



Delivering Every day 12-2
Friday & Saturdays 5.30pm-8pm

Call us to place your order

01354 650035

*Our mailbox will be checked outside
working hours*

Order through our app!

Or visit
theexchange.app4food.co.uk

The easiest way to order!



www.TheExchangeMarch.co.uk



Hot and Cold drinks

Available to be added to your order

We have a wide range of loose leaf
teas available from £3.25.

Alternative milks available

Tea	£1.50
Americano	£2.50
Flat White	£2.75
Latte	£2.75
Espresso Single	£1.75
Espresso Double	£2.50
Cappuccino <i>decaf available</i>	£2.75
Mocha	£2.95
Hot Chocolate	£2.75

White or milk chocolate available

Luxury hot chocolate £3.25

*Topped with whipped cream and
mini marshmallows*

Shot of syrup 30p

Coconut, Vanilla, Caramel,

Gingerbread, Amaretto or Cinnamon

Bottled water Still or Sparkling	£1.25
Fruit juice Orange or apple	£2.60
J20	£1.95

Apple & Raspberry,
Orange & Passion Fruit
Apple & Mango

Breckland Orchard 'Posh Pops' £2.50

Cloudy lemonade,
Dandelion & Burdock,
Strawberry & Rhubarb,
Pear & Elderflower,
Ginger Beer & Chilli
Cream Soda

Coke	£1.75
Diet Coke	£1.50
7up Free	£1.50
Appetizer	£2.00
Orangina	£2.00

Tea Parlour Menu

Delivering Brunch, Lunch and Afternoon Tea
Every day 12–2pm

Breakfast Sandwiches & Deli Rolls NG	£3.95
<i>Available with griddled back bacon or Butcher's Herb sausages</i>	
Ploughman's Lunch NG	£7.50
<i>Choose 2 cheeses from our selection, served with celery, pickled onions, grapes, caramelised onion chutney, cheese straws and a freshly baked sour dough roll.</i>	
Fresh Salad Bowls NG	<i>A large bowl of mixed salad with your choice of:</i>
<i>Gammon Ham & Egg</i>	£5.75
<i>Chicken, Bacon & Avocado</i>	£7.50
<i>Prawns in a Marie Rose sauce</i>	£7.50
<i>Smoked Salmon</i>	£7.95
<i>Classic Caesar Salad Add chicken or bacon for £1.50 each</i>	£5.00
Jacket Potatoes (NG)	<i>Served with butter, coleslaw, salad and choice of dressing</i>
<i>Plain</i>	£3.75
<i>Heinz Baked beans</i>	£4.25
<i>Mixed grated cheddar cheese</i>	£4.75
<i>Tuna, spring onion and herb mayonnaise</i>	£5.75
<i>Coronation Chicken</i>	£6.25
<i>Prawns in a Marie Rose sauce</i>	£6.45
Toasted Paninis NG	<i>Served with coleslaw, salad garnish and choice of dressing.</i>
<i>Melted Mozzarella, pesto, sun dried tomato and mixed baby leaves</i>	£5.95
<i>Chicken, BBQ sauce, mixed grated cheddar and red onion</i>	£5.95
<i>Tuna mayo and cheese melt</i>	£5.95
<i>Bacon & Brie</i>	£6.45
Toasted Sandwiches NG	<i>Served with homemade coleslaw and salad</i>
<i>Cheese/Red onion</i>	£4.95
<i>Cheese/Gammon ham</i>	£5.75
Sandwiches/Deli Rolls NG	<i>Served with coleslaw, salad garnish and dressing</i>
<i>Free range egg mayo & cress</i>	£4.25
<i>Mixed grated cheddar cheese with chutney</i>	£4.25
<i>Tuna mayo with mixed baby leaves</i>	£4.95
<i>Gammon ham with chutney/mustard</i>	£5.25
<i>Chicken, bacon, lettuce, tomato & mayo</i>	£5.95
<i>Coronation chicken</i>	£5.45
<i>Prawns in a Marie Rose sauce</i>	£6.45
<i>Smoked Salmon with cream cheese</i>	£6.95
Add Hand cut chips	£2.00

Selection of Scones & Cakes *Subject to availability*

<i>Homemade fruit, plain or cheese scones with preserve</i>	£2.95
	<i>Add cream for 75p</i>
<i>Homemade Victoria Sponge</i>	£2.95
<i>Homemade Chocolate Cake</i>	£2.95
<i>Homemade Lemon Drizzle Cake</i>	£2.95
<i>Homemade Coffee Cake</i>	£2.95
<i>Gluten Free Carrot Cake</i>	£3.45
<i>Vegan/Gluten Free Banana & cinnamon cake, topped with walnuts</i>	£3.45
<i>Gluten Free Chocolate Brownie</i>	£3.45
<i>Vegan/Gluten Free Blackcurrant Crumble, with shortcake base</i>	£3.45



Afternoon Tea

Children's Afternoon Tea NG *For children up to 12 years* **£6.00**

A selection of ham and cheese sandwiches, marshmallows and strawberries with a chocolate dip, and a slice of delicious chocolate cake.

Classic Afternoon Tea **£13.00**

A selection of freshly made finger sandwiches, sausage rolls, cheese straws and grapes, a homemade scone served with clotted cream and choice of preserve and a slice of delicious sponge cake from today's selection.

Gluten Free Afternoon Tea **£16.00**

A selection of freshly made finger sandwiches, cheese straws, and grapes, a fruit scone served with clotted cream and choice of preserve and a slice of delicious sponge cake from today's selection.

Vegan Afternoon Tea **£16.00**

A selection of freshly made finger sandwiches, a lattice roll (vegan sausage roll) and grapes, a fruit scone served with clotted cream and choice of preserve and a slice of delicious sponge cake from today's selection.

Deluxe Afternoon Tea **£17.00**

Freshly made selection of luxury finger sandwiches, sausage rolls, cheese straws, grapes, a homemade scone served with clotted cream and choice of preserve, a slice of cake from today's selection, a fresh cream chocolate éclair, fresh strawberries.

Afternoon Tea vouchers are available for purchase and make the perfect gift!

Tapas Dishes

Delivering 12-2pm everyday

&

5.30-8pm Friday & Saturday

Starters To Share

Ardennes Pate , <i>caramelised onion chutney & freshly baked ciabatta (NG)</i>	£9.95
Whole Baked Camembert , <i>chutney & freshly baked ciabatta (V) (NG)</i>	£9.95
Vegetarian Platter - <i>hummus, sundried tomatoes, olives & ciabatta (NG)</i>	£8.95
Antipasti - <i>Cured meats, sun dried tomatoes, olives & ciabatta (V) (NG)</i>	£11.95

Tapas Dishes

Patatas Bravas/Ali Oli	£4.25
<i>Cubed fried potatoes with either a spicy tomato sauce or garlic mayonnaise (NG)</i>	
Mushrooms <i>in cream, white wine & garlic (NG) (VE)</i>	£5.95
Roasted Vegetable Skewers (VE) (NG)	£5.95
Brie Wedges & chutney (V)	£5.95
Mediterranean Risotto (V)	£4.95
Hand Cut Chips (V)	£3.50
Meatballs <i>in a tomato & basil sauce (NG)</i>	£5.75
Breaded Chicken Strips	£5.95
Pan Fried Chorizo <i>with tomatoes in a chilli & red wine sauce (NG)</i>	£6.95
Minted Lamb (NG)	£7.95
Crisp Fried Whitebait	£5.95
King Prawns <i>in white wine & garlic (NG)</i>	£7.95
Breaded Calamari	£7.50
Breaded Plaice Wedges	£6.25