







THE
EXCHANGE
RESTAURANT
EVENING MENU

SMALL PLATES

Selection of artisan breads, dipping oils and balsamic vinegar	£4.00
Oberon black olives, chilli and basil	£3.00
Queen green olives, orange, oregano and rock salt	£3.00
Cauliflower fritters with curried mayonnaise	£3.50
Soft-shell crab, chilli and lemon mayonnaise	£4.50

STARTERS


Seasonal soup of the day 	£5.50
Cider-steamed mussels, clams and leeks	£9.95
North West smoked fish platter <i>juniper and beech-smoked salmon, smoked trout, smoked mackerel and potted Morecambe Bay shrimps with beetroot, horseradish and toasted sour dough</i>	£11.50
Free-range ham hock terrine, piccalilli and parsley salad	£6.50
Lancashire wood pigeon, pancetta & chestnut salad served with blackberry dressing	£8.95
Formby Wood wild mushroom, rocket and Ribblesdale cheese tart 	£6.95
Feta cheese, cucumber, tomato and olives  	£5.50
Grilled vegetables and hummus  	£6.50

MAINS

Roasted 16oz on-the-bone rib of Rose County Lancashire beef* <i>Yorkshire pudding, watercress, horseradish cream and gravy</i>	£29.50 Serves 2
Fleetwood fish pie <i>smoked haddock, salmon, cod and prawns in a creamy dill sauce, mashed potatoes, and soft boiled egg</i>	£19.50 Serves 2
Traditional Scouse using Ridings Estate lamb <i>served with beetroot and pickled red cabbage</i>	£12.95
Braised and roasted Pennine venison <i>slow-cooked faggot, baby turnips and mulled pears</i>	£23.95
Roasted Goosnargh chicken breast and crispy leg <i>creamed cabbage, roast shallots and mushrooms</i>	£17.50
Pan-seared Fleetwood 'Artemis' day boat turbot <i>roasted and shaved fennel, crab tortellini and bisque</i>	£26.95
Roasted line-caught whole sea bass <i>paprika-braised squid, chick peas and flame roasted pepper sauce</i>	£16.95
Penne pasta <i>rocket, pecorino cheese and cherry tomatoes  </i>	£11.50
Courgette, cannellini bean and leek risotto <i>parmesan biscuit and poached free-range egg</i>	£12.50

FROM THE GRILL

All steaks are Rose County Lancashire beef, aged for a minimum of 32 days. If you fancy a touch of US spice, choose from Cajun spice or Tennessee bourbon BBQ marinade.

10oz Rib-eye on-the-bone steak*	£19.95
16oz T-bone steak*	£24.95
8oz Fillet steak*	£25.95
Ridings Estate lemon and oregano-marinated 8oz lamb rump steak*	£18.95
Whole grilled Fleetwood plaice <i>with devilled Morecambe Bay shrimp butter</i>	£15.50
Chargrilled Loch Duart salmon <i>candied lemon and roasted courgette </i>	£14.50

All steaks come with slow-roasted tomatoes, mushrooms, onion rings and real chips.

SAUCES

Béarnaise	£1.95
Green peppercorn	£1.95
Blue cheese	£1.95

SIDE ORDERS

Real Lancashire chips	£3.50
Buttered Anya potatoes	£3.50
Seasoned kale and spinach	£3.50
Seasonal vegetables	£3.50
Mixed winter leaf salad	£3.25



Healthy option



Vegetarian







Prices are inclusive of VAT at the prevailing rate. *Uncooked weight.

THE
EXCHANGE
RESTAURANT
LUNCH MENU




SMALL PLATES

Selection of artisan breads, dipping oils and balsamic vinegar	£4.00
Oberon black olives, chilli and basil	£3.00
Queen green olives, orange, oregano and rock salt	£3.00
Cauliflower fritters with curried mayonnaise	£3.50
Soft-shell crab, chilli and lemon mayonnaise	£4.50

STARTERS

Seasonal soup of the day 	£5.00
Free-range ham hock terrine, piccalilli and parsley salad	£5.95
Cider-steamed mussels, clams and leeks	£8.50
Formby Wood wild mushroom, rocket and Ribblesdale cheese tart 	£6.95
Feta cheese, cucumber, tomato and olives  	£4.95
Grilled vegetables and hummus  	£5.95

MAINS

North West smoked fish platter <i>juniper and beech-smoked salmon, smoked trout, smoked mackerel and potted Morecambe Bay shrimps with beetroot, horseradish and toasted sour dough</i>	£12.50
Traditional Scouse using Ridings Estate lamb <i>served with beetroot and pickled red cabbage</i>	£10.95
Roasted Goosnargh chicken breast <i>creamed cabbage, roast shallots and mushrooms</i>	£13.95
Penne pasta <i>rocket, pecorino cheese and cherry tomatoes  </i>	£8.95
Courgette, cannellini bean and leek risotto <i>parmesan biscuit and poached free-range egg</i>	£9.95
Whole grilled Fleetwood plaice <i>with devilled Morecambe Bay shrimp butter</i>	£13.95
Chargrilled Loch Duart salmon <i>candied lemon and roasted courgette </i>	£13.50

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All steaks come with slow-roasted tomatoes, mushrooms, onion rings and real chips.

SAUCES

Béarnaise	£1.95
Green peppercorn	£1.95
Blue cheese	£1.95

SIDE ORDERS

Real Lancashire chips	£3.50
Buttered Anya potatoes	£3.50
Seasonal local winter greens	£3.25
Seasonal local vegetables	£3.25
Mixed winter leaf salad	£3.25

 Healthy option

 Vegetarian