

MENU

Kitchen opening times:

Mon – Thurs 12 – 2.30pm 4.30pm – 9.30pm Fri – Sat 12 – 9.30pm Sun 12 – 6pm

SMALL PLATES

TRIPLE COOKED CHIPS (v) £3.50
Chunky, hand cut, triple cooked chips.
Add cheese £1.00

GARLIC BREAD (v) £2.50
5 slices of toasted baguette
with homemade garlic butter.

ONION RINGS (v) £3.00
Ale battered onion rings.

HOMEMADE SAUSAGE ROLLS £3.75
Served with mixed salad
and red onion marmalade.

SALADS

CHICKEN & CHORIZO SALAD £9.95
Marinated chicken with sliced chorizo
served on a bed of baby leaf salad,
cherry tomatoes and red onion,
drizzled with lemon dressing.

GOATS CHEESE SALAD (v) £8.95
Served on a bed of baby leaf salad
and quinoa, topped with
vegetarian parmesan crisps,
walnuts and balsamic dressing.

MAINS

4oz STEAK BAGUETTE £8.95
Medium rare steak with fried onions
and garlic mushrooms in a toasted
baguette. Served with chips and ale
battered onion rings.

PULLED PORK BURRITO £8.95
Mexican style rice, peppers, onions,
homemade chipotle sauce, vintage
mature cheddar, little gem lettuce
and succulent pulled pork, all wrapped
up in a white flour tortilla and grilled.
Served with guacamole,
salsa and sour cream.

PIRI PIRI GLAZED CHICKEN £8.95
Spicy Portuguese chicken, marinated
then roasted, and served with triple
cooked chips and side salad.

SAUSAGE & MASH £8.95
Three butcher's sausages,
buttery mashed potato,
seasonal vegetables and gravy.
Vegetarian sausages available (v)

PIE OF THE DAY £9.95
Ask staff for daily selection. Served
with buttered mash, seasonal
vegetables and rich red onion gravy.
Vegetarian options available(v)

ALE BATTERED COD & CHIPS £9.95
Locally sourced fillet of cod in crispy
ale batter, served with buttered peas,
triple cooked chips and homemade
tartare sauce.

GOURMET BURGERS

All our burgers are made on the premises
from locally sourced prime beef or chicken.
All are served in a white floured bap with
homemade burger sauces, little gem lettuce,
sliced beef tomato, red onion and gherkin
and served with triple cooked chips,
ale battered onion rings and homemade
coleslaw.

THE EXCHANGE BEEF BURGER £9.95
Served with a slice of mature vintage
cheddar and crispy smoked bacon.

THE SUSSEX BURGER £9.95
Served with a generous slice
of Sussex blue cheese.

THE SPICY CHICKEN BURGER £9.95
Chicken breast marinated in house
spices, served with chunky slices of
chorizo and spicy chipotle mayonnaise.

THE NACHO BURGER (v) £9.95
A blend of five beans, chickpeas
and crushed nachos. Served with
guacamole and chunky salsa.

KIDS

Some of our dishes are available in kids
portions, please check with staff

SHARERS

CHEESE BOARD (v) £8.95
Choose three artisan cheeses from
our cheese selection. Served with mixed
olives, red onion marmalade, quince jelly
and toasted French bread.
Add an extra cheese £2.50

MEAT BOARD £11.95
Half rack of pork ribs, 3 sausages,
and piri piri glazed chicken. Served with
triple cooked chips and onion rings

NACHOS LOCO (v) £7.50
A large plate of nachos with plenty of
cheese, topped with lashings of guacamole,
salsa, sour cream and jalapeños.

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Our dishes change daily so be sure to
see our specials boards
or ask a member of staff about
today's favourites.

We love food here so we've put together a
menu of fresh home made dishes
and pub favourites to cater for your lunch
and dinner tastes.

We also like to complement our beers
and wines with a great selection of bar snacks.

Please ask staff for information on allergens
contained in our dishes.

WINE

Hand picked wines with you in mind

WHITE

	Bottle	250ml	175ml
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TERRE FORTI BIANCO

Italy	£16.25	£5.45	£3.95
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Light, fresh, aromatic with apple and peach notes on the nose.

GABLE VIEW

SAUVIGNON BLANC

South Africa	£17.45	£5.85	£4.25
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Crisp, citrus flavours of gooseberries and green apples.

OPERETTO PINOT

GRIGIO GARGANEGA

Italy	£17.95	£6.00	£4.30
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At the moment it seems like the whole world loves Pinot Grigio! This wine is light with jasmine, honeysuckle and apple flavours. It is a very light, easy drinking style and has notes of crisp green apple and a zingy citrus fruits.

CONDE VILLAR VINHO VERDI

Portugal	£18.95	£6.40	£4.50
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Light 10.5% wine, with a little spritz to it. Ideal for summer lunch drinking.

VIOGNIER DE L'HOSPITALET

Languedoc, France	£19.95		
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Viognier with a good balance of fruit and acidity.

SPY VALLEY MARLBOROUGH

SAUVIGNON BLANC

New Zealand	£24.25		
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Classic Marlborough. Flavours of gooseberry, passionfruit and ripe melon.

125ml glass available on request.
Bespoke wines supplied by Bibendum
from all over the world
by passionate vintners just for you

RED

	Bottle	250ml	175ml
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TERRE FORTI

SANGIOVESE

Emilia-Romagna, Italy	£16.25	£5.45	£3.95
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Light and easy red from central Northern Italy. Good balance of fruit and acidity.

OLD PRESS

SHIRAZ

Australia	£17.45	£5.85	£4.25
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Nice big, juicy, spicy Shiraz from South Australia.

ALTO BAJO

Mendoza, Argentina	£17.95	£6.00	£4.30
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Classic Chilean Merlot. Fruity, smooth and earthy.

ARGENTO

MALBEC

Argentina	£19.75	£6.65	£4.75
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Sommelier Wine Awards - Gold Medal winner. Big, rich, smooth Malbec

CHATEAU PETIT MOULIN

BORDEAUX

France	£22.95		
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Old school blend of Cabernet Sauvignon and Merlot from Bordeaux

DINASTIA VIVANCO

RIOJA CRIANZA

Spain	£24.95		
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Wonderful Rioja! Eighteen months in oak casks before bottling gives this wine a lovely fruity vanilla flavour.

ROSE

	Bottle	250ml	175ml
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WANDERING BEAR

USA	£16.45	£5.50	£4.00
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Medium sweet rosé from USA.

CONTO VECCHIO

PINOT BLUSH

Italy	£16.45	£5.50	£4.00
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Delicate, medium light rosé.

FIZZY

	Bottle
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VAPORETTO PROSECCO

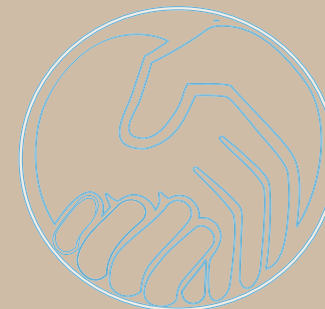
Italy	£20.50
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Fabulous lively fizz from the Bisol winery.

LANSON WHITE LABEL

Reims, France	£45
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Fresh, zesty and refreshing but with a softer, off dry character.



THE EXCHANGE PUB

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