

Hot & Cold Drinks

Traditional Pot of Tea for 1 £2.50

If our extensive tea selection does not appeal we have the perfect solution a 2 cup pot of quality English tea.

All coffees available in Decaf -

Cafetiere for 1 person Strong, Medium or Decaf £2.95

A 2 cup cafetiere of freshly brewed ground coffee

Americano £2.50

Our espresso made long with hot water & no fuss, served with or without milk

Latte £2.75

Our espresso served with lashings of hot silky milk, served in a tall glass

Espresso *Single* £1.75 *Double* £2.50

The essence of the bean, extracted showing off all the flavours

Cappuccino £2.75

Our espresso topped with a luxurious rich milk foam & a light dust of chocolate powder

Mocha £2.95

Similar to latte, but the espresso is combined with rich chocolate before being finished with lashings of hot silky milk, Served in a tall glass.

Flavoured Syrups: add a shot of syrup to any coffee or chocolate for just 30p

Coconut, Vanilla, Caramel, Marshmallow, Gingerbread, Amaretto or Cinnamon

<i>Hot Chocolate</i>		<i>£2.75</i>
<i>Our luxury hot chocolates are made with hot foamy whole milk</i>		
<i>As above and topped with whipped cream & mini marshmallows</i>		<i>£3.25</i>
 <i>Dark Hot Chocolate</i>		 <i>£2.75</i>
<i>A rich dark hot chocolate made with hot foamy milk and topped with a light dusting of chocolate powder</i>		
<i>As above and topped with whipped cream & mini marshmallows</i>		<i>£3.25</i>
 <i>White Hot Chocolate</i>		 <i>£2.75</i>
<i>A rich creamy white hot chocolate made with hot foamy milk</i>		
<i>As above and topped with whipped cream & mini marshmallows</i>		<i>£3.25</i>
 <i>Breckland Orchard 'Posh Pops' 275ml Bottle</i>		 <i>£2.75</i>
<i>Choose from: Cloudy lemonade, Dandelion & Burdock, Strawberry & Rhubarb, Pear & Elderflower, Ginger Beer & Chilli or Cream Soda & Rhubarb.</i>		
 <i>Fruit Juices</i>		 <i>£2.75</i>
<i>Choose from: Orange, Apple, Cranberry, Tomato or Pineapple</i>		
 <i>Willow Bottled Water Still or Sparkling</i>		 <i>£1.75</i>
<i>Coke 330ml Bottle</i>	<i>£2.50</i>	<i>Diet Coke 330ml Bottle</i>
		<i>£2.25</i>
 <i>7up Free 330ml Bottle</i>		 <i>£2.25</i>
 <i>J20</i>		 <i>£2.95</i>
<i>Apple & Raspberry, Orange & Passion Fruit or Apple & Mango</i>		
 <i>Milkshake</i>		 <i>£2.25</i>
<i>Choose from: Strawberry, Raspberry, Chocolate or Banana</i>		

Tea Menu

Use this quick guide to help you find your perfect tea choice

Caffeine Free = CF

Can be enjoyed with Milk = M

Decaffeinated, reduced caffeine = D

Organic = OR

Can be enjoyed with lemon = L

Gluten Free = GF

*The following Teas are all £2.95 for a pot for 1 person
with the exception of our **Premium Teas** which are £3.45*

- 1. The Exchange Breakfast Blend M,L A perfectly balanced English breakfast blend, smooth, refreshing, satisfying. Can be enjoyed with or without milk.*
- 2. The Exchange Decaffeinated Breakfast Blend D,M,L A good, strong, English breakfast decaffeinated tea which delivers on quality and taste. Robust, smooth and malty, this blend of whole leaf Assam, Ceylon and Darjeeling tea can be drunk with or without milk at any time of the day.*
- 3. Darjeeling OR This Darjeeling is from a highly regarded estate. The liquor is a characteristic bright gold and the taste is light, fruity and smooth with a well rounded finish.*
- 4. Lapsang Souchong M Our Lapsang Souchong from the original source in Fujian is a smooth, subtle version of the classic. It carries a distinctive smokiness from the smouldering pine wood, think dampened campfires and fresh cut spruce after rain.*
- 5. Assam Second Flush OR Our Assam is certified organic and contains plenty of golden tips and a strong, bright liquor that is rich and robust on the palate, with a malty taste that is smooth and rounded.*

