

LIGHT BITES & SOUPS

KING PRAWNS

Served with garlic and smoked paprika, cooked and served in a skillet with bread.

£12.90 / £25.80

SMOKED CHICKEN & GARDEN PEA SOUP

Served with freshly baked artisan bread.

£8.50

ARTISAN SANDWICHES

FRESHLY PREPARED IN HOUSE USING
YOUR CHOICE OF HOMEMADE BREAD:

CHOOSE FROM: Ciabatta, Baguette,
Focaccia, Seeded Wholemeal Bloomer,
Wrap or Gluten free.

SMOKED CHICKEN, MAYONNAISE & AVOCADO

£12.90

BRIE & CRANBERRY

£9.70

CHAR GIRLLED MEDITERRANEAN VEGETABLE & HUMMUS

£10.50

GRILLED CHICKEN & BACON OPEN STACK

With lettuce, tomato and avocado.

£12.90

PASTA

SERVED WITH PARMESAN
& FRESH HERBS

BAKED SMOKED HADDOCK

Macaroni cheese served with baby spinach, cherry tomatoes and mixed salad.

£18.50

BAKED SMOKED MOZZARELLA & PESTO

Macaroni cheese served with baby spinach, cherry tomatoes and a mixed salad.

£18.50

SPINACH & RICOTTA RAVIOLI

Pasta parcels in a pesto cream sauce.

£18.00

THE EXCHANGE

WOOD FIRED PIZZA

ALL OUR PIZZAS ARE MADE WITH
HOMEMADE NEAPOLITAN DOUGH.

GLUTEN-FREE BASES ARE ALSO
AVAILABLE FOR AN ADDITIONAL £2.00

FRESH TOMATO & BASIL

£11.00

ADD Goats cheese £2.50

ADD Mozzarella £2.50

BURRATA

Cream filled mozzarella, tomato,
oregano and violet artichoke.

£18.30

CHARCUTERIE

British cured meats, baby rocket, hens
egg, smoked mozzarella and pesto.

£18.30

MAPLE PULLED PORK

Caramelised apple, smoked apple
wood cheese, crackling, green
olives and watercress.

£18.30

WILD MUSHROOM AND TRUFFLE OIL

Woodland wild mushrooms, rosemary
cream and mash leaf.

£18.30

SIDES

SKIN ON CHIPS

£4.30

MIXED SALAD

£5.00

GARLIC & CHIVE PIZZA BREAD

£5.00

ARTISAN BREAD BASKET

£5.00

QUEEN MIXED OLIVES

£5.00

LARGE PLATES

LARGE PLAICE GOUJONS

Served with skin on chips and
red onion tartare sauce.

£18.50

CHARGRILLED STEAK FRITES

Served with Café de Paris butter.

£19.95

CHEESEBURGER

Served with home-made prime
Norfolk steak, Applewood cheese
in a brioche bun with tomato
chutney with skin on chips.

£19.00 Add two rashers of bacon £2.00

MUSHROOM BURGER

Served with Applewood cheese
in a brioche bun with tomato
chutney and skin on chips.

£16.50

MEZZE FLATBREAD

Served with hummus chorizo, aioli
and wood roasted peppers.

£13.70

DESSERTS

CHOCOLATE SUNDAE

£7.00

NEW YORK BAKED CHEESECAKE AND CHERRY COMPOTE

£7.25

TIRAMISU

£7.25

ITALIAN AFFOGATO

£7.25

SELECTION OF NORFOLK FARM HOUSE ICE CREAMS

£4.25

PLEASE CAN YOU LET YOUR WAITER
KNOW IF YOU HAVE ANY ALLERGENS
OR DIETARY REQUIREMENTS.

Our chefs use all allergens and a variety of herbs,
spices, fruit and nuts in our kitchen. All dishes may
contain a trace of these products. All dishes priced
per person and are freshly prepared daily using the
highest quality local produce wherever possible.

No additional service charge added.

