

THE
EXCHANGE
 RESTAURANT AND
 COCKTAIL BAR

EARLY DOORS DINING

Tuesday to Saturday – 6pm to 7.30pm | 2 course 19.50 – 3 course 24.50

All dishes marked with * are included in the Early Doors Dining menu

The following supplements apply:

Baked king scallops (supp. 3 euro), Baked halibut fillet (supp. 3 euro), 8oz Rib eye (supp. 4 euro)

Ask your server about our daily special

Soup & Salad

French onion soup, gruyere cheese croute 6.50

* Vegetable minestrone soup with orzo pasta (v) 6

Apple, avocado and walnut salad, blue cheese, lemon poppyseed dressing (v) 8

Starters

*Baked king scallops, herb crust, vermouth garlic butter 11.50

Chicken liver and spinach tartlet, soft poached egg 9

*Beef carpaccio, truffle oil and horseradish aioli 9.50

*Terrine of smoked chicken and ham hock, fried capers 9

Seafood plate - Kilkeel bay crab spring roll, garlic buttered prawns, oak smoked salmon and Carlingford oyster 10.50

Baked Irish camembert, honey and roasted garlic (v) 9

Potato gnocchi with braised pork cheek, vintage cheddar 8

SHARING PLATES

Prawn and chorizo in garlic herb butter, sourdough bread 15

Seafood platter - Kilkeel bay crab spring roll, garlic buttered prawns, oak smoked salmon and Carlingford oyster 17.50

Artisan Irish cheese board, Exchange chutney 14

Meat & Fish

*Venison loin, smoked garlic dauphinoise, parsnip puree, redcurrant and fig jus 21.50

Veal medallions, smoked bacon and thyme potato rosti, morel cream sauce 24

Roast monkfish, Serrano ham, scallion mash, provencale vegetable ragout 21

*Baked fillet of halibut, chickpea and chilli salad, tomato and lime salsa 24

*Pan fried wild sea trout, potato and leek puree, fennel, bisque sauce 19

All fish served is from sustainable