

The Exchange

Daytime Menu



Have you tried our evening tapas yet?



*Served from 6pm Wednesday- Saturday
Food and cocktail deals Wednesdays & Thursdays*

Breakfast, Brunch & Lunches

Please advise staff of any dietary requirements as many of our choices can be adapted to suit vegan or non-gluten diets.

Toast & Preserve *£2.25*

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

Beans on Toast *£2.95*

Heinz Baked Beans served on toasted buttered white or multi grain bread.

Add grilled cheese for £1

Croissants *£2.25*

Choose from a large, warm all butter croissant served with butter and preserve or a large, warm chocolate-filled croissant.

The Exchange Breakfast *£7.95*

Choose from scrambled or poached eggs, served with 2 sausages, bacon, Heinz beans and toast made with either white or multigrain bread.

Breakfast Sandwiches or Deli Rolls *£3.95*

Griddled back bacon or local butcher's herb sausages in your choice of white or multigrain bread or a soft Deli Roll.

Scrambled Egg on a Muffin or Toast *£4.25*

Local free-range scrambled eggs served with your choice of buttered muffin or toast.

Add either grilled cheese for £1 or bacon for 75p per slice.

Scrambled Egg with Smoked Salmon on a Croissant

Free-range scrambled eggs served with Smoked Salmon *£7.95*

on a freshly toasted croissant, topped with chives.

Eggs Benedict with a twist £6.95

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

Eggs Royale with a twist £7.95

2 free-range poached eggs on Scottish smoked salmon and a toasted muffin. Smothered with our delicious homemade cheese sauce and topped with fresh chives.

Homemade Soup of the Day £5.55

Available during the colder months.

Served piping hot with white or multigrain bread and butter.

Homemade Quiche £6.95

Today's homemade quiche served with mixed baby leaf salad, homemade potato salad and coleslaw.

Ploughman's Lunch £7.45

Choose 2 cheeses from today's selection, served with apple, celery, salad, pickled onions, homemade coleslaw, choice of 2 chutneys and slices of white or multigrain bread.

While every care has been taken to reduce cross-contamination, please be aware that traces of allergens may be present.

Sandwiches, Salads, Potatoes & Paninis

*Please advise staff of any dietary requirements.
Many of our choices can be adapted to suit non-gluten diets.*

Sandwiches or Deli Rolls

Choose from white or multigrain bread or a soft Italian deli roll served with homemade coleslaw and salad garnish with choice of dressing:

Free range egg mayonnaise & cress £4.45

Mixed grated cheddar cheese with choice of chutney £4.75

Tuna & spring onion mayonnaise with mixed leaves £5.95

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 £6.95

Smoked salmon with cream cheese £7.45

Toasted Cheese & Red Onion Sandwich £4.50

White or multigrain bread, served with coleslaw & crisps.

Toasted Cheese & Ham Sandwich £5.25

White or multigrain bread, served with coleslaw & crisps.

Fresh Salad Bowls

A large bowl of mixed salad with your choice of:

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

Tuna mix and choice of dressing £6.75

Gammon ham and choice of chutney or dressing £6.45

Prawns in a Marie Rose sauce £7.45

Smoked salmon and choice of dressing £7.95

Caesar Salad

£5.25

A large bowl of mixed salad leaves topped with croutons, Parmesan & Caesar dressing.

Add chicken and bacon for £3

Jacket Potatoes

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

Plain £4.25

Homemade coleslaw £4.95

Heinz baked beans £4.95

Mixed grated cheddar cheese £5.95

Tuna, spring onion and herb mayonnaise £6.75

Coronation chicken £6.95

Prawns in a Marie Rose sauce £7.45

Warm chilli con carne £7.45

Add cheese to any potato £1

Toasted Paninis

A large toasted Panini served with homemade coleslaw and salad garnish with choice of dressing:

Melted Mozzarella, pesto, sun dried tomato and mixed leaves £6.45

Chicken, BBQ sauce, mixed cheddar and red onion £6.75

Tuna and cheese melt £6.75

Bacon and Brie £6.95

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

*While every care has been taken to reduce cross-contamination,
please be aware that traces of allergens may be present.*

Light Bites

Please advise staff of any dietary requirements as we have many non gluten and vegan options available.

Toasted Tea Cake £2.25

A large spiced fruity toasted tea cake

Homemade Scone £2.75

A delicious homemade scone served warm with butter and choice of preserve.
Add clotted cream for 75p

Homemade Cakes *From* £2.95

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

Homemade desserts £3.45

Choose from our delicious homemade cheesecake or banoffee pie

Classic Cream Tea £5.95

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.

While every care has been taken to reduce cross-contamination, please be aware that traces of allergens may be present.

Afternoon Tea

Afternoon Teas can be made to suit vegan or non-gluten diets.

Children's Afternoon Tea £5.95 per child up to 12 years

A selection of finger sandwiches with a choice of delicious sponge cake from today's selection. Crisps, marshmallows, strawberries & grapes with a chocolate dip. Served with squash or milkshake (Add cream and marshmallows for 50p)

Limited Edition Children's Afternoon Tea available during school holidays- £6.95

Classic Afternoon Tea

£12.95/person

A selection of sumptuous 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. Served with tea or coffee.

