

The Exchange Takeaway 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 us know when ordering, so that we can advise you on your choices.

Breakfasts – Set breakfast cannot be swapped or changed.

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

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

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)

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 - Breast of chicken coated in BBQ sauce, with crispy bacon and melted cheddar, served with chips £8.95

Chicken curry - served with white rice and naan £8.75

Chilli con carne – served with white rice £8.40

Ham eggs & chips - £7.75

Sausage, eggs & chips - £7.75

Scampi & chips - £8.50

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

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