

## The Exchange Menu

At the Exchange we pride ourselves on using fresh local ingredients whenever possible. All food is cooked to order, so please be patient at busy times.

For specific dietary requirements, food allergies, and intolerances please let your server know when ordering, so that we can advise you on your choices.

**Breakfasts** – Set breakfast cannot be swapped or changed. If you prefer different items, please build your own breakfast to your personal choice from the build your own list below.

**Exchange Special** – 2 pork sausage, 2 bacon, 2 eggs, sauté potatoes, beans, mushrooms, tinned tomato & 2 rounds of buttered white or granary toast £8.95

**Bounce back breakfast** – 1 pork sausage, 1 bacon, fried egg, black pudding, 2 hash brown potatoes, beans and 1 slice of white or granary fried bread £8.25

**Traditional breakfast** – 1 pork sausage, 1 bacon, fried egg, sauté potatoes, mushrooms, beans, or tinned tomatoes with 1 slice of buttered white or granary toast. £7.95

**Vegetarian breakfast** – 1 vegetarian sausage, 1 fried egg, sauté potatoes, beans, tinned tomatoes, mushrooms and 1 slice of buttered white or granary toast (v) £7.75

**Light breakfast** – 2 rashers of bacon, 1 grilled tomato, fried egg and 1 slice of buttered white or granary toast £6.50

**Breakfast bap** – floured white bap filled with 1 sausage, 1 bacon, fried egg, grilled tomato, & hash brown potato. £5.75

**Vegetarian bap** – floured white bap filled with 2 vegetarian sausages, grilled tomato, fried egg, mushrooms, and hash brown potato. (v) £5.75

**Avocado & poached eggs** - on white or granary toast (v) £7.60

**Eggs on toast** - 2 fried, poached, or scrambled eggs on 2 white or granary toast (v) £4.50

**Beans on toast** – white or granary toast (v) £4.50

**Cheese on toast** – white or granary toast with and garnish of salad (v) £5.60

**Sausage or bacon sandwich** - on white or granary bread £4.75 (add extra egg for 45p)

Gluten free bread or toast available (40p)

**Build your own breakfast** - £1.70 - add sausage £1.05, Bacon £1.05, 2 black pudding £1.50, vegetarian sausage £1.05, Scrambled eggs 95p poached egg 45p, fried egg 45p fried bread £1, breakfast portion of sauté potatoes £2, breakfast chips £1.45, 2 hash browns £1.50, mushrooms 65p, grilled tomato 55p, baked beans 55p, tinned tomato 55p.

**Omelettes** – served with chips, hash browns or salad

Cheese filling £7.25 Ham filling £7.25 Mushroom filling £7.00 Plain £6.00. Extra fillings from 55p

## **Lunches**

**Soup of the day** served with ½ crusty white baguette - £5.50

**Wicks manor pork sausage served with creamy mash and onion gravy** - £8.25

**Hunters chicken with chips and salad** £8.95

**Chicken curry** - served with white rice, naan, salad garnish and mango chutney £8.75

**Chilli con carne** – served with white rice and salad garnish £8.40

**Ham eggs & chips** - £7.75

**Sausage, eggs & chips** - £7.75

**Scampi & chips** - £9.00

**Jacket potatoes** – all served with mixed salad & butter. baked beans £5.75 Cheddar cheese £6.95 Coleslaw £6.50 Chilli con carne £8.10 Coronation Chicken £7.99 Tuna mayonnaise £6.95 Tuna mayo & sweetcorn £7.10 prawn in Marie rose sauce £8.25.

**Burgers** – All our burgers are served in a flour bap with lettuce tomatoes and burger sauce inside. Accompanied by chips and onion rings

Classic beef burger £7.95 chicken breast burger £7.95 Vegetable Burger £7.95. add cheddar, stilton, and bacon from £1.05.

**Panini** – all panini are served with coleslaw & salad garnish - £6.95

Fillings - bacon brie & cranberry, cheddar cheese & ham, cheddar cheese & red onion chutney, chicken mushroom and cheddar, tuna red onion and cheddar, or Cheddar, tomato and basil pesto.

**Sandwiches** - all sandwiches are served with salad garnish & crisps, we have white or granary bread or you can upgrade to a larger baguette for 80p

Fillings include – BLT £5.95, cheddar cheese £5.10, chicken breast £5.80, chicken mayo & sweetcorn £5.90, coronation chicken £5.95, Ham £5.65, prawn in Marie rose sauce £7.50, tuna mayo £5.70, tuna mayo and sweetcorn £5.80. Add extra salad to any sandwich 50p

**Exchange club sandwich** – triple deck sandwich filled with bacon, chicken, fried egg, tomato, lettuce and mayo served with crisps and coleslaw - £7.95

**Ploughman's lunches** - ploughman platters all served with salad, sweet pickle, pickled onions and fresh baked baguette.

Exchange ploughmans – chef's choice of 2 meats and 2 cheeses £9.50

Cheese ploughman's – chunky mature Cheddar, Brie and Stilton cheese £8.50

Meat ploughman's – Chef's choice of 3 meats £8.95

**Salads** – all salads served with mixed leaves, cucumber, tomatoes, coleslaw and sweetcorn.

Chicken breast £8.50, ham salad £8.25, prawn salad £8.95, add avocado for £1.50

Chicken Caesar salad - £8.95

### **Extras!**

Chips £2.95, sauté potatoes £3.95, Cheesy chips £4.20, potato wedges £3.50, Cheesy potato wedges £4.50, battered onion rings £3.95, garlic bread, £2.75, cheesy garlic bread £3.80, mixed salad £2.50

### **Cakes & sweet treats**

Toasted tea cake with butter £2.65, fruit scone with butter £2.35 fruit scone with butter & Tiptree strawberry jam £2.95

All cakes £3.00 - choice of Chocolate fudge cake, Angel cake, coffee and walnut, Iced Bakewell tart, Carrot cake, Victoria sandwich. Apple pie

Add custard or whipped cream £1.00

(v) – Vegetarian

(GF) – Gluten free