

LUNCH

INSPIRED
EATS

STARTERS

Two Way Mushrooms - 15.75 GF,V, Veg
charred & fried exotics over miso butter beans, tamarind dip

Tomato Dill Butter Beans - 12.75 GF, Veg, V
with frizzled onions

Tartare Originalé - 19.95
raw tuna or raw steak, red onion, mustard, quail egg,
capers, worcestershire, grated egg, cornichons,
homemade saltines

Bacon and Brie - 14.00 GF available
whipped brie, bagel chips, bacon chili crisp

Eggplant Rollatini - 14.00 GF,V, Veg
vegan cashew cheese, Ma's tomato sauce

Tater Tot Fondue - 14.00 GF, Veg
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 GF
ground bison & lamb, fried on a stick, harissa, mint

Sea-Cuterie Board - 18.95 GF available
tuna prosciutto, smoked salmon, whitefish salad,
watermelon radish, pickled vegetables, cornichons,
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 available
homemade spicy tomato jam

Calamari - 15.95 GF
fried with shishito peppers, calabrian pepper aioli

Local Charcuterie Board - 18.95 GF available
bison summer sausage, cured meats, local cheese,
seasonal fruit, veggies or bagel chips

Grilled Artichoke - 14.50 Veg, GF, V
roasted garlic-cashew-herb dipping sauce

SOUPS

French Onion - 9.00
bagel crouton, baked gruyere cheese

Cream of Wild Mushroom - 9.00 GF, Veg
mixed mushrooms, green onions

African Peanut Stew - 10.00 GF, V, Veg
sweet potatoes, chickpeas, kale, homemade
vegetable broth, peanuts

Chef's Choice Soup - 9.00

SALADS

Nutritious Powerhouse - 18.00 GF
kale, Napa cabbage, quinoa, raisins, sprouts,
pumpkin seeds, strawberries, popped amaranth,
poached egg, chicken, fat free lemon vinaigrette

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

*Balsamic • Red Wine Vinegar • Blue Cheese • Avocado Ranch
Champagne Vinaigrette • Fat Free Lemon • Caesar • Ranch*

BOWLS

Beef Bone Broth Noodle Bowl - 19.95 GF
pulled short rib, steak bulgogi, green onion,
mushrooms, egg, spinach, carrots, sprouts, glass
noodles, side of gochujang

Chicken Bone Broth Noodle Bowl - 19.95 GF
marinated breast & thigh meat, butter beans,
glass noodles, mushrooms, green onion,
poached egg, kale, carrots, sprouts, miso

Seafood Bowl - 25.50 GF
shrimp, scallops, clams, green onion, rice noodles,
broccoli, carrots, shellfish-harissa broth

Spicy Vegetable-Quinoa Bowl - 16.95 V, GF, Veg
broccoli, carrots, sesame seeds, mushrooms, rice,
kale, butter beans 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,
wasabi, tamarind chili sauce

GF - Gluten Free • Veg - Vegetarian • V - Vegan

The majority of our dishes can be prepared gluten free. Please alert your server to any food allergies or dietary restrictions.

HANDHELDS *with choice of soup or a nice 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 veg

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

Chicken & Broccoli - 28.00

white wine cream sauce, roasted peppers, penne

Burrata alla Vodka - 28.00

pink vodka sauce, penne

SIDES - 8.00

Homemade Tater Tots

Handcut French Fries

Baby Bok Choy

Quinoa

Creamed Kale

Bacon Chili Crisp

Mashed Sweet Potatoes

Baked Sweet Potato

Butter Beans in Tomato

Dill Sauce

Parsley Fingerling Potatoes

Mac & Cheese

Green Beans

Mashed Potatoes (V avail)

Shaved Brussels Sprouts

Garlicky Asparagus

Broccolini

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