

DRINKS MENU

Coffee

Latte / Flat White / Cappuccino / Long Black / Double Espresso	4.7
Short Mac / Piccolo	4.4
Espresso	4
Hot Chocolate / White Hot Chocolate / Chai Latte	4.9
Long Mac / Mocha / Dirty Chai	5.2
Turmeric Latte / Matcha Latte / Organic Prana Chai	5.2
Almond / Oat / Soy / Lactose Free / Coconut	0.6
Mug / medium takeaway / extra shot / Vanilla / Caramel / Hazelnut	0.5
Large takeaway	1.0

Enjoyed your Coffee today?

Take home 1kg bag of beans available for purchase

Iced Drinks

Iced Coffee / Iced Chocolate – with ice cream & cream	7.5
Iced Mocha – with ice cream & cream	8
Iced Latte / Iced Chai Latte / Cold Brew	6
Iced Long Black	5.6

Organic Sereni Teas

Earl Grey / English Breakfast / Irish Breakfast	4.6
Peppermint / Jasmin Green / Darjeeling Green	4.6
Lemongrass & Ginger / Chamomile Herbal	4.6

Smoothies & Milkshakes

Detox	9.5
Blueberries, Banana, Dates & Boysenberries	
Reboot	9.5
Mango, Pineapple, Banana, & Passionfruit	
Energise	9.5
Strawberries, Apple, Pear & Pineapple	
Booster	9.5
Banana, Mango, Spinach, & Lime	
Exchange Protein Booster	11
Banana, Vanilla Protein, Peanut Butter, Cinnamon, Almond Milk	
Milkshakes – with ice cream	7.5
Banana / Chocolate / Spearmint / Strawberry	
Alternative Milk: Almond / Oat / Soy / Lactose Free / Coconut	0.6

Cold Pressed Juices

Apple Zinger / Cloudy Apple / Beetroot & Carrot Beta-C	7
CBK Maximise / Lemon Ginger Tonic / Pure Orange	7
Passionfruit Halo / Turmeric Nourish / Watermelon Passion	7
Wheatgrass Green Elixir	7

Soft Drinks

Coke / No Sugar Coke / Diet Coke / Lemonade	5.5
Lemon, Lime & Bitters / Ginger Beer / Soda / Tonic	5.5
Dry Ginger Ale / Still Mineral Water	5.5
Baladin Organic Italian Soft Drinks (o)	7
Sparkling Mineral Water 750ml	8

Mocktails

The Exchange Mocktail	10
Virgin Daiquiri	10
Virgin Mojito	10
Virgin Piña Colada	10

Cocktails

Aperol Spritz Aperol, Sparkling, Soda Water & Fresh Orange	17
Pink Gin Spritz Pink Gin, Sparkling, Lemonade, Grenadine, Fresh Lemon	18
Piña Colada Malibu, Pineapple Juice, Coconut Cream & Pineapple	18
Passionfruit Mojito Bacardi Blanco Rum, Sugar Syrup, Soda, Fresh Mint & Lime	18
Limoncello Sour Limoncello, Lemon Juice, Sugar Syrup, Egg White, Angostura Bitters & Fresh Lemon	18
Frozen Margarita Tequila, Lime Juice, Triple Sec., Sugar Syrup & Fresh Lime	20
Frozen Cosmopolitan Vodka, Cointreau, Lime Juice, Cranberry Juice & Fresh Lime	20
Espresso Martini Vodka, Kahlua, Butterscotch, Pascucci Coffee & Sugar Syrup	20
Negroni Gin, Campari, Vermouth Bianco & Fresh Orange	20

Ask our friendly bar staff for our cocktail of the day!