Sparkling Afternoon Tea for Two

£28.95 for 2

A classic afternoon tea, served with glass of regular or pink Prosecco.

Gin Afternoon Tea for Two

£29.95 for 2

A classic afternoon tea, served with a double gin and tonic from our extensive lists.

Cheese Afternoon Tea for Two

£17.95/person

A delicious warm camembert, served with warm ciabatta and carrot & celery to dip. A selection of crackers alongside your choice of 2 cheeses from our day's selection. 2 warm, homemade cheese scones served with chutneys and pickled onions. Includes 2 glasses of red wine. Booking essential.

Deluxe Afternoon Tea for Two

£19.95/person

A selection of sumptuous sandwiches, served alongside an assortment of cakes, including chocolate eclairs and homemade mini Victoria sandwiches. Homemade scones with clotted cream and preserve. Fresh fruit and crisps. Your choice of tea or coffee and a glass of prosecco each. Booking essential.

Add the 'vintage experience' to any afternoon tea for £5/table. Your table will be adorned with crisp white linen and vintage china to enhance your experience.

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

Cold Drinks

<i>Willow Bottled Water</i>	<i>£1.75</i>
Still or Sparkling	
<i>Fruit Juices</i>	<i>£3.00</i>
Orange, Apple, Cranberry, Tomato or Pineapple	
<i>J20</i>	<i>£2.95</i>
Apple & Raspberry, Orange & Passion Fruit or Apple & Mango	
<i>Breckland Orchard 'Posh Pops' 275ml Bottle</i>	<i>£2.95</i>
Cloudy lemonade, Dandelion & Burdock, Strawberry & Rhubarb, Pear & Elderflower, Ginger Beer & Chilli or Cream Soda & Rhubarb.	
<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>Appetizer 330ml Bottle</i>	<i>£2.95</i>
<i>Milkshake</i>	<i>£2.25</i>
Choose from: Strawberry, Raspberry, Chocolate or Banana	

Why not make your milkshake deluxe by adding whipped cream and mini marshmallows for 50p?

Cocktails

Cosmopolitan £4.95

Vodka, triple sec, cranberry juice, lime juice, shaken over ice.

Long Island Iced Tea £6.45

Gin, tequila, vodka and rum brought to life with triple sec, demon juice and a dash of coke.

Peach on the Beach £4.95

Vodka, Archers, cranberry and orange juice, shaken and served over ice.

Pornstar Martini £6.45

Passion fruit puree, vanilla vodka, a shot of orange & mango juice, shaken and served with prosecco.

Purple Rain £5.95

Absolute raspberry vodka, prosecco and pink lemonade, with a fresh raspberry.

The Godfather £5.45

Jack Daniels and Disaronno, served with coke over ice.

Woo Woo £4.95

Vodka, Archers, cranberry juice and lime juice, shaken and served over crushed ice.

Hot Drinks

*All our coffees are available as a decaffeinated option.
Alternative milks available on request.*

Traditional Pot of Tea for 1 £2.95

A 2 cup pot of quality English tea.

Cafetiere for 1 £3

A 2 cup cafetiere of freshly brewed ground coffee. Strong or medium.

Americano £2.50

Our espresso made long with hot water, served with or without milk

Latte £2.75

Our espresso served with 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 rich milk foam & a dusting of chocolate

Mocha £2.95

Similar to latte, but the espresso is combined with rich chocolate before being finished with hot silky milk.

Hot Chocolate £2.75

Choose from Milk, Dark or White hot chocolate, made with hot foamy whole milk.

*Why not make your hot chocolate deluxe by adding whipped cream
and mini marshmallows for 50p?*

*Add a shot of coconut, vanilla or caramel flavoured syrup to any
coffee or hot chocolate for 30p*

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 £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. 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.

7. 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.

8. Lychee Noir

This tea, scented with lychee fruit, creates an intense, sweet, fruity tea with notes of vanilla and peach.

Green Teas

9. 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.

10. Dragon Well OR, PREMIUM

Long Jing is one of China's most famous and best loved green teas. The clear green liquor is sweet and grassy, rounded off by a soft, chestnut flavour.

11. 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.

12. 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

13. 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.

14. 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

15. 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.

16. 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.

17. Silver Needle PREMIUM

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

Oolong Teas

18. *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.

19. *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.

20. *Phoenix Honey Orchid (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.

21. *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.

22. *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

23. Camomile CF,OR

Whole organic camomile flowers yield a deliciously smooth herbal infusion with a mild apple like fragrance.

24. Peppermint CF,OR

Whole Egyptian peppermint leaves release a refreshing and zesty mint infusion.

25. 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.

26. 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.

27. 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.

28. 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.

29. Elderflower and lemon verbena OR

The creamy-white, honey scented elderflowers combine with the citrus notes of lemon verbena to release a refreshing, sweet infusion evoking the floral notes of summer.