

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 Boxty** €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

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

