

# THE LOUNGE

at THE EXCHANGE 1856

*Served Saturday and Sunday 9am – 11.30am*

## BREAKFAST STOTTIE

*Choose one from the following*

**BACON / SAUSAGE / EGG    £5.95**

*Two items    £6.95*

*Three items    £7.95*

## LIGHTER BITES

**TOAST AND PRESERVATIVES**

**£2.95**

**SELECTION OF TRAYBAKES**

**£3.50**

**SELECTION OF PASTRIES**

**£2.50**

**SELECTION OF SCONES**

**£3.50**

## SHAKES

**LEAN & GREEN**

**£4.20**

*Vanilla protein powder, greens powder, milk and ice*

**BUILDER**

**£4.20**

*Vanilla protein powder, banana, peanut butter, milk and ice*

**PROTEIN ESPRESSO**

**£4.20**

*Vanilla protein powder, coffee beans milk and ice*

**BODHI**

**£4.75**

*Vanilla protein powder, cacao and collagen powder, MCT oil, milk and ice*

## COFFEE

**ESPRESSO    £2.50**

**AMERICANO    £3.10**

**CORTADO    £3.10**

**MACCHIATO    £3.10**

**FLAT WHITE    £3.30**

**LATTE    £3.50**

**CAPPUCCINO    £3.50**

**LONG BLACK    £3.10**

**MOCHA    £3.70**

## HOT DRINKS

**HOT CHOCOLATE    £3.60**

**CHAI LATTE    £3.80**

**MATCHA LATTEE    £3.80**

**TUMERIC LATTE    £3.80**

**COLLAGEN HOT CHOCOLATE    £4.00**

**RADIANT COLLAGEN    £4.20**

**TEA BLENDS    £3.00**

**BREAKFAST TEA    £2.50**

**ICED TEA    £3.30**

**FRAPPE    £4.30**

## COLD DRINKS

**BOTTLED WATER    £1.80**

**CANS    £1.80**

**FRUIT SHOOTS    £1.20**

**KOMBUCHA    £2.50**

*All dishes may contain traces of nuts. Please speak to staff about allergens  
Certain items can be made gluten free, please ask your server for details*

# THE LOUNGE

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Served Friday – Saturday 12pm – 8pm

**NORTH SHIELDS FISH & CHIPS**  
*Mushy Peas – Lemon – Tartare Sauce*

**£15.95**

**BAKED CAMEMBERT**  
*Sourdough – Garlic – Rosemary*

**£14.95**

**NORTH SHIELDS POTTED CRAB**  
*Sourdough – Salad*

**£10.95**

**LOADED FRIES**  
*Crispy Chicken – Chimichurri  
Garlic Mayo – Crispy onions*

**£10.95**

**NORTH SHIELDS BEER BATTERED  
FISH FINGER SANDWICH**  
*Mushy Peas – Lemon – Tartar Sauce*

**£15.95**

**BROWN'S SMASH BURGER**  
*American Cheese – Crispy Onions  
Pickles – Fries – Salad*

**£13.95**

**SALT & CHILLI CAULIFLOWER**  
*Rice – Fries – Curry Sauce  
Onions – Peppers*

**£14.95**

**SALT & CHILLI CHICKEN**  
*Fries – Rice – Curry Sauce  
Onions – Peppers*

**£15.95**

**CHARCUTERIE BOARD**

**£24.95**

## EXPRESS MENU

Served Monday to Saturday 12pm – 4pm

**FOUR CHEESE & SPRING  
ONION TOASTIE**  
*Served with house salad*

**£7.95**

**TUNA MAYONNAISE, CHEDDAR  
& SPRING ONION TOASTIE**  
*Served with house salad*

**£7.95**

**HOMEMADE HAM HOCK, CHEDDAR &  
BRANSTON**  
*Served with house salad*

**£7.95**

**SOUP AND TOASTIE**  
*Ask about our soup of the day*

**£9.95**

**CHICKEN CAESAR SALAD**  
*Baby Gem – Anchovies  
Parmesan – Croutons*

**£8.95**

## FOR THE KIDS

**CHICKEN BREAST**  
*Served with seasonal vegetables*

**£5.95**

**TOMATO PASTA**  
*Served with seasonal vegetables*

**£5.95**

**SAUSAGE AND MASH**  
*Served with seasonal vegetables*

**£5.95**

## SIDES

**TRIPLE COOKED CHIPS** **£3.95**

**SEASONED FRIES** **£3.95**

**TRUFFLE PARMESAN FRIES** **£4.95**

**CHEF'S BATTERED ONION RINGS** **£5.95**

**HOUSE SALAD** **£3.95**

**Ask your server about our daily specials and cakes**

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