	£1.50
Tonic Water Slim Line (125ml)	£1.50

## Smoothies (v)

### Passionista

£3.50

(passion fruit, pineapple & mango)

### Blueberry Blush

£3.50

(blueberry & strawberry)

### Tropical Breeze

£3.50

(raspberry, mango & banana)

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## Vegetarian & Vegan menu

### **Vegetarian breakfast** £7.45

1 vegetarian sausages, fried egg, sauté potatoes, beans, tomatoes, mushrooms  
& 1 slice of granary or white toast

### **Vegetarian breakfast bap** £5.50

vegetarian sausage, grilled tomato, mushrooms,  
fried egg & hash brown

### **Loaded potato skins** £8.25

Loaded with mushrooms, stilton & cheddar cheese  
served with salad & coleslaw

### **Vegetarian burger** £7.95

Flour bun filled with vegetable burger, burger sauce,  
lettuce, & tomato served with chips & onion rings

### **Jacket potato**

Cheese - £6.95

Baked beans - £5.75

Coleslaw - £6.50

### **Cheese Ploughman's** £8.50

### **Macaroni cheese (topped with grilled tomatoes)** £7.95

Variety of vegetarian sandwiches & panini please see the main menu

## Vegan meals

### **Smashed avocado & grilled tomato** £7.50

on white or granary toast (vegan spread)

### **Spicy butternut squash burger** £8.95

served with onion rings & chips

### **Chick pea, spinach and vegetable curry** £8.50

served with steamed rice

# Welcome to The eXchange

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At The eXchange we pride ourselves in using fresh local ingredients whenever we can. All food is cooked to order, so please be patient at busy times as there may be a short wait.

For Specific dietary requirements, allergies, nut and all food intolerances please let your server know so that we can advise you on your menu choices.

GF - Gluten Free

**(v)** - Vegetarian

There will be a cover charge of 30p added to shared meals that require extra cutlery, napkins & crockery

## Corona virus standards

We are opening on Saturday 4<sup>th</sup> July with new standards in place, to protect our customers and staff.

- Covid – 19 risk assessments have been completed
- All staff trained in covid 19 risk assessments
- We encourage booking a table as we have fewer tables
- We have a meet and greet service to manage tables, entrance and exit to the restaurant. Hand sanitiser for all customers.
- Managed use of hygiene facilities
- All tables & chairs sanitised after use
- Screened and socially distanced tables
- Screens to protect the staff at the shop front
- Payment at tables, encouraging contactless payment, (cash will still be taken)
- All tables and chairs will be sanitised after EVERY customer
- Menus sanitised after every use.
- Our usual high standards in place

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## Ales

London Pride	500ml	£3.95
Old Speckled Hen	500ml	£3.95
Tanglefoot	500ml	£3.95

## Lagers

Peroni	330ml	£3.50
Tiger	330ml	£3.50

## Cider

Magners	440ml	£3.25
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## Wines



**House Wine by the glass****175ml - £3.95****250ml - £5.50**

House Wine also available in 125ml measure £3.00

**House Wines by the Bottle**

White Aromo Viognier (dry) £17.50

White Pompano (medium sweet) £17.50

Rose Aromo Syrah (medium) £17.50

Red Carmenere (medium dry) £17.50

Red Merlot (medium dry) £17.50

Baby Prosecco Triviso (dry) 200ml £5.50

## Non House Wines (available by the bottle only)

White Pinot Grigio £18.00

**Spirits****Single Shot 25ml**

Vodka, Whisky, Gin, Pink Gin, Bacardi &amp; Brandi £2.50

Baileys £3.00

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Salads		Ploughman's	
<b>Chicken breast (GF)</b>		All Ploughman's plates served with whole fresh baked baguette, pickled onions, pickle pot & salad	
£8.50		<b>Exchange Ploughman's</b>	£9.50
<b>Chicken Caesar</b>	£8.95	(Selection of 2 British cheeses & 2 cold meats)	
<b>Ham salad (GF)</b>	£8.25	<b>Cheese Ploughman's (V)</b>	£8.50
<b>Prawn salad (GF)</b>	£8.95	Selection of 3 British cheeses	
<b>Add avocado</b>	£1.50	<b>Meat Ploughman's</b>	£8.95
		Selection of 3 cold meats or Pate	

Panini's		Side Orders	
<b>All Panini's</b>	£6.75	<b>Chips</b>	£2.95
<b>Bacon, Brie &amp; cranberry</b>		<b>Sauté potatoes</b>	£3.95
<b>Cheddar cheese &amp; ham</b>		<b>Cheesy chips</b>	£4.20
<b>Cheddar cheese &amp; red onion chutney</b>		<b>Potato wedges</b>	£3.50
<b>Cheddar, tomato &amp; basil pesto</b>		<b>Cheesy potato wedges</b>	£4.50
<b>Chicken, mushroom &amp; Cheddar</b>		<b>Onion rings</b>	£3.50
<b>Tuna, red onion &amp; Cheddar</b>		<b>Garlic bread</b>	£2.75
		<b>Cheesy garlic bread</b>	£3.80
All served with a salad garnish and coleslaw		<b>Mixed salad</b>	£2.50

## Sandwiches (see breakfast menu also)

All cold sandwiches are available on white or granary bread, served with salad garnish & crisps. They can be served toasted if required. We can add your favourite filling to a baguette for an extra 80p

<b>Exchange Club sandwich</b>	£7.95	<b>Coronation chicken</b>	£5.95
Triple decker with chicken, Bacon, tomato, egg, lettuce and mayo, served with coleslaw & crisps		<b>Ham</b>	£5.65
<b>BLT</b>	£5.95	<b>Prawn in seafood sauce</b>	£7.50
<b>Cheddar cheese (V)</b>	£5.10	<b>Tuna mayo</b>	£5.70
<b>Chicken breast</b>	£5.80	(with mayo & sweetcorn)	£5.80
(With mayo & sweetcorn)	£5.90	Add salad for an extra 50p	

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## Cake Selection (also available gluten free & vegan)

Angel cake	£3.00
Apple pie	£3.00
Bakewell tart	£3.00
Bread pudding	£2.00
Carrot cake	£3.00
Chocolate fudge cake	£3.00
Coffee & walnut cake	£3.00
Lemon Meringue pie	£3.00
Victoria sandwich cake	£3.00
Toasted teacake with butter	£2.75
Add cream or custard	£1.00
Fruit Scone with butter	£2.35
Fruit Scone with butter & Tiptree jam	£2.95
Fruit Scone with Tiptree strawberry jam & clotted cream	£3.25
Clotted Cream	£1.00

We also have a selection of guest and homemade cakes.

Please ask your server for today's gluten free & vegan choices. Gluten free scones also available.

## Snack Selection

Flap Jack	£1.95
Caramel shortbread	£2.00
Chocolate chip shortbread	£2.00
Chocolate (dark) crunch bar	£2.00
Kitkat	75p
Sausage Roll	£2.25
Served hot or cold	