Sparkling Wine

	Region	Glass	Btl
The Exchange Sparkling Brut NV <i>Classic Pinot Chardonnay bubbles</i>	SA	9	35
Cloak & Dagger Prosecco 200ml <i>Lively, crisp, citrus. (v) (m)</i>	Alpine Valleys, VIC		12
Alejandro Prosecco <i>Light & fresh, dry, zesty finish (v)</i>	Riverland, SA		39
Pommery Brut Royal NV 750ml 200ml Piccolo <i>Elegant, brioche, red fruits.</i>	Champagne, France		99 29
Pommery Brut Apanage Blanc de Blancs NV <i>Exceptional cuvee, acacia, jasmine, white grapefruit.</i>	Champagne, France		125

White Wine

The Exchange SSB <i>Racy, ripe quince, crisp apple, herbs.</i>	Margaret River, WA	9	35
Decibel Sauvignon Blanc <i>Aromatic, youthful, grapefruit, gooseberries.</i>	Hawke's Bay, NZ	13	55
Wild n Wilder 'The Courtesan' Riesling <i>Mouth-watering, floral, citrus, minerals. (v) (m)</i>	Clare Valley, SA	11	49
Altus Rise 'Wildlight' Pinot Grigio <i>Nashi pear, white stone fruit, tropical. (v)</i>	Margaret River, WA	11	49
Edwards Wines 'Matilda' Chardonnay <i>Complex, hazelnut, lime-curd, sea spray. (v)</i>	Margaret River, WA	14	59
Zilzie Section 23 Moscato <i>Sweet, spritz, candy floss, strawberries. (v)</i>	VIC	9	35

Rosé

Thompson Estate Rosé <i>Textural, wild strawberries, cream. (v)</i>	Margaret River, WA	10	39
Château la Gordonne Rose <i>Raspberries, redcurrants, freshness of citrus. (v) (b) (o)</i>	Provence, France	14	59

Red Wine

The Exchange Cab Merlot <i>Smooth, dark fruits, subtle oak.</i>	Margaret River, WA	9	35
Gipsie Jack 'The Stray' RED <i>Medium-bodied, Malbec blend, easy drinking. (v)</i>	Langhorne Creek, SA	10	39
Pacha Mama Pinot Noir <i>Juicy, sour cherries, spice, smashable. (v) (m)</i>	Yarra Valley, VIC	14	59
Plan B! Wines 'TV' Tempranillo <i>Hyper-rich, decadent, plum, dried fig. (v)</i>	Ferguson Valley, WA	14	59
Bethany of Barossa 'First Village' Shiraz <i>Rich, dark fruits, spiced oak, fine tannins. (v)</i>	Barossa Valley, SA	14	59
Jilyara of Wilyabrup 'Heath Road' Cabernet <i>Plush, concentrated, cassis, blackberry. (v)</i>	Margaret River, WA	14	59
Salena Estate 'BFR' Touriga, Lagrein and Cabernet Sauvignon <i>Super premium, full-bodied, luscious, red & black fruits.</i>	Loxton, SA		99

v - vegan friendly, o - organic, m - minimal intervention, b - biodynamic

Beer & Cider

Hazy IPA	8 / 12
Red Ale	8 / 12
Tropical Pale Ale	8 / 12
Stout	8 / 12
Lager / Pilsner	8 / 12
Exchange Mid	8 / 12
Cider	10 / 14
Ginger Beer	10 / 14
Sour	10 / 14

Happy Hour every Wednesday – Friday 4:30pm – 6:00pm

Happy Hour Beers	5 / 8
Happy Hour Cider	8 / 10
Happy Hour Ginger Beer	8 / 10
Happy Hour Sour	8 / 10
Happy Hour Wines	7

Cans & Bottles

Beers

Corona 4.5%	10
Peroni Leggera 3.5%	8
Running with Thieves IPA 5.7%	8
Dingo Lager 4.5%	8
O'Brian Gluten Free Lager 4.5%	8

Sensible

Heaps Normal non-alcoholic XPA 0.5%	8
Heaps Normal non-alcoholic Lager 0.5%	8
Peroni Libera 0%	8

