

LIGHT BITES & SOUPS

KING PRAWNS

Served with garlic and smoked paprika, cooked and served in a skillet with bread.

£12.00 / £24.00

SMOKED CHICKEN & SWEETCORN SOUP

Served with freshly baked bread.

£8.50

CREAM OF CAULIFLOWER SOUP

Lightly curried served with apple crème fraîche and freshly baked bread.

£6.50

ARTISAN SANDWICHES

FRESHLY PREPARED IN HOUSE USING YOUR CHOICE OF HOMEMADE BREAD:

CHOOSE FROM: Ciabatta, Baguette, Focaccia, Seeded Wholemeal Bloomer, Gluten Free Roll or Wrap

SMOKED CHICKEN & AVOCADO

£12.00

BRIE & CRANBERRY

£9.00

GRILLED CHICKEN & BACON OPEN STACK

With lettuce, tomato and avocado.

£12.00

PASTA

SERVED WITH PARMESAN & FRESH HERBS

BAKED SMOKED HADDOCK

Macaroni cheese served with baby spinach, cherry tomatoes and mixed salad.

£18.50

BAKED SMOKED MOZZARELLA & PESTO

Macaroni cheese served with baby spinach, cherry tomatoes and a mixed salad.

£18.50

SPINACH & RICOTTA RAVIOLI

Pasta parcels in a pesto cream sauce.

£17.50

THE EXCHANGE

WOOD FIRED PIZZA

ALL OUR PIZZAS ARE MADE WITH HOMEMADE NEAPOLITAN DOUGH. GLUTEN-FREE BASES ARE ALSO AVAILABLE FOR AN ADDITIONAL £2.00

FRESH TOMATO & BASIL

£10.00

ADD GOATS CHEESE £2.00
ADD MOZZARELLA £2.00

BURRATA

Cream filled mozzarella, tomato, oregano and violet artichoke.

£17.00

CHARCUTERIE

British cured meats, baby rocket, hens egg, smoked mozzarella and pesto.

£17.00

MAPLE PULLED PORK

Caramelised apple, smoked apple wood cheese, crackling, green olives and watercress.

£17.00

WILD MUSHROOM AND TRUFFLE OIL

Woodland wild mushrooms, rosemary cream and mash leaf.

£17.00

SIDES

SKIN ON CHIPS

£4.00

MIXED SALAD

£5.00

GARLIC & CHIVE PIZZA BREAD

£5.00

ARTISAN BREAD BASKET

£5.00

QUEEN GREEN OLIVES

£5.00

LARGE PLATES

LARGE PLAICE GOUJONS

Served with skin on chips and red onion tartare sauce.

£17.50

CHARGRILLED STEAK FRITES

Served with Café de Paris butter.

£19.00

CHEESEBURGER

Served with home-made prime Norfolk steak, Applewood cheese in a brioche bun with tomato chutney with skin on chips.

£18.00 ADD TWO RASHES OF BACON £2.00

MUSHROOM BURGER

Served with Applewood cheese in a brioche bun with tomato chutney and skin on chips.

£16.50

MEZE FLATBREAD

Served with hummus chorizo, aioli and wood roasted peppers.

£12.50

DESSERTS

CHOCOLATE SUNDAE

£7.00

NEW YORK BAKED CHEESECAKE AND CHERRY COMPOTE

£7.00

TIRAMISU

£7.00

ITALIAN AFFOGATO

£7.00

SELECTION OF NORFOLK FARM HOUSE ICE CREAMS

£4.00

PLEASE CAN YOU LET YOUR WAITER KNOW IF YOU HAVE ANY ALLERGENS OR DIETARY REQUIREMENTS.

Our chefs use all allergens and a variety of herbs, spices, fruit and nuts in our kitchen. All dishes may contain a trace of these products. All dishes priced per person and are freshly prepared daily using the highest quality local produce wherever possible.

No additional service charge added.

WHITE WINE

SAUVIGNON BLANC, MONTES CLASSIC SERIES, CHILE

Citrus, Tropical, Floral

£6.00 / £7.75 / £24.00

CHARDONNAY IGP PAYS D'OC, MONROUBY, FRANCE

Peach, Ripe Apple, Honeysuckle

£8.25 / £9.00 / £28.00

PINOT GRIGIO MONOPOLIO, CANTINA DI GAMBELLARA, ITALY

Yellow, Peach, White Flowers

£9.50 / £10.00 / £32.00

RED WINE

MERLOT/CARVINA, PONTE PIETRA, ITALY

Cherry, Cranberry, Mint

£5.50 / £7.00 / £24.00

MALBEC, KAIKEN CLÁSICO, ARGENTINA

Black Fruit, Oak, Smoke

£6.50 / £8.25 / £27.50

RIOJA CRIANZA, EL COTO, SPAIN

Blackberry, Balsamic, Cocoa

£9.50 / £10.75 / £33.00

ROSÉ WINE

PINOT GRIGIO ROSÉ 'TERRE DI MONTEFORTE' ITALY

Red Cherry, Strawberry

£7.00 / £9.00 / £26.50

SPARKLING & CHAMPAGNE

PROSECCO LA CAVEA ITALY

A fabulous fizz, thats perfect as a aperitif or with light dishes.

