

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 (<i>vo</i>)	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 (<i>vgo</i>)	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 (<i>vg / gfo + 1.5</i>)	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 (<i>v / gf</i>)	17
Sides	
bowl of fries <i>with tomato sauce & aioli</i>	9
sweet potato fries <i>with sweet chilli sauce & aioli</i>	9