WHITE WINE

VIURA, PASOS DE LA CAPULA, SPAIN
Crisp, Green apple, Tropical
£6.00 / £8.00 / £23.00

PINOT GRIGIO, PRIMA ALTA, ITALY
Pear, Ripe Apple, Mineral
Bottle £25.00

CHARDONNAY TURITELLES, DOMAINE D'ALTUGNAC, FRANCE
White Peach, Lemon
£8.25 / £10.25 / £30.00

CHENIN BLANC, PROTEA , ANTHONIJ RUPERT WYNE, SOUTH AFRICA
Apricot, Nectarine, Honey
Bottle £32.00

SAUVIGNON BLANC, BOB SHORT FOR KATE, NEW ZEALAND
Citrus, White peach, Tropical
£9.25 / £12 / £35.00

RED WINE

TEMPRANILLO, PASOS DE LA CAPULA, SPAIN
Red berry, Juicy sweetness
£6.00 / £8.00 / £23.00

PRIMITIVO, TERRE DI MONTELUSA, ITALY
Sunblushed fruit, Dark cherry
£8.00 / £9.75 / £28.50

MALBEC, CHINCHERO, BODEGAS VINECOL, ARGENTINA
Blackberry, Cherry, Plum
£8.50 / £11.00 / £32.00

RIOJA, QUINTO ARRIO TINTO, BODEGAS NAVARRSOTILLO, SPAIN
Red Cherry, Vanilla
Bottle £33.00

SHIRAZ CABERNET, STICKLEBACK RED, HEARTLAND WINES, AUSTRALIA
Dark Berry, Plum, Black Cherry
Bottle £36.00

ROSÉ WINE

H-HERO ROSÉ, LA CANTINA PIZZOLATO NV, ITALY
Red fruits, Strawberry
£7.50 / £9.00 / £26.50

Wine by the glass: 175ml / 250ml.
125ml also available.

SPARKLING & CHAMPAGNE

PROSECCO LA CAVEA ITALY
Fruity, Crisp, Floral
£8.30 / £30.60

JOSEPH PERRIER, CUVÉE ROYALE BRUT FRANCE
Lemon curd, Toast
£50.00

NEW IN
JARROLDS CHET VALLEY VINEYARD LA ROSE SPARKLING CUVÉE BRUT
Hedgerow Fruit, Fresh.
£10.70 / £53.70

BEER & CIDER

ADNAMS GHOST SHIP LOW ALCOHOL
Citrus flavours and a confident bitterness, built on a malty backbone.
0.5% (500ml) £5.60

ADNAMS GHOST SHIP PALE ALE
Bold citrus flavours and biscuit aroma
4.5% (500ml) £5.60

NORFOLK DEWHOPPER LAGER
Light with a crisp hoppy finish
4% (500ml) £5.60

NORFOLK BREWHOUSE MOONGAZER JUMPER AMBER ALE
Full body bitterness with fruity over tones and smooth finish
3.9% £5.60

SAXBY'S CIDER ORIGINAL GLUTEN FREE
Mellow, fruitful and gorgeous to behold.
5% (500ml) £5.60

BRECKLAND ORCHARD

ELDERFLOWER £4.20
PEAR & ELDERFLOWER £4.20
GINGER BEER WITH CHILLI £4.20
CLOUDY LEMONADE £4.20
STRAWBERRY & RHUBARB £4.20

SOFT DRINKS

OICHI KOMBUCHA, ORIGINAL £4.20
NATURAL COCONUT WATER £4.20
FRESH ORANGE JUICE £4.50
FRESH APPLE JUICE £4.40
CRANBERRY JUICE £3.90
APPLETISER £3.90
COCA COLA £3.90
DIET COKE £3.70
JARROLDS FILTERED WATER STILL OR SPARKLING £2.50
LIME CORDIAL WITH SODA £2.60

TEAS £3.60 EACH

JARROLDS EXCLUSIVE ENGLISH BREAKFAST
DECAFFEINATED CEYLON
SAPPHIRE EARL GREY
SPICY ROOIBOS (CAFFEINE FREE)
EGYPTIAN MINT TEA
DRAGONWELL GREEN TEA
PERSIAN POMEGRANAT
WHITE PEAR & GINGER
BEETROOT & APPLE
TURMERIC CITRUS

Novus Teas are also available to purchase in the Food Hall, lower ground

COFFEE & CHOCOLATE

FILTER COFFEE £2.80 / £3.50
ESPRESSO £2.50 / £2.90
AMERICANO £3.00 / £3.80
CAPPUCCINO £3.20 / £4.00
FLAT WHITE £3.20
LATTE £3.80
MOCHA £4.00
HOT CHOCOLATE £4.00
SYRUP Extra 60p
SPECIAL MILK Extra 60p

Full fat, semi skimmed, oat, coconut, almond and soya milk available.