Scented \ Flavoured Black Teas

6. *Chai M,OR* This is our perfected house blend. A delicious mix of fresh, organic and aromatic herbs and spices in a base of malty Assam.
7. *Lychee Black* A classic Fujian tea since the lychee originates from Southern China, and was the favourite of many Emperors. This tea, scented with lychee fruit creates an intense, sweet, fruity tea with notes of vanilla and peach.
8. *Classic Earl Grey M,L* This is a quintessential English afternoon tea. A blend of fine Assam and Ceylon black teas infused with natural oil of bergamot. Fine enough to drink black or robust enough to take milk.
9. *Darjeeling Earl Grey OR* Our twist on the quintessential afternoon tea; light and delicate, Organic first flush Darjeeling blended with Sicilian oil the bergamot and pretty blue cornflower. Best without milk.
10. *Strawberry Noir* A vibrant and delicious rich fine black tea blended with pieces of dried hibiscus and strawberry. With French fruit oils and studded with fruit pieces, the resulting infusion is the flavour of English summer strawberry fields in a cup.
11. *Mango Noir* A rich deep flavour of fine black tea, with French fruit oils and studded with fruit pieces, lifted by intense mango notes that linger on the tongue giving a deliciously sweet, subtle aftertaste.
12. *Chocolate Tea* This luxurious blend of Indian Assam, Chinese Yunnan black, Organic Madagascan vanilla pod & Peruvian cocoa nibs, is deep, rich and moreish with a velvety mouth feel. Smooth with a hint of plum from the Yunnan black, the cocoa nibs and vanilla pod provide the depth and sweetness which complements the heady flavours.

Green Teas

13. *Jade Tips* This year's Mao Jian is soft and smooth, with a lovely fresh green bean flavour. Seriously refreshing and a fantastic every day green tea.

14. *Dragon Well* OR, **PREMIUM** Long Jing is one of China's most famous and best loved green teas. This year is an organically certified example from Hangzhou, the famed source of fantastic Long Jing tea. The clear green liquor is sweet and grassy, rounded off by a soft, chestnut flavour.

15. *Pouchong* **PREMIUM** Grown high on the slopes of Wen Shan, Taipei county in Taiwan, it is very refreshing with smooth floral notes and a sweet apricot finish.

16. *Genmaicha* OR, This organic green Sencha tea is blended with toasted rice kernels (genmai), resulting in a mix of green tea notes softened with toasty, warm, nutty rice and buttery biscuit hints producing a delicious satisfying tea.

Scented/ Flavoured Green Teas

17. *Jasmine Star* The lovely Mao Feng Green Tea from Fujian province is infused, for several successive nights, with hand-picked jasmine blossoms. The flavour is full-bodied but the tea is soothing and the aroma bright, natural and cleansing.

18. *Moroccan Mint* OR, L This blend of green tea, peppermint and spearmint; is sweet, smooth and extremely refreshing. A rounded tea with a bright, mint finish.

White Teas

20. *English Summer Garden* This fragrant blend of rose petal, strawberry leaf, lemon verbena, calendula, blue cornflowers and a hint of spearmint evokes the English Summer Garden in full bloom.

21. *White Peony* Just the unopened silvery buds and the top two leaves of this classic white tea are picked in spring and gently withered to yield a refreshing, easy drinking tea. Full of soft fruit flavours and melon notes with a lingering sweet after taste.

22. *Silver Needle PREMIUM* A high grade Silver Needle soft, young, plump, furred leaf buds, covered in fuzz of silvery hairs. High in antioxidants with a light, creamy, honeydew melon taste.

Puerh Teas

23. *Mini Puerh Cakes* An unusually good, mini puerh. Cooked and made as a small tuo cha (nest shape) from the original leaves and not the powdered fannings as most of them are in this size.

24. *Single Mountain Puerh Cake Wu Jia Zhai PREMIUM* This wild arbour raw puerh tea cake is made entirely from the 2012 first flush leaves of 60-80 year old wild tea trees. This taste is brisk with the slightest astringency that will mellow and develop into an excellent and refined puerh tea.

