

SOUP

WITH FRESHLY BAKED ARTISAN BREAD

SWEET POTATO AND ROASTED RED PEPPER SOUP

£9.50

ARTISAN SANDWICHES

FRESHLY PREPARED IN HOUSE USING
YOUR CHOICE OF HOMEMADE BREAD:

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

SMOKED CHICKEN, MAYONNAISE & AVOCADO

£13.25

BRIE & CRANBERRY

£10.50

CHARGRILLED MEDITERRANEAN VEGETABLE & HUMMUS

£10.50

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.

£18.50

SIDES

SKIN ON CHIPS
£5.00

MIXED SALAD
£5.25

GARLIC & CHIVE PIZZA BREAD
£5.25

ARTISAN BREAD BASKET £5.00

QUEEN MIXED OLIVES £5.00

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

PEPPERONI

Pepperoni with mozzarella
and a drizzle of chilli oil.

£18.00

MEDITERRANEAN VEGETABLE

Chargrilled Mediterranean vegetables
with olives and mozzarella.

£18.30

GARLIC MUSHROOM

Garlic forest mushrooms, ricotta,
spinach, mozzarella and a rocket garnish.

£18.30

BBQ CHICKEN

Red onion, mozzarella and
a rocket garnish.

£18.30

HAWAIIAN PIZZA

Ham and pineapple with mozzarella,
served on a tomato base.

£18.00

SPECIALITY PIZZA

An artisan style of pizza.
Please ask for more information.

£22.00

SHARING PIZZA FOR TWO

Choose from any of our pizzas and share
it between two.

£28.00

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.

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.

£22.00

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 rashes 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

CROQUE MONSIEUR

French hot sandwich with ham, gruyere
cheese and bechamel.

£15.00

DESSERTS

CHOCOLATE SUNDAE

£8.50

NEW YORK BAKED CHEESECAKE AND CHERRY COMPOTE

£7.25

AMARETTO COFFEE CAKE

£9.00

ITALIAN AFFOGATO

£7.50

SELECTION OF NORFOLK FARM HOUSE ICE CREAMS

£4.25

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, CUVEE ROYALE BRUT FRANCE

Lemon curd, Toast

£50.00

NEW IN

JARROLDS CHET VALLEY VINEYARD LA ROSE SPARKLING CUVEE 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

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

ALL TEAS ARE £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.