

Non Gluten Breakfast, Brunch & Lunches

Toast & Preserve £2.25

2 slices of bread, served with butter and your choice of preserve

Breakfast Sandwiches or Rolls £3.75

Griddled back bacon or Butchers Herb sausages on bread or seeded roll

Scrambled Egg on Toast £3.75

Free range scrambled eggs served on freshly toasted bread. Add either grilled cheese for £1, bacon for 75p per slice, or smoked salmon for £1.75

Eggs Benedict with a twist £5.95

2 x free range poached eggs perched on top of toasted bread and gammon ham then smothered in our delicious homemade cheese sauce

Eggs Royale with a twist £6.95

2 x free range poached eggs perched on top of Scottish smoked salmon and toasted bread then smothered with our delicious homemade cheese sauce and fresh chives

Homemade Soup of the Day £4.75

Served piping hot with chunks of bread and butter

Ploughman's Lunch £6.95 Choose 2 cheeses from today's selection, served with apple, celery, salad, pickled onions, homemade coleslaw, choice of 2 chutneys and bread & butter

Fresh Salad Bowls – A large bowl of mixed salad with your choice of:

Mixed cheddar cheese with your choice of chutney or dressing £5.45

Plain Tuna and choice of dressing £5.95

Gammon Ham and choice of chutney or dressing £6.45

Prawn and choice of dressing £7.45

Smoked Salmon and choice of dressing £7.45

Caesar Salad – A large bowl of mixed salad leaves, Parmesan & Caesar dressing £5.25

As above with chicken and bacon £6.95

Jacket Potatoes

Served with butter, homemade coleslaw, salad garnish and choice of dressing

Plain £4.25

Heinz baked beans £4.75

Mixed grated cheddar cheese £5.25

Tuna, celery, spring onion and herb mayonnaise £5.95

Chicken tikka and red onion with mayonnaise £6.75

Prawns in a rose marie sauce £7.45

Toasted Panini's served with homemade coleslaw, salad garnish with choice of dressing:

Melted Mozzarella, pesto, sun dried tomato and mixed leaves £6.25

Chicken, BBQ sauce, mixed cheddar and red onion £6.45

Tuna and cheese melt £6.25

Bacon and Brie £6.95

Sandwiches or Seeded Rolls served with homemade coleslaw and salad garnish with choice of dressing:

Free Range egg mayonnaise £4.25

Mixed grated cheddar cheese with choice of chutney £4.75

Tuna, celery, spring onion and herb mayonnaise with mixed leaves £5.25

Gammon Ham with choice of chutney or mustard £5.75

Bacon, lettuce, tomato with mayonnaise £5.75

Chicken tikka, red onion with mayonnaise and mixed leaves £5.75

Prawns in a rose marie sauce £6.75

Smoked Salmon with cream cheese £6.95

Beans on Toast – Heinz Baked Beans served on toasted bread £2.95

Add grilled cheese for £1

Light Bites & Afternoon Tea

Homemade Fruit Scone £2.45 add clotted cream for 50p

A delicious homemade scone served warm with butter and choice of preserve

Homemade Cakes All priced individually, subject to availability

Victoria Cake, Lemon & Ginger Sponge, Chocolate Sponge, Carrot Cake, Chocolate Brownie

Classic Cream Tea £4.75

A delicious homemade scone served warm with clotted cream and choice of preserve along with a pot for one of any of our standard priced teas.

The Exchange Classic 'Afternoon Tea' £10.95

A selection of freshly made finger sandwiches

A warm homemade fruit scone served with clotted cream and choice of preserve

A slice of delicious sponge cake from today's selection

A pot of one of our standard priced teas or a Cafetiere of fresh coffee

All food may contain traces of nut.