Oolong Teas

25. *Yellow Gold* Known as golden osmanthus due to its sweet, floral fragrance, this deliciously mellow spring tea makes for perfect easy drinking and is full of complex aromatic notes.

26. *Mi Lan Dan Cong* **PREMIUM** Dan Cong is the champagne of the Oolong's; ripe with intense fruit and sweetness. The leaves are thoroughly fermented and baked to produce a rich liquor with unique flowery and honeyed notes that can be enjoyed through the multiple infusions.

27. *Ali Shan* **PREMIUM** This is one of Taiwan's finest, highly grown Oolong's, creamy, sweet and delicious. Bright tones of apricot fruit with a distinctive flavour.

28. *Superior Iron Buddha* **PREMIUM** Known as Tie Guan Yin, it is China's most famous Oolong and is much imitated. Our authentic, high grade, Iron Buddha has the classic flowery and fruity profile, releasing the orchid and honey notes.

29. *Oriental Beauty* **PREMIUM** A story of man, tea plant and insect in Symbiosis. The tea farmer only picks the leaves once the tea jissid a small cricket nibbles the edge of the leaves and the plant releases a defence enzyme. This produces a light citrus note.

35. *Big Red Robe* **PREMIUM** Also called Da Hong Pao and (the emperor of tea's) it is one of China's most sought after Oolong's. An original Wuyi Rock tea, the birth place of Oolong, it has the classic satisfying cocpo notes combined with a delightful floral flavour.

Herbal Teas & Tisanes

36. *Camomile* CF,OR Whole organic camomile flowers yield a deliciously smooth herbal infusion with a mild apple like fragrance.

37. *Peppermint* CF,OR Organic whole Egyptian peppermint leaves release a refreshing and zesty mint infusion.

38. *Red Berry & Hibiscus* CF,OR A deep scarlet infusion of hibiscus blossoms, elderberries, raisins, rose-hip petals, and elder flowers which yield intense flavours of sweet berry fruit.

39. *Rooibos OR Rooibos, or Red Bush is native to the mountains of Southern Africa, is extremely high in antioxidants and has a refreshing, full bodied flavour with a sweet finish.*

40. *Lemongrass & Ginger OR A harmonious and uplifting blend of warming, slightly spicy Ginger and cooling refreshing lemongrass that is naturally caffeine free and totally moreish.*

41. *Canton Karma GF,OR 2012 soil association organic food awards winner. Our own blend of organic herbs and spices inspired by 'Ayurveda' ingredients. This caffeine free blend is naturally uplifting and refreshing.*

Arya Jewel Tea's (Organic)

This collection of rare, organic, whole leaf Darjeeling is from the beautiful Arya Estate, an ancient tea garden founded by Buddhist monks on the lush slopes of the Himalayas.

42. *Arya Pearl First Flush White Darjeeling OR PREMIUM A rare and exceptional white Darjeeling tea, which is so special it is referred to as 'the nectar of the gods'. Aromas of summer berries and toasted hazelnuts with a hint of vanilla and nutmeg, creates a delightful, velvety liquor.*

43. *Arya Topaz Darjeeling Oolong OR Arya estate is one of only a handful of Indian estates qualified to produce this Oolong Tea. A full bodied, deep, amber liquor with a rich aroma and distinctive notes of chocolate and muscatel grape.*

44. *Arya Ruby First Flush Darjeeling OR A departure of the classic Darjeeling tea in every way. The liquor is a rich ruby red almost like a vintage port with a deep glow with underlying notes of caramel, nutmeg and dark chocolate.*

45. *Diamond Second Flush Darjeeling OR PREMIUM Produced only on demand and in small quantities, this is a must-try for any Darjeeling lover. The tea is smooth and rounded on the palate, with a long lasting sweet aftertaste reminiscent of dried fruits and nuts.*

Breakfast, Brunch & Lunches

Please advise the staff if you have any allergies or intolerances and they will be pleased to go through ingredients and options with you

Toast & Preserve NG £2.25

2 slices of freshly toasted white or multigrain bread, served with butter and your choice of strawberry, raspberry, blackcurrant or apricot preserve.

Croissants £2.25

A large warm all butter croissant served with butter and preserve or a large warm chocolate filled croissant.

