

THE
EXCHANGE

BAR & RESTAURANT

FROM THE OVEN PERFECT FOR SHARING

- St Tola Goat's Cheese Flatbread** €16.50
Onion jam, pickled walnuts & rocket (1a, 7, 8c, 10, 12)
- Baked Ham & Cheddar Flatbread** €16.50
Irish ham, cheddar béchamel, crispy onions & Ballymaloe relish (1a, 7, 10)

SMALL PLATES

- Irish Three Cheese Croquettes** €15.50
Cheddar, smoked cheddar & Gubbeen, stout onion jam, parsley aioli (1a, 1c, 3, 7, 10)
- Crispy Buffalo Chicken Wings** €14.95
Cashel blue & crème fraîche dip, pickled celery (1a, 4, 7, 9, 12)
- Cured Clare Island Salmon Boxy** €15.95
Classic boxty pancake, crème fraîche & tartare dressing (1a, 3, 4, 7)
- Prawn Cocktail** €15.95
Irish prawns, Marie Rose sauce, iceberg lettuce, soda bread & Irish butter (1a, 2, 3, 4, 7, 10, 12)
- Creamy Mushrooms on Sourdough** €14.50
Kerrigan's mushrooms, brandy cream, wholegrain mustard & poached egg (1a, 3, 7, 10, 12)
- Slow Roast Tomato Toast** €13.95
Tomato & chilli jam, slow roast cherry tomatoes, chive oil, pickled shallot & parsley salad (1a, 10, 12)

SANDWICHES, SALADS & LIGHT PLATES UNTIL 4:30pm

- Ciabatta Club** €22.50
Grilled Irish chicken, crispy bacon, tomato, lettuce & egg mayo (1a, 3, 10)
- Ham & Cheddar Toastie** €12.95
Baked Irish ham, mature cheddar, red onion & Ballymaloe relish on sourdough (1a, 7, 10)
- The Exchange Chopped Salad** €14.95
Chickpeas, feta, olives, lemon & paprika dressing (7, 10, 12)
- Classic Caesar Salad** €14.95
Baby gem lettuce, parmesan, sourdough croutons & soft-boiled egg (1a, 3, 4, 10)
Add grilled chicken or honey-roasted halloumi €4.00

Service charge of 12.5% will be added for tables of 6 or more.

Please inform your server of any allergens or other dietary needs.

Allergens:

1 Gluten (A Wheat, B Rye, C Barley, D Oats) 2 Crustaceans 3 Eggs 4 Fish 5 Peanuts 6 Soyabeans 7 Milk
8 Nuts (A Almonds, B Hazelnuts, C Walnuts, D Cashews, E Pecans, F Pistachio, G Macadamia, H Pine Nuts)
9 Celery 10 Mustard 11 Sesame 12 Sulphur Dioxide Sulphites 13 Lupin 14 Molluscs

EXCHANGE FAVOURITES

The dishes our guests come back for

Butcher's Block (To Share) €85.00

Fillet steak, BBQ rotisserie chicken & Andarl Farm pork chop, two sauces & two sides (1a, 3, 7, 10, 12)

BBQ Rotisserie Half Chicken €27.95

Honey mustard dressing, grilled corn & fries (1a, 7, 10, 12)

Slow Braised Beef Feather Blade & Guinness €28.50

Champ potato, glazed carrots & puff pastry (1a, 1c, 3, 7, 9, 12)

Grilled Clare Island Salmon €26.95

Champ potato, cider mussels with leeks & smoky bacon (1a, 4, 7, 8a, 10, 14)

KITCHEN MAINS

Grilled Irish Beef Burger €22.95

American cheddar, crispy bacon, stout-glazed onions, mustard mayonnaise, hand-cut fries (1a, 1c, 3, 7, 10, 11, 12)

Beyond Meat Vegan Burger €22.95

American vegan cheddar cheese, lettuce, tomato, mayo and stout-glazed onions, hand-cut fries (1a, 1c, 6, 10, 11, 12)

Irish Rooster Potato Gnocchi €21.95

Deep fried Tipperary brie, rocket and Ballymaloe relish (1a, 3, 7, 10)

Beer Battered Atlantic Cod & Chips €23.95

Wasabi tartare, pea & watercress purée, grilled lemon (1a, 1c, 1d, 3, 4, 10, 11)

FROM THE GRILL

All our beef is Irish. Served with fries, roast plum tomatoes & your choice of sauce (1a, 1b, 1c, 7, 12)

200g Fillet Steak €42.95

280g Sirloin Steak €45.00

340g on the bone Andarl Farm Pork Chop €42.95

Sauces | Peppercorn & brandy | Garlic & herb butter | Mushroom & Irish whiskey (7, 9, 10, 12)

SIDES

French fries (1a) **€5.95**

Champ potato (7) **€6.95**

Creamed cabbage with crispy bacon (7) **€7.50**

Grilled corn, sour cream & Hegarty's cheddar crumb (1a, 7) **€7.50**

Grilled tender stem, Cashel blue, crispy onions & sriracha (1a, 7) **€7.50**

DESSERTS

Warm Mini Apple Doughnuts €11.95

Brandy custard, vanilla ice cream & toasted almonds (1a, 3, 7, 8a, 12)

Wexford Strawberry Pavlova €11.50

Vanilla cream & strawberry jam (3, 7)

70% Dark Chocolate Brownie €12.50

Salted caramel sauce & vanilla ice cream (1a, 3, 6, 7)

Ice Cream & Sorbet (3, 7) €10.50

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MENU 3 COURSES €59.00

SMALL PLATES

Irish Three Cheese Croquettes

Cheddar, smoked cheddar & Gubbeen, stout onion jam, parsley aioli (1a, 1c, 3, 7, 10)

Cured Clare Island Salmon Boxy

Classic boxy pancake, crème fraîche & tartare dressing (1a, 3, 4, 7)

Creamy Mushrooms on Sourdough

Kerrigan's mushrooms, brandy cream, wholegrain mustard & poached egg (1a, 3, 7, 10, 12)

KITCHEN MAINS

BBQ Rotisserie Half Chicken

Honey mustard dressing, grilled corn & fries (1a, 7, 10, 12)

Grilled Clare Island Salmon

Champ potato, cider mussels with leeks & smoky bacon (1a, 4, 7, 8a, 10, 14)

Irish Rooster Potato Gnocchi

Deep fried Tipperary brie, rocket and Ballymaloe relish (1a, 3, 7, 10)

200g Fillet Steak

Chargrilled Irish beef fillet All our beef is Irish. Served with fries (1a), roast plum tomatoes & your choice of sauce. (1a, 1b, 1c, 7, 12)

Sauces Peppercorn & brandy | Garlic & herb butter | Mushroom & Irish whiskey (7, 9, 10, 12)

DESSERTS

Warm Mini Apple Doughnuts

Brandy custard, vanilla ice cream & toasted almonds (1a, 3, 7, 8a, 12)

Wexford Strawberry Pavlova

Vanilla cream & strawberry jam (3, 7)

70% Dark Chocolate Brownie

Salted caramel sauce & vanilla ice cream (1a, 3, 6, 7)

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