

The eXchange

Hot, Cold, Soft & Alcohol

Coffee

Our coffee is made from Caffè Milano Coffee beans, roasted in Suffolk.
Go large from 75p

Americano	£2.50
Cappuccino	£3.10
Latte	£3.10
Flat white	£3.50
Espresso	£2.50
Iced latte	£3.20
Ice cream latte	£3.75
Mocha	£3.30
Chai latte	£3.30

Cream for coffee	50p
Hot milk for coffee	45p
Soya, almond or oat milk	45p
Decaf available add	25p

Syrup

50p
Caramel, Salted Caramel, Hazelnut, Gingerbread, Popcorn, Pumpkin

Chocolate/malt

Hot chocolate regular	£3.25
White Hot chocolate regular	£3.45
Horlicks	£3.10
Ovaltine	£3.10

Whipped cream	40p
Marshmallows	30p

Tea

Pot of Tea	£2.00
Decaf Tea	£2.10
Earl Grey	£2.10
Fruit Teas	£2.10

Soft drinks

Apple Juice	£2.95
Cranberry Juice	£2.95
Orange juice	£2.95
Fruit Shoot	£1.95
Orange/summer/blackcurrant	
J2O Apple & Mango	£3.10
J2O Apple & Raspberry	£3.10
J2O Orange & Passion	£3.10
Diet Pepsi /Max	£3.00
Lemonade	£3.00
Orange tango	£3.00
Appletise	£3.10
Elderflower	£3.10
Oasis	£2.95

Water

Still (500ml)	£2.00
Sparkling (500ml)	£2.00
Tonic Water (125ml)	£1.75
Tonic Water Slim (125ml)	£1.75

Ale

London Pride (500ml)	£4.10
Old Speckled Hen (500ml)	£4.10

Lager

Peroni (330ml)	£3.75
Tiger (330ml)	£3.75
Magners Cider (440ml)	£4.00

Wine

House Wine by the glass	
175ml - £4.95	
250ml - £5.95	
125ml - £4.00	
House Wines by the Bottle	£18.50
White Aromo Viognier (dry)	
Rose Aromo Syrah (medium)	
Red Carmenere (medium dry)	
Baby Prosecco (200ml)	£6.50

Spirits

Single Shot 25ml	£4.00
Vodka	
Whisky	
Gin / Pink Gin	

Milkshakes

Regular	£3.95	Large	£4.75
Banana & Peanut Butter			
Chocolate			
Strawberry			
Vanilla			
Banana			

Smoothies (v)

Passionista	£4.00
(passion fruit, pineapple & mango)	
Berry Blush	£4.00
(blackcurrant, raspberry & strawberry)	
Strawberry & Banana	£4.00

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Breakfasts

Set breakfasts cannot be swapped & changed. If you prefer different items please use the build your own option

If you have any food intolerance or special dietary requirements please inform your server at time of ordering so that we can assist with your menu choices

Exchange Special

2 each grilled bacon, sausage, fried eggs, hash browns & toast with mushrooms, tomato & beans
£11.50

Traditional breakfast

1 grilled bacon, sausage, fried egg, mushrooms, 2 hash browns, beans or tomatoes & toast
£9.50

Kick start breakfast

1 grilled bacon, sausage, black pudding & fried egg, 2 hash browns, beans, fried bread or toast
£9.50

Breakfast bap

(Meat or vegetarian)

5" floured bap filled with grilled bacon, sausage, fried egg, topped with hash brown potato
(Vegetarian sausages for vegetarian bap)
£7.25

Vegetarian breakfast

2 vegetarian sausage, hash browns, mushrooms, tomato, beans, 1 fried egg and toast
£9.50

Egg on toast

2 fried, scrambled or poached eggs on white or granary toast
£5.50

Build your own breakfast (BYO)

£1.70

1 Sausage	£1.50
1 Bacon (GF)	£1.50
Black Pudding	£2.00
Vegetarian Sausage	£1.50
Fried Egg (GF)	75p
Scrambled Eggs (GF)	£1.50
1 Poached Egg (GF)	75p
Breakfast portion of Sauté	£2.50
Breakfast portion of chips	£1.50
2 hash brown potatoes	£1.75
Mushrooms (GF)	£1.50
Grilled tomato (GF)	£1.50
Tinned tomato (GF)	£1.00
Baked beans (GF)	£1.00
1 slice of fried bread	£1.50
1 granary or white toast with butter	£1.65
2 granary or white toast with butter	£3.10
1 granary or white gluten free toast with butter (GF)	£1.75
Extra butter portion	15p

