### FOOD MENU

ALL OUR DISHES WERE CREATED AND ARE PREPARED ON SITE

BY CHEF KUNJ AND OUR KITCHEN TEAM

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#### TABLE BITES

**PERFECT AS A STARTER FOR ONE OR ENJOY THREE FOR £12 TO SHARE**

<table>
<thead>
<tr>
<th>Dish</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>RED VELVET KING PRAWNS</td>
<td>5</td>
</tr>
<tr>
<td>SPICY BBQ CHICKEN WINGS (GF)</td>
<td>5</td>
</tr>
<tr>
<td>GOAT’S CHEESE &amp; WATERCRESS SALAD (GF, V)</td>
<td>5</td>
</tr>
<tr>
<td>CHEESE NACHOS WITH DIPS (GF, V)</td>
<td>5</td>
</tr>
<tr>
<td>HALLOWEEN FRIES WITH SALSA (GF, V)</td>
<td>5</td>
</tr>
<tr>
<td>LAMB KOFTA WITH TZATZIKI (GF)</td>
<td>5</td>
</tr>
<tr>
<td>MANCHURIAN EGG WITH PICCALILLI</td>
<td>5</td>
</tr>
<tr>
<td>FALAFEL WITH HRISSA MAYO (GF, V)</td>
<td>5</td>
</tr>
<tr>
<td>MEATBALLS IN TOMATO SAUCE &amp; FOCACCIA,</td>
<td>5</td>
</tr>
<tr>
<td>KUNJ’S HOMEMADE ONION BHAJI (GF, V)</td>
<td>5</td>
</tr>
</tbody>
</table>

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#### MARKET TABLE

**COBO’S LANCASHIRE LAMB HOTPOT**..........................14
Pickled red cabbage and fresh sourdough bread

**LEMON CHICKEN THIGHS (GF)**..........................14
Grilled corn on the cob, boiled onion ketchup and slaw

**CAULIFLOWER ROULADE (GF, V)**..........................13
Roasted vegetable and bean casserole

**SPINACH AND RICOTTA CANNELONI (V)**..........................13
Toasted pine nuts and sage butter

**RED VELVET KING PRAWNS**..........................5

**SPICY BBQ CHICKEN WINGS (GF)**..........................5

**GOAT’S CHEESE & WATERCRESS SALAD (GF, V)**..........................5

**CHEESE NACHOS WITH DIPS (GF, V)**..........................5

**HALLOWEEN FRIES WITH SALSA (GF, V)**..........................5

**LAMB KOFTA WITH TZATZIKI (GF)**..........................5

**MANCHURIAN EGG WITH PICCALILLI**..........................5

**FALAFEL WITH HRISSA MAYO (GF, V)**..........................5

**MEATBALLS IN TOMATO SAUCE & FOCACCIA**..........................5

**KUNJ’S HOMEMADE ONION BHAJI (GF, V)**..........................5

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#### INDIAN TIFFIN BOX

**HOMEMADE MAKHANI BASE CURRY WITH CUMIN PILAU RICE AND DAL**

**CHOOSE FROM:**

- CHICKEN OR PRAWN (GF)..........................14
- SPINACH AND PANNEER (GF, V)..........................13

**STILL PECKISH?**

**ADD ONE OF THE BELOW**

- POPPADOMS AND MANGO CHUTNEY (GF)..........................3
- RAITA AND NAAN...........................................3

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#### CHEF MYO’S BAO BAR

Served with tempura vegetables and dip

**CHOOSE FROM:**

- MUSHROOM AND BEANSPROUT (VG)..........................12
- PULLED PORK OR CHICKEN........................................13

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#### EXCHANGE GRILL

**GRILL PLATTER (GF)**..........................20
5oz Rump Steak, Chicken Thigh, Lamb Chop, Gammon Steak, Grilled Cherry Tomatoes, Watercress and Hand cut Chips, add peppercorn sauce

**12 OZ ENGLISH SIRLOIN (GF)**..........................25
Grilled Cherry Tomatoes, Hand cut Chips, Watercress and Peppercorn Sauce

**HOMEMADE HANGING LAMB KOFTA KEBAB**..........................14
Flatbread, Pilau rice and tzatziki

**GRILLED KING PRAWNS (GF)**..........................16
Cauliflower rice, tangy tomato chutney and house salad

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#### SALAD

**SUPERFOOD SALAD (GF, V)**..........................12
Rocket, Feta, Avocado, Beetroot, Sweet Potato, Roasted Red Pepper, Cauliflower Rice, Toasted Pine Nut and Lemon Dressing

**ADDITIONAL ITEM:**

- ADD CHICKEN...........................................3

**SMOKED DUCK AND FIG (GF)**..........................13
Grilled Chicory, Cherry Tomatoes, Walnut and Raspberry Dressing

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#### TWO HANDERS

**CLASSIC BEEF BURGER**..........................12
Beef Patty, Gem lettuce, Toasted Brioche Bun and House Relish

**BUTTERMILK CHICKEN BURGER**..........................12
House Slaw, Gem lettuce, Toasted Brioche Bun and BBQ Sauce

**VEGAN BBQ BURGER (VG)**..........................11
Tomato, Gem lettuce, Toasted Brioche Bun and House Relish

**ADD CHEESE OR BACON TO ANY BURGER**..........................2

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#### SIDES

**HAND CUT POTATO CHIPS (GF)**..........................4

**HAND CUT SWEET POTATO CHIPS (GF)**..........................4

**SKIN ON FRIES**..........................3

**ADD TRUFFLE OIL AND PARMESAN TO ANY OF THE ABOVE**..........................1

**SEASONAL VEGETABLES (GF)**..........................4

**MOZZARELLA GARLIC BREAD**..........................3

**ONION RINGS**..........................3

**HOUSE SALAD (GF)**..........................3

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#### TO FINISH

**SUMMER BERRY PUDDING (VG)**..........................6

**CHEF CHRIS’S CHOCOLATE BROWNIE**..........................6

**VIRTUAL CHEESECAKE**..........................5

**MATTY B’S BAKEWELL TART**..........................6

**FRESH SLICED FRUIT & FRUIT COULIS (GF, V)**..........................6

**ADD TOPPING TO ANY OF THE ABOVE**..........................1

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#### HAND STRETCHED 12” PIZZA

**MARGHERITA (V)**..........................9
Fresh basil, mozzarella and beef tomato

**MEAT LOVERS**..........................12
Pulled pork, chicken and pepperoni

**PRIMAVERA (V)**..........................11
Artichoke, olive and sun dried tomatoes

**GLUTEN FREE PIZZA BASE AVAILABLE ON REQUEST**

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#### FOLLOW US ON SOCIAL MEDIA:

- @EXCHANGE LOUNGE

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T&C’S: ALL PRICES DISPLAYED IN POUND STERLING. V = VEGETARIAN VG = VEGAN GF = GLUTEN FREE

IF YOU HAVE ANY ALLERGENS PLEASE SEE A MEMBER OF STAFF