

# WOOD FIRED PIZZA

**ADD EXTRA CHEESE TO  
ANY PIZZA FOR £1.00**

## MARGHERITA

The classic with mozzarella, tomato, basil and extra virgin olive oil.

£10.50

## AMERICAN HOT PEPPERONI & MOZZARELLA

Pepperoni with mozzarella, tomato and hot green chilli peppers and chilli oil.

£15.80

## MUSHROOM & TRUFFLE

Mixed mushrooms, mozzarella, ricotta, fresh rosemary and garlic oil on a creamy béchamel base, sprinkled with parsley, Gran Milano cheese and drizzled with truffle oil.

£17.00

## POLLO FIESTA

Fajita spiced chicken, roasted peppers, garlic, avocado, red onion, tomato, and mozzarella, finished with fresh coriander, sour cream, and lime.

£17.00

## FIorentina

Free range egg and spinach, mozzarella, tomato, Gran Milano cheese, black olives and garlic oil.

£17.10

## TUNA MELT

Flakes of tuna, sweetcorn, sliced red onion and mozzarella with red chilli.

£13.30

All of our pizzas are available on a gluten free base.

## SIDES

Dough balls with garlic butter £5.25 add pesto or harissa for £1.00

Olives marinated green and black olives £5.25

Artisan breads served with olive oil & balsamic vinegar £4.25

Skin on fries with garlic mayonnaise £5.50

## THE EXCHANGE

## PASTA

### LINGUINE CARBONARA

Linguine pasta in a rich creamy sauce with smoked pancetta and finished with eggs and Parmesan cheese.

£14.75

### TAGLIATELLE & MEAT BALLS

Ribbons of pasta coated in a rich tomato and basil sauce with pork meat balls and grated parmigiano.

£18.15

### SPINACH & RICOTTA RAVIOLI

Pasta parcels filled with spinach and ricotta served with a creamy pesto sauce and finished with fresh basil and parmesan.

£14.00

### GNOCCHI

Potato dumplings served with a four-cheese sauce and fresh oregano.

£13.25

### PAPPARDELLE & MUSHROOM SAUCE

Large ribbons of pasta with a mushroom and garlic sauce, extra virgin olive, parmigiano, and fresh parsley.

£13.25

## SALAD

### GREEN MIXED SALAD

£6.00

### CLASSIC CAESAR SALAD

Served with romaine lettuce, anchovies, creamy dressing. Topped with aged parmesan cheese and croutons.

£12.00 add grilled chicken breast £5.50

### SALAD NIÇOISE

French salad served with tuna, green beans, hard boiled eggs, tomatoes and potatoes.

£16.00

## OPEN SANDWICHES & SOUPS

FRESHLY PREPARED  
IN HOUSE TO ORDER

### ITALIAN SANDWICH

Soft boiled egg, avocado, cucumber and melon finished with crispy Parma ham.

£11.00

### ROSEMARY FOCACCIA

Buffalo mozzarella, slow roast tomatoes, red peppers.

£11.00

### CIABATTA

Coppa Piacentina (air-dried, aged pork shoulder) grilled zucchini, sun dried tomatoes, and homemade pesto.

£11.00

### MEZZE BOARD

Flatbread with burrata, wood roast red peppers, hummus, grilled chorizo and aioli.