Spirits

Aperitifs

Pimms	10
Aperol	10
Campari	10
Vermouth Bianco or Rosso	10

Rum

Bacardi Blanco	10
Sailor Jerry's	12
Kraken	12

Bourbon

Jim Beam	10
Wild Turkey	11
Maker's Mark	11

Scotch

Monkey Shoulder	10
Glenmorangie	12
Balvenie	17

Tequila

El Jimador Blanco	10
Hot Torque Blanco	13
Hot Torque Reposado	15
Hot Torque Añejo	18

Digestives

Sibona Grappa	12
Amaro Montenegro	12
Drambuie	15

Sensible

Seedlip non-alcoholic spirit	11
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Gin

Bombay Sapphire	11
Lawrenny 1818 Settlers	11
Lawrenny Meadowbank Pink	12
Giniversity Pink	13
Lawrenny Van diemen's	15
Hendrick's	16
Lawrenny Highlands	16

Vodka

Absolut	10
Belvedere	13
Grey Goose	16
Lawrenny Saint Clair	16

Whiskey

Jack Daniel's	10
Gentleman Jack	11
Jameson	12

Liqueurs

Baileys	9
Butterscotch	9
Kahlua	9
Galliano Black Sambuca	11
Frangelico	11
Disaronno Amaretto	11
Limoncello	12
Lawrenny Cold Brew Coffee	12

BRUNCH 6:30am – 2:30pm

Toasted Breads	10
fruit toast / sourdough bread, butter & condiments (<i>vgo / gfo + 1.5</i>)	
Toasted Banana Bread	12
whipped honey ricotta, raspberry dust, toasted walnut crumbs & pepitas (<i>v / n</i>)	
Waffles	16
two waffles, mascarpone cream, banana, maple syrup & mixed berries	
Acai Bowl	18
acai, toasted almond granola, poached pear, almond milk & coconut yoghurt (<i>vg / n / gfo + 1.5</i>)	
Free Range Eggs Any Way	14
two eggs poached / scrambled / fried on toasted sourdough (<i>v / dfo / gfo + 1.5</i>)	
Smashed Avo	23
two poached eggs, capsicum curls, crumbled feta, rocket, fresh lemon, balsamic glaze & hazelnut dukkah on toasted sourdough (<i>v / vgo / n / gfo + \$1.50</i>) <i>+ add bacon or mushrooms 5</i>	
Pan Fried Wild Mushrooms	24
wilted kale, truffle oil, cream, toasted almonds & shaved Pecorino on toasted sourdough	
Zucchini Smoked Salmon Fritters	26
fried egg, charred corn, rocket, broccolini, shaved Pecorino & fresh lemon (<i>gf</i>) <i>+ add chipotle hollandaise 2</i>	
Brisket Benny	25
slow cooked beef brisket, chipotle hollandaise, potato rosti, baby spinach & a poached egg on toasted sourdough (<i>gfo + 1.5</i>)	
Bruschetta	22
two poached eggs, fresh tomato salsa, grilled smoked chorizo, avocado, Persian feta, lemon wedge & extra virgin olive oil on toasted sourdough (<i>gfo + 1.5</i>)	
Chorizo & Chipotle Beans	24
poached egg, roast capsicum, feta, hazelnut dukkah on toasted parmesan sourdough (<i>n / gfo + 1.5</i>)	
The Lot	28
two eggs any way, bacon, pork sausage, tomatoes, mushroom, potato rosti, beans, toasted sourdough (<i>gfo + 1.5</i>)	
New Yorker Club	20
grilled chicken, bacon, tomato, salad, cheese, pickles & aioli, served with fries (<i>gfo + 1.5</i>)	
Brisket Burger	26
slow cooked beef brisket, slaw, pickles, cheese, chipotle mayo, toasted brioche bun served with fries	