£7.75 / £28.50

JOSEPH PERRIER, CUVÉE ROYALE BRUT FRANCE

Length, freshness, balance, elegance and light! The nose is delicate, fine and complex.

£47.00

NEW IN

JARROLDS CHET VALLEY VINEYARD LA ROSE SPARKLING CUVÉE BRUT

A majestic soft pink fizz with prominent flavour of Pinot Noir in the blend, giving the delicate scent of hedgerow fruits.

£10.00 / £50.00

Wine by the glass: 175ml / 250ml.
125ml also available.

BEER & CIDER

ADNAMS GHOST SHIP LOW ALCOHOL

Citrus flavours and a confident bitterness, all built on a malty backbone.

0.5% (500ml) £5.20

ADNAMS GHOST SHIP PALE ALE

Bold citrus flavours and biscuit aroma

4.5% (500ml) £5.20

NORFOLK DEWHOPPER LAGER

Light with a crisp hoppy finish

4% (500ml) £5.20

NORFOLK BREWHOUSE MOONGAZER JUMPER AMBER ALE

Full body bitterness with fruity over tones and smooth finish

3.9% £5.20

SAXBY'S CIDER ORIGINAL GLUTEN FREE

Mellow, fruitful and gorgeous to behold.

5% (500ml) £5.20

SOFT DRINKS

NATURAL COCONUT WATER £3.90

FRESH ORANGE JUICE £4.10

FRESH APPLE JUICE £4.10

CRANBERRY JUICE £3.60

APPLETISER £3.60

COCA COLA £3.60

DIET COKE £3.50

JARROLDS FILTERED WATER STILL OR SPARKLING £1.00

LIME CORDIAL WITH SODA £2.50

BRECKLAND ORCHARD

ELDERFLOWER £3.90

PEAR & ELDERFLOWER £3.90

GINGER BEER WITH CHILLI £3.90

CLOUDY LEMONADE £3.90

STRAWBERRY & RHUBARB £3.90

OICHI KOMBUCHA

HIBISCUS & ROSE £6.00

LIME, GINGER & MINT £6.00

LEMON, GINGER & TURMERIC £6.00

TEAS £3.40 EACH

JARROLDS EXCLUSIVE ENGLISH BREAKFAST

Our all day drinking tea, specially blended for the store.

DECAFFEINATED CEYLON

Naturally decaffeinated to ensure that all flavours remain intact.

SAPPHIRE EARL GREY

A rich and delicate, yet, full bodied with Bergamot and blue malva flowers.

SPICY ROOIBOS (CAFFEINE FREE)

A caffeine free super grade rooibos blend with Brazilian pepper, cinnamon, cardamom, cloves and orange.

EGYPTIAN MINT TEA

A double gold medal winner, well rounded and no bitter aftertaste.

DRAGONWELL GREEN TEA

A Lung Ching tea, one of the most renowned green teas available, hand fired in a wok with a nut aroma and a beautiful apricot finish.

PERSIAN POMEGRANATE

High in antioxidants and delivering a succulent and sweet herbal infusion.

WHITE PEAR & GINGER

A delicious silver needle white tea blend combined with juicy pear and a hint of ginger on the finish.

BETROOT & APPLE

Delicious all organic blend of beetroot, rosehip, apple pieces, hibiscus and orange peels.

TURMERIC CITRUS

Tasty all organic blend of turmeric, ginger, lemon grass, liquorice root, match, orange and lemon.

Novus Teas are also available to purchase in the Food Hall, lower ground

COFFEE & CHOCOLATE

FILTER COFFEE £2.65 / £3.30

ESPRESSO £2.40 / £2.70

AMERICANO £2.50 / £3.60

CAPPUCCINO £3.00 / £3.70

FLAT WHITE £3.00

LATTE £3.60

MOCHA £3.70

HOT CHOCOLATE £3.70

SYRUP Extra 60p

SPECIAL MILK Extra 60p

Full fat, semi skimmed, oat, coconut, almond and soya milk available