Crushed avocado & poached eggs on toast

£9.00

Omelettes

From £8.00

Served with chips, or salad or hash browns
Fillings available

Cheese or tomato or mushroom or ham

Extra fillings available from £1.50

Spreads

From £1.00

Tiptree strawberry jam (v)

Orange marmalade (v)

Clear honey(v)

Marmite (v)

Peanut butter (v)

Bacon / sausage sandwich

Can be served toasted or put in a baguette add 50p
£5.75

Eggs Benedict

Poached eggs served on English muffin with sliced ham and hollandaise sauce
£9.50

Cheese on toast (v)

£6.50

Beans on toast

£5.50

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Lunches

Soup of the day

£6.25

Sausage and mash

with onion gravy

£11.50

Hunters chicken

BBQ sauce, bacon and cheddar
served with chips & salad

£12.50

Chicken goujons

Served with chips, coleslaw and
chilli dip

£11.50

Chicken, ham hock & leek pie

served with chips & peas

£12.25

Chilli con carne

With white rice

£9.95

Ham/sausage, eggs & chips

£9.95

Scampi, chips & peas

£11.50

Vegetarian lunches

Butterbean & cashew curry with
rice (vegan)(N)

£10.95

Vegetarian chilli with rice

£10.95 (vegan)

Stilton & mushroom loaded
skins (v)

With salad

£10.50

Cheese ploughman's
3 cheeses, salad, pickles,
coleslaw & baguette (v)

£12.00

Sandwich & Panini Add

On's

Add Coleslaw 50p

Add Crisps 50p

Add Salad Garnish 50p

Jacket potatoes

Served with salad & butter

Baked beans (v) £7.00

Creamy garlic mushrooms £8.00

Cheddar cheese (v) £8.00

Coleslaw (v) £7.25

Chilli con carne £9.95

Coronation chicken £9.95

Tuna mayonnaise £9.00

Pesto chicken mayo £9.95

Burgers

Served in 5" bap with burger
sauce lettuce & tomato with chips

£9.00

Classic beef burger

Chicken breast burger

Vegetable burger (v)

Add

Cheddar cheese £2.00

bacon £1.50

Stilton £2.00

Grilled panini

£7.95

Brie, bacon & cranberry

BBQ chicken with cheese

Cheddar & red onion

Tuna, cheese & red onion

Feta & roast vegetable

Ham & Cheddar

Salads

Chicken Caesar salad

£11.95

Cobb salad

Lettuce, avocado, cheddar,
chicken, bacon, sweetcorn, egg &

tomato

£12.00

Greek salad

Lettuce, Feta cheese, olives,
tomato, red onion, cucumber

£11.00

Sandwiches

Available on white or granary bread
& toasted

Chicken breast £7.50

Mature Cheddar cheese (v) £6.50

Sliced ham £6.75

BLT £7.50

Chicken, bacon & avocado £8.50

Coronation chicken £7.50

Tuna mayonnaise £6.95

Club sandwich £8.50

Hummus & roasted vegetable (v)

£7.85

Sides

Chips (v) £3.00

Sauté potatoes (v) £4.00

Cheesy chips (v) £4.50

Onion rings (v) £4.50

Garlic bread (v) £3.50

Cheesy garlic bread (v) £5.00

Mixed salad (v) £3.50

Peas (v) £2.00

Baked beans (v) £2.00

Coleslaw (v) 1.50

Sweet treats

From £2.95

Toasted tea cake & butter (v)

Fruit scone with butter (v)

Chocolate fudge cake (v)

Angel cake (v)

Bakewell slice (v)

Apple pie (v)

Carrot cake (v)

Coffee & walnut cake (v)

Victoria sponge cake (v)

Assorted muffins (v)

Elderflower flapjack (vegan) £2.50

Vanilla ice cream tub (v) £2.00

Add cream or custard from £1.50

Tiptree Strawberry jam (v) £1.00

Clotted cream portion (v) £1.25

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