

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 artisan bread.

£8.50

SWEET POTATO & RED PEPPER SOUP

Served with freshly baked artisan bread.

£6.50

ARTISAN SANDWICHES

FRESHLY PREPARED IN HOUSE USING YOUR CHOICE OF HOMEMADE BREAD:

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

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 MIXED 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 rashers of bacon £2.00

MUSHROOM BURGER

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

£16.50

MEZZE 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

VIURA, PASOS DE LA CAPULA, SPAIN

Crisp, Green apple, Tropical

£6.00 / £8.00 / £23.00

PINOT GRIGIO, PRIMA ALTA, ITALY

Pear, Ripe Apple, Mineral

£6.75 / £8.50 / £25.00

CHARDONNAY TURITELLES, DOMAINE D'ALTUGNAC, FRANCE

White Peach, Lemon

£8.25 / £10.25 / £30.00

CHENIN BLANC, PROTEA, ANTHONIJ RUPERT WYNE, SOUTH AFRICA

Apricot, Nectarine, Honey

£9.00 / £11.00 / £32.00

SAUVIGNON BLANC, BOB SHORT FOR KATE, NEW ZEALAND

Citrus, White peach, Tropical

£9.25 / £12 / £35.00

RED WINE

TEMPRANILLO, PASOS DE LA CAPULA, SPAIN

Red berry, Juicy sweetness

£6.00 / £8.00 / £23.00

PRIMITIVO, TERRE DI MONTELUISA, ITALY

Sunblushed fruit, Dark cherry

£8.00 / £9.75 / £28.50

MALBEC, CHINCHERO, BODEGAS VINECOL, ARGENTINA

Blackberry, Cherry, Plum

£8.50 / £11.00 / £32.00

RIOJA, QUINTO ARRIO TINTO, BODEGAS NAVARRSOTILLO, SPAIN

Red Cherry, Vanilla

£8.75 / £11.50 / £33.00

SHIRAZ CABERNET, STICKLEBACK RED, HEARTLAND WINES, AUSTRALIA

Dark Berry, Plum, Black Cherry

£9.50 / £12.50 / £36.00

ROSÉ WINE

H-HERO ROSÉ, LA CANTINA PIZZOLATO NV, ITALY

Red fruits, Strawberry

£7.50 / £9.00 / £26.50

SPARKLING & CHAMPAGNE

PROSECCO LA CAVEA ITALY

Fruity, Crisp, Floral

£7.75 / £28.50

JOSEPH PERRIER, CUVEE ROYALE BRUT FRANCE

Lemon curd, Toast

£47.00

NEW IN

JARROLDS CHET VALLEY VINEYARD LA ROSE SPARKLING CUVEE BRUT

Hedgerow Fruit, Fresh.

£10.00 / £50.00

BEER & CIDER

ADNAMS GHOST SHIP LOW ALCOHOL

Citrus flavours and a confident bitterness, 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

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

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

TEAS £3.40 EACH

JARROLDS EXCLUSIVE ENGLISH BREAKFAST
DECAFFEINATED CEYLON
SAPPHIRE EARL GREY
SPICY ROOIBOS (CAFFEINE FREE)
EGYPTIAN MINT TEA
DRAGONWELL GREEN TEA
PERSIAN POMEGRANAT
WHITE PEAR & GINGER
BEETROOT & APPLE
TURMERIC CITRUS

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.