

LUNCH

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

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

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

Sliced Skirt Steak - 37.95 - GF

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

Roasted Eggplant - Zucchini Lasagna - 27.00 - GF, V

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

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