£13.10 add Tuscan Salami £2.00

### TUSCAN TOMATO SOUP

Served with ciabatta and pesto

£7.00

**CHOOSE TUSCAN TOMATO SOUP  
WITH HALF PORTION OF ANY  
SANDWICH FOR £10.50**

## DESSERT

### ITALIAN AFFOGATO

Coffee based dessert with vanilla ice cream topped with espresso

£7.50

### ICE CREAMS & SORBETS

Please ask for flavours

£3.10 per ball

# WHITE WINE

## SAUVIGNON BLANC, MONTES CLASSIC SERIES, CHILE

Citrus, Tropical, Floral

£6.00 / £7.25 / £24.00

## CHARDONNAY IGP PAYS D'OC, MONROUBY, FRANCE

Peach, Ripe Apple, Honeysuckle

£8.25 / £9.00 / £28.00

## PINOT GRIGIO MONOPOLIO, CANTINA DI GAMBELLARA, ITALY

Yellow, Peach, White Flowers

£9.50 / £10.00 / £32.00

# RED WINE

## MERLOT/CARVINA, PONTE PIETRA, ITALY

Cherry, Cranberry, Mint

£5.50 / £7.00 / £24.00

## MALBEC, KAIKEN CLÁSICO, ARGENTINA

Black Fruit, Oak, Smoke

£6.50 / £8.25 / £27.50

## RIOJA CRIANZA, EL COTO, SPAIN

Blackberry, Balsamic, Cocoa

£9.50 / £10.75 / £33.00

# ROSÉ WINE

## PINOT GRIGIO ROSÉ 'TERRE DI MONTEFORTE' ITALY

Red Cherry, Strawberry

£7.00 / £9.00 / £26.50

# SPARKLING & CHAMPAGNE

## PROSECCO LA CAVEA ITALY

A fabulous fizz, thats perfect as a aperitif or with light dishes.

£7.75 / £28.50

## JOSEPH PERRIER, CUVEE ROYALE BRUT FRANCE

Length, freshness, balance, elegance and light! The nose is delicate, fine and complex.

£47.00

**NEW IN**

## JARROLDS CHET VALLEY VINEYARD LA ROSE SPARKLING CUVEE BRUT

A majestic soft pink fizz with prominent flavour of Pinot Noir in the blend, giving the delicate scent of hedgerow fruits.

£10.00 / £50.00

# BEER & CIDER

## ADNAMS GHOST SHIP LOW ALCOHOL

Citrus flavours and a confident bitterness, all built on a malty backbone.

0.5% (500ml) £5.20

## ADNAMS GHOST SHIP PALE ALE

Bold citrus flavours and biscuit aroma

4.5% (500ml) £5.20

## NORFOLK DEWHOPPER LAGER

Light with a crisp hoppy finish

4% (500ml) £5.20

## NORFOLK BREWHOUSE MOONGAZER JUMPER AMBER ALE

Full body bitterness with fruity over tones and smooth finish

3.9% £5.20

## SAXBY'S CIDER ORIGINAL GLUTEN FREE

Mellow, fruitful and gorgeous to behold.

5% (500ml) £5.20

# SOFT DRINKS

NATURAL COCONUT WATER £3.90

FRESH ORANGE JUICE £4.10

FRESH APPLE JUICE £4.10

CRANBERRY JUICE £3.60

APPLETISER £3.60

COCA COLA £3.60

DIET COKE £3.50

JARROLDS FILTERED WATER STILL OR SPARKLING £1.00

LIME CORDIAL WITH SODA £2.50

# BRECKLAND ORCHARD

ELDERFLOWER £3.90

PEAR & ELDERFLOWER £3.90

GINGER BEER WITH CHILLI £3.90

CLOUDY LEMONADE £3.90

STRAWBERRY & RHUBARB £3.90

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

# TEAS £3.40 EACH

## JARROLDS EXCLUSIVE ENGLISH BREAKFAST

Our all day drinking tea, specially blended for the store.

## DECAFFEINATED CEYLON

Naturally decaffeinated to ensure that all flavours remain intact.

## SAPPHIRE EARL GREY

A rich and delicate, yet, full bodied with Bergamot and blue malva flowers.

## SPICY ROOIBOS (CAFFEINE FREE)

A caffeine free super grade rooibos blend with Brazilian pepper, cinnamon, cardamom, cloves and orange.

## EGYPTIAN MINT TEA

A double gold medal winner, well rounded and no bitter aftertaste.

## DRAGONWELL GREEN TEA

A Lung Ching tea, one of the most renowned green teas available, hand fired in a wok with a nut aroma and a beautiful apricot finish.

## PERSIAN POMEGRANATE

High in antioxidants and delivering a succulent and sweet herbal infusion.

## WHITE PEAR & GINGER

A delicious silver needle white tea blend combined with juicy pear and a hint of ginger on the finish.

## BEETROOT APPLE

Delicious all organic blend of beetroot, rosehip, apple pieces, hibiscus and orange peels.

## TURMERIC CITRUS

Tasty all organic blend of turmeric, ginger, lemongrass, liquorice root, match, orange and lemon.

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

# COFFEE & CHOCOLATE

FILTER COFFEE £2.65 / £3.30

ESPRESSO £2.40 / £2.70

AMERICANO £3.60

CAPPUCCINO £3.00 / £3.70

FLAT WHITE £3.00

LATTE £3.60

MOCHA £3.70

HOT CHOCOLATE £3.70

SYRUP Extra 60p

SPECIAL MILK Extra 60p

Full fat, skimmed and soya milk available