Keto Salad	22
two poached eggs, bacon, avocado, roasted tomato, grilled haloumi, sautéed mushrooms & spinach with a creamy mustard dressing	
Exchange Caesar	18
baby cos, crispy bacon, shaved parmesan, egg & caesar dressing (<i>gf</i>) + add grilled chicken or smoked salmon 7	
Maple Roasted Brussels	24
roasted butternut pumpkin, avocado, quinoa, pecans, toasted seeds & Dijon dressing (<i>v / vg / gf / n</i>)	
The Green Bowl	29
grilled salmon, avocado, green leaves, broccolini, grilled zucchini, edamame, quinoa, black sesame & sweet soy dressing	
The Nourish Bowl	23
raw carrot, pickled beetroot, red cabbage, bean sprouts, spinach, kale, crispy chick peas, cashews, lemon & balsamic dressing (<i>v / vg / gf / n</i>)	
Gourmet Pizza	20 whole pizza
Ask our friendly staff for daily choices	OR
Vegetarian & gluten free options available	5.5 per slice
Ready to Go Meals	17
Check the cabinet for daily selections (<i>vo / gfo</i>)	
Wraps / Croissants / Focaccias / Desserts	
Check the cabinet for daily selections	
Little One's	
Egg on Toast , poached / scrambled or fried (<i>dfo / gfo + 1</i>)	10
Waffle , banana & maple syrup	10
Fish & Chips	12
Chicken Slider , grilled chicken breast, cheddar, tomato sauce & fries	12
Beef Slider , beef patty, tomato sauce & fries	12
Little OJ / Cold pressed Juices	6
Banana Smoothie , honey, ice, milk	6
Activity Pack	2
Sides / Extras	
bowl of fries / sweet potato fries	9
grilled chicken / smoked salmon	7
bacon / sausage / halloumi	6
potato rosti / smashed avocado	5
cherry tomatoes / mushrooms / broccolini / beans	5
scrambled eggs	5
poached egg / fried egg / feta / wilted spinach	3
sauce	2

DINNER Available from 5pm

Seasonal Arancini served with shaved Manchego cheese and topped with creamy aioli	4 for 15
Assorted Sliders roast pork, slaw, pickles & creamy aioli roast beef, tasty cheese, caramelized onion & bbq chipotle sauteed mushroom, smashed avocado, chargrilled capsicum & truffle oil	3 for 18 OR 6.5 each
Loaded Fries roast meat, pickled jalapenos, grilled chorizo, mozzarella, bbq chipotle, aioli, sriracha, topped with spring onions (vo)	15
Gourmet Pizza Ask our friendly staff for daily choices Vegetarian and gluten free options available	20 whole pizza OR 5.5 per slice
Nachos tortilla chips, chicken or mixed meats, Mexican beans, tomato red onion salsa, guacamole, mozzarella, jalapenos, sour cream & topped with spring onions (vgo)	20
Salt and Pepper Squid green salad, served with fries & tartare sauce	24
Fish and Chips 3 beer battered flathead fish pieces, served with fries & tartare sauce	23
Exchange Grazing board clothesline of cold meats, selection of cheeses, olives, antipasto & crostini	35
Gourmet Angus Beef Burger salad, tasty cheese, red onion, tomato & aioli in a brioche bun, served with fries	22
Grilled Chicken Burger slaw, smashed avocado, tasty cheese, chargrilled capsicum, smoked chorizo & sriracha mayo in a panini bun, served with fries	22
Plant Based Burger vegan protein patty, lettuce, tomato, beetroot, avocado, red onion, vegan cheese & relish in a potato bun, served with fries (vg / gfo + 1.5)	23
Open Steak Sandwich beef fillet steak, caramelized onion, relish, brie and creamy aioli on sourdough bread	25
Ready to Go Meals Check the cabinet for selections (v / gf)	17
Sides	
bowl of fries with tomato sauce & aioli	9
sweet potato fries with sweet chilli sauce & aioli	9