Breakfast Sandwiches or Deli Rolls NG £3.95

Griddled back bacon or Butchers Herb sausages on thick cut white or multigrain bread or a soft Deli Roll

Scrambled Egg on a Muffin or Toast NG £4.25

Free range scrambled eggs served on a freshly toasted, buttered muffin or toast. Add either grilled cheese for £1 or bacon for 75p per slice

Scrambled Egg with Smoked Salmon on a Croissant NG £6.95

Free range scrambled eggs served with Smoked Salmon on a freshly toasted croissant topped with chives.

Eggs Benedict with a twist NG £5.95

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

Eggs Royale with a twist NG £6.95

2 x free range poached eggs on Scottish smoked salmon and a toasted muffin then smothered with our delicious homemade cheese sauce and topped with fresh chives

Homemade Soup of the Day NG £4.95

Served piping hot with white or multigrain bread and butter

Homemade Quiche £6.95

Choose from a selection of homemade quiche served with mixed baby leaf salad, homemade potato salad and coleslaw

Ploughman's Lunch NG £7.45

Choose 2 cheeses from today's selection, served with apple, celery, salad, pickled onions, homemade coleslaw, choice of 2 chutneys and warm ciabatta

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 £6.25

Gammon Ham and choice of chutney or dressing £6.45

Prawns in a Marie Rose sauce £6.95

Smoked Salmon and choice of dressing £7.45

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

As above with chicken and bacon £6.95

Jackpot Potatoes NG

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

Plain £4.25 *Homemade Coleslaw* £4.75

Heinz baked beans £4.75

Mixed grated cheddar cheese £5.25

Tuna, spring onion and herb mayonnaise £6.25

Coronation Chicken £6.75

Prawns in a Marie Rose sauce £6.95

Toasted Panini's – A large oval toasted Panini topped with sesame seeds served with homemade coleslaw and 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 £6.45

Bacon and Brie £6.95

Or create your own from the ingredients listed on our menu £6.95

Sandwiches or Deli Rolls NG – Choose from white or multigrain thick cut bread or a soft italian deli roll served with homemade coleslaw and salad garnish with choice of dressing

Free Range egg mayonnaise & cress £4.25

Mixed grated cheddar cheese with choice of chutney £4.75

Tuna, celery, spring onion & herb mayonnaise with mixed leaves £5.45

Gammon Ham with choice of chutney or mustard £5.75

Bacon, lettuce, tomato with mayonnaise £5.75

Coronation Chicken £5.95

Prawns in a Marie Rose sauce £6.45

Smoked Salmon with cream cheese £6.95

Beans on Toast NG – Heinz Baked Beans served on toasted buttered white or multi grain bread £2.95 Add grilled cheese for £1

Toasted Cheese & Red Onion Sandwich NG £4.25

Toasted Cheese & Ham Sandwich NG £4.95

Choose from freshly toasted white or multigrain bread, served with coleslaw & crisps

NG = we can offer an option made with ingredients that don't contain any gluten

Light Bites & Afternoon Tea

Toasted Tea Cake – *A large spiced fruity toasted tea cake* £1.95

Homemade Scone NG £2.75 *add clotted cream for 50p*

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

Homemade Cakes NG *All priced individually*

Take a look at today's selection and satisfy that sweet tooth

Classic Cream Tea NG £5.75

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' NG £11.95

A selection of freshly made finger sandwiches with crisps & grapes

A warm homemade 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

The Exchange Children's 'Afternoon Tea' £4.95 *per child up to 12 years*

A selection of freshly made finger sandwiches with crisps & grapes

Marshmallows & strawberries with a white chocolate dip.

A slice of delicious sponge cake from today's selection

Squash or milkshake

The Exchange Sparkling 'Afternoon Tea' for Two NG £26.95

Freshly made selection of luxury finger sandwiches with crisps & grapes

Warm homemade scones served with clotted cream and choice of preserves

Two slices of cake from today's selection on display

A glass of Pink Sparkling Prosecco each

Vintage 'Afternoon Tea' Experience

For that special occasion or treat why not book our vintage experience. Your table will be adorned with crisp white linen and vintage china for you to enjoy with either the Classic or Sparkling 'Afternoon Tea' from above. A £5 charge applies per table of 2 or 4 people (pre-booked only)

All food may contain traces of nut.

Why not buy an 'Afternoon Tea' gift voucher for someone special today!