

# LUNCH

## INSPIRED EATS

### STARTERS

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**Two Way Mushrooms - 15.75 - GF,V**

charred and fried exotics over miso butter beans, tamarind dip

**Bagel Chip Nachos - 16.00**

melted cheese or vegan cheese, jalapeños, pico de gallo, green onion, pickled onions, beans, lime de crema, with chicken or bison, lamb, beef game blend

**Rosemary White Beans - 12.75 - Veg**

with frizzled onions and tomato on pressed croissant

**Tartare Originalé - 17.95**

raw tuna or raw steak, red onion, mustard, egg yolk, capers, worcestershire, grated egg, cornichons, homemade saltines

**Bacon and Brie - 14.00**

whipped brie, bagel chips, bacon chili crisp

**Blistered Shishito Peppers - 14.00 - GF,V**

sesame oil, sea salt, sesame and pumpkin seeds

**Tater Tot Fondue - 14.00**

homemade tater tots, traditional cheese sauce

**Clam Bowl - 19.95**

steamed dozen or garlic beer broth dozen

**Firecracker Short Rib Tacos - 15.00**

tomato jam, Napa cabbage, soft shell local tortilla

**Lamb Meatballs - 15.00**

harissa tahini yogurt sauce

**Hummus Board - 17.95**

smoked whitefish salad, fresh vegetables, homemade saltines

**Guacamole - 15.00 - V, Veg**

pumpkin seeds, red chili flakes, popped amaranth, bagel chips or veggies (GF)

**Buratta & Fire Roasted Peppers - 15.95 - Veg, GF**

homemade spicy tomato jam

**Calamari - 15.95 - GF**

fried with shishito peppers, calabrian pepper aioli

**Charcuterie Board - 18.95**

bison summer sausage, cured meats, local cheese, seasonal fruit

**Whipped Cheese Board - 16.95 - Veg, GF available**

feta, ricotta, olives, fried cocktail onions, hot honey, vegetables, bagel chips

### SOUPS

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**French Onion - 9.00**

bagel crouton, baked gruyere cheese

**Broccoli Cheddar - 9.00 - GF, Veg**

parmesan and everything crisp

**Soup to Recoup - 9.00 - GF**

chicken, quinoa, kale, bok choy, tomato, amaranth, ginger, lemon, chicken bone broth, tamarind, turmeric

**Cream of Wild Mushroom - 9.00 - V, GF, Veg**

mixed mushrooms, green onions

**Potato-Leek - 9.00 - GF, Veg**

crispy shallots

**African Peanut Stew - 10.00 - GF, V**

sweet potatoes, chickpeas, kale, homemade vegetable broth, peanuts

### SALADS

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**Nutritious Powerhouse - 18.00 - GF**

kale, endive, quinoa, raisins, sprouts, pumpkin seeds, strawberries, popped amaranth, egg, lemon vinaigrette

**Napa, Beet & Goat Cheese - 15.00 - Veg**

mixed greens, Napa cabbage, Brussels sprouts, crispy quinoa, roasted peppers, red wine vinaigrette

**D's Salad - 14.00 - V, GF**

green leaf lettuce, flavor bomb tomatoes, orange bell peppers, green onions, avocado, cucumbers, champagne vinaigrette

**Next Level Caesar - 14.00**

romaine lettuce, shaved Brussels sprouts, crispy chickpeas, bagel chips, parmesan and everything crisp, Caesar dressing

**Mercantile Cobb - 18.00**

mixed greens, chicken, tomatoes, avocado, crispy chickpeas, egg, bleu cheese, avocado ranch dressing

**House - 7.50 - GF, Veg, V**

mixed greens, red onion, tomato, cucumber, chickpeas, balsamic dressing

**Create Your Own Exchange Salad -****Large 18.00 Small 14.00**

ask your server for details

*Add to any salad:*

Chicken \$4 • Shrimp \$9 • Steak \$7 • Tuna \$9 • Salmon \$9  
Egg \$3

### BOWLS

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**HOT****Seafood Bowl - 25.50**

shrimp, scallops, clams, green onion, couscous, broccoli, carrots, shellfish-harissa broth

**Spicy Quinoa Bowl - 16.95 - V, GF**

broccoli, carrots, sesame seeds, mushrooms, rice, shishito and jalapeños, vegetable broth

**Bone Broth Noodle Bowls - 23.50**

all include glass noodles, mushrooms, green onion, egg, spinach, carrots. Choose:

- beef two ways: short ribs, sliced steak, beef bone broth
- chicken: pulled chicken, white beans, chicken bone broth
- vegetables: eggplant, butter beans, Brussels sprouts, lentils, vegetable broth

**COLD****Smoked Salmon Couscous - 24.50**

kale, hummus, cucumbers, red onion, preserved lemons, avocado oil, fresh lemon juice, everything bagel seasoning

**Pineapple Poke Bowl - 24.50 - GF**

raw ahi tuna or raw salmon, pineapple, rice, avocado, green onion, bok choy, sesame seeds, caramel Thai fish sauce

**Lentil Bowl - 16.95 - V, GF**

hummus, rice, cucumbers, red onion, parsley, honey, bok choy, tomato, hot honey lemon dressing

## HANDHELDS *with choice of homemade salad*

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### Exchange Burger - 14.50

American cheese, baconnaisse, pickles

### Smash Burger - 15.50

crispy cheddar cheese, pickles, tomato, onion, garlic aioli, lavash bread

### Game Burger - 15.50

local bison, lamb, beef, whipped feta, lettuce, tomato, onion

### Mozzarella Tomato Grilled Cheese - 14.50

green onion, balsamic glaze, pickled onions, flattened croissant

### Chicken Caesar Sub - 15.50

grilled or crispy fried chicken breast, romaine, parmesan cheese, Caesar dressing, Italian bread

### BBLT - 15.50

burrata, bacon, lettuce, tomato, toasted sourdough, baconnaisse

### Chicken Salad Croissant - 15.50

avocado, lettuce and tomato

### Steak Sandwich - 17.95

tomato, brie cheese, frizzled onions, crisp greens, Exchange steak sauce, Italian bread

### Smoked Salmon - 15.50

lettuce, chive cream cheese, cucumber, red onion, tomato, capers on a bagel

### Open Faced Meatloaf Sandwich - 14.50

grilled sourdough bread, melted cheddar, frizzled onions, brown gravy

## ENTREES

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### Sliced Skirt Steak - 36.00

chimichurri, fried cocktail onions, roasted potatoes and a nice salad

### Roasted Eggplant - Zucchini Lasagna - 27.00 - GF, V

vegan cheese, garlic sautéed spinach, ma's tomato sauce

## SIDES - 8.00

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Homemade Tater Tots

Handcut French Fries

Baby Bok Choy

Quinoa

Creamed Kale

Bacon Chili Crisp

Mashed Sweet Potatoes

Baked Sweet Potato

Butter Beans

Couscous

Mac & Cheese

Green Beans

Mashed Potatoes

Shaved Brussels Sprouts

**Make a Meal - any 3 for \$21**

## KIDS - 14.00

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*12 and Under Only Please*

Grilled Cheese & Fries

Noodles & Butter

Chicken Tenders & Fries

Steak & Fries

THE  
**EXCHANGE**  
RESTAURANT