

Breakfast / All day

Smoked Salmon & Scrambled Egg <i>served on a toasted english muffin</i>	4.85
Bacon & Scrambled Egg <i>served on a toasted english muffin</i>	4.35
Field Mushrooms & Poached Eggs V <i>served on a toast english muffin</i>	4.35
Baked Beans & Cheddar Cheese V <i>served on hot buttered toast</i>	3.35

Tapas / Small plates

Marinated Olives V	2.60
Houmous with Sesame & Grilled Pitta Bread V	3.85
Potato Wedges <i>with sour cream, chive & bbq dips</i>	3.85
Tortilla Chips V <i>with jalapeno, salsa & melted cheese</i>	3.85
Prosciutto <i>with grissini & olives</i>	3.85
Machango Cheese V <i>in olive oil</i>	3.60
King Prawns <i>in garlic & chilli oil</i>	4.85
Mediterranean Meatballs <i>in rich tomato sauce</i>	3.85
Mussels <i>in tomato & chilli</i>	3.60
Deville Whitebait <i>cayenne pepper & lemon</i>	3.95
Chorizo Sausage <i>in red wine sauce with onions & peppers</i>	3.95
Griddled Aubergine Stack V <i>with field mushrooms & machango cheese</i>	3.85
Pork Ribs <i>bbq hickory smoked</i>	3.95
Moroccan Chicken Skewers <i>seasoned fillets with tzatziki dip</i>	3.95

Paninis

grilled Mediterranean flatbreads with choice of fillings

Chicken with pesto & mozzarella	4.35
Ham with Northumberland cheese & chutney	4.35
Bacon, mozzarella and wholegrain mustard	4.35
Roasted sweet peppers, aubergines, asparagus and pesto V	4.35
Goats Cheese, Caramelised red onion & Basil V	4.35

Tortilla Wraps

Steak Wrap <i>strips of fillet steak, with onions & peppers in a peppercorn mayonnaise</i>	5.85
Caeser Chicken <i>strips of chicken, bacon, parmesan cheese in caeser dressing</i>	5.85
Buffalo Mozzarella V <i>with red peppers and pesto</i>	5.85

Classic Sandwiches

Club Sandwiches <i>chicken, bacon, salad and mayonnaise, layered between 3 slices of toast</i>	5.95
Steak Sandwich <i>strips of steak in peppercorn mayonnaise</i>	5.95
Cheeseburger <i>100% beefburger with onions, cheese & salsa</i>	5.50
Cherry Tomato Bagel V <i>with buffalo mozz & guacamole</i>	5.95

Children's Menu

Homemade pizza V	3.25
Sausage and mash	3.25
Fish fingers & chips	3.25
Homemade chicken strips	3.25
Chicken & Tomato Tagliatelle	3.25

Exchange Salads

	Starter	Main
Greek Salad V <i>feta cheese marinated in traditional herb dressing, served with olives, cucumber, cherry tomatoes</i>	6.00	8.00
Salade Nicoise <i>seared tuna loin with green beans, anchovies, boiled egg, olives & tomatoes</i>	6.25	8.25
Caesar Salad <i>chicken & bacon served with caesar dressing and parmesan shavings</i>	6.00	8.00
Goats Cheese with Poached Pears & Walnut V	6.00	8.00
Roast Ham <i>sweet ham home-cooked to perfection with honey, mustard and cloves</i>	6.00	8.00

Exchange Lunch plates/platters

	Starter	Main
Houmos, Feta Cheese & Olives, Red Onion, Roast Vegetables and New Potato Salad V	6.00	8.00
Smoked Salmon, mussels, prawns & pot salad served with Dill Vinegar	6.25	8.25

Traditional Exchange Favourites

Chicken Mushroom, Sweet Pepper and Herb Risotto <i>arborio rice braised with mushrooms, red peppers, sundried tomatoes and local herbs served with grilled panini</i>	6.60
Tear and Share V <i>warm ciabatta, olives, sundried tomatoes and jalapeno, served with dipping oil and blasamic vinegar. Enough for 2 to share.</i>	5.35
Chef's Homemade Soup <i>freshly made daily, served piping hot with warm bread</i>	3.35
Fish Cakes <i>salmon & prawn fishcakes, dressed on seasonal leaves with sweet chilli sauce</i>	5.60
Pate <i>Homemade pate served with fresh bread and locally produced chutney</i>	4.85
Bruschetta <i>Italian bread rubbed in olive oil and garlic. Select any two toppings from the following:</i>	5.60

- Parma Ham
- Smoked Salmon
- Northumberland Cheese
- Mediterranean vegetables **V**

Mussels <i>fresh mussels from North Shields cooked in white wine, cream and garlic sauce, served with warm bread</i>	5.65
Northumberland Sausage <i>made locally to our own exclusive recipe served on a bed of mustard mash with caramelised red onion gravy</i>	6.60
Tagliatelle with meatballs <i>meatballs in rich tomato sauce, served over tagliatelle with grilled panini</i>	5.85

Stonebaked Pizza

a traditional stonebaked pizza base with a choice of topping:

Goats Cheese, Mediterranean Vegetables & Basil V	6.25
Prosciutto Ham, Buffalo Mozzarella & Asparagus	6.25
Field Mushrooms, Caramelised onions, & Bell Pepper V	6.25

Sizzling Plates

individual stir-fry sizzling dishes, served with jasmine rice & prawn crackers

King Prawn <i>with thai sweet chilli</i>	8.95
Fillet Steak <i>with green peppers & black bean sauce</i>	8.95
Teriyaki Chicken	8.95

V Suitable for Vegetarians

Sunday Lunch

A choice of freshly roasted joints served with the finest fresh vegetables & yorkshire puddings

Only £7.95

served 12 - 3

Organic Presses

Elder Flower

Ginger Beer

Lime & Lemongrass

Cranberry

Lemonade

Blood Orange & Mandarin

Pomegranate & Raspberry

Apple & Blueberry

Rhubarb & Ginger

Pear & Raspberry

Pineapple & Grapefruit

Apple & Elder Flower

Char Bar

We stock the largest ranges of herbal & fruit tea in the area, everything from green tea & nettle to echinacea & raspberry.

Ask your waitress for the full selection. **1.50**

Drinks

Filter Coffee **1.50**

Americano **1.50**

Espresso **1.50**

Latte **1.80**

Cappuccino **1.80**

Flavoured Cappuccino (Decaf) **2.20**

(amaretto, mocha, Irish cream, vanilla, Hazelnut or cinnamon)

Tea per pot **1.50**

Hot Chocolate **1.50**

Topper **50p**

Flavoured Milk Shakes **1.60**



exchange menu



In order to provide you with the best possible ingredients we have taken time to source fair trade and organic products and the highest quality local produce.



exchange

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exchange