

# DINNER

INSPIRED  
EATS

## STARTERS

---

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

charred & 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

**Tomato Dill Butter Beans - 12.75 - GF, Veg**

with frizzled onions

**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

**Bison Kabobs - 15.00**

ground bison & lamb, fried on a stick, harissa, mint

**Spicy Dips - 17.95**

Hummus with piri piri sauce, smoked fish dip with jalapeño, watermelon, 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

**Local Charcuterie Board - 18.95**

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

**Grilled Artichoke - 14.50 - Veg, GF, V**

roasted garlic, cashew, herb dipping sauce

## SOUPS

---

**French Onion - 9.00**

bagel crouton, baked gruyere cheese

**Broccoli Cheddar - 9.00 - GF**

parmesan and everything crisp

**Chef's Choice Soup - 9.00**

**Cream of Wild Mushroom - 9.00 - 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

---

**Nutritious Powerhouse - 18.00 - GF**

kale, Napa cabbage, quinoa, craisins, 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

*Add to any salad:*

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

## BOWLS

---

**Bone Broth Noodle Bowls - 23.50**

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

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, vegetable broth

**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

**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

## HANDHELDS *with choice of homemade salad*

---

### Exchange Burger - 14.50

American cheese, baconnaise, 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, baconnaise

### 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

---

### Prime NY Strip Steak 46.00 - GF

certified USDA Prime Creekstone Farms beef, chipperbec potato goat cheese puree, charred mushrooms, creamed kale

### Carolina Buttermilk Fried Chicken - 28.00 - GF avail

mac and cheese, green beans, hot honey, biscuit  
*(Please allow 20 minutes for GF)*

### Sesame Crusted Tuna Steak - 32.75 - GF

dirty ginger berre blanc, baby bok choy, bacon chili rice, sesame oil

### Grilled Duroc Pork Chops - 31.00 - GF

apple cider glaze, Brussels sprouts with apples, baked sweet potato

### Grandma's Meatloaf - 28.00

beef, veal, pork, mashed potatoes, frizzled onions, green beans, brown gravy

### Harry's Filet Mignon - 41.50 - GF

marinated tenderloin, crispy parmesan potatoes, spinach and mushrooms saute', fried cocktail onions

### Firecracker Scallops - 32.75 - GF

seared sea scallops, firecracker mushrooms and asparagus, mashed sweet potatoes

### Crispy Faroe Island Salmon - 32.75 - GF

miso glaze, creamed kale, butter beans

### Short Ribs - 31.00 - GF available

homemade tater tots, butter beans, green beans, brown gravy

### Sliced Skirt Steak - 37.95 - GF

chimichurri, fried cocktail onions, homemade tater tots and a nice salad

### Mushroom Bourguignon - 27.00 - GF, V

over vegan mashed potatoes, fried cocktail onions

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

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

### North Atlantic Halibut - 32.75 - GF

poached in white wine, coconut milk, and butter with clams, tomato and herbs, asparagus, jasmine rice

## PASTA

---

### Buttery Lemon Leek Pasta - 32.75

cavatappi pasta with chicken or grilled shrimp

### Braised Meats Ragu - 28.00

pulled short rib & bison, hunter sauce, mushrooms, carrots, pearl onions, pappardelle

### Sherman's Chicken - 28.00

sauteed chicken, spicy red wine sauce, fire roasted peppers, crimini mushrooms, onions, rigatoni shorts

### Burrata alla Vodka - 28.00

pink vodka sauce, pappardelle

## SIDES - 8.00

---

Homemade Tater Tots

Creamed Kale

Butter Beans

Mashed Potatoes -  
V available

Handcut French Fries

Bacon Chili Crisp

Couscous

Shaved Brussels Sprouts

Baby Bok Choy

Mashed Sweet Potatoes

Mac & Cheese

Quinoa

Baked Sweet Potato

Green Beans

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

## KIDS - 14.00

---

*12 and Under Only Please*

Grilled Cheese & Fries

Noodles & Butter

Chicken Tenders & Fries

Steak & Fries

THE  
**EXCHANGE**  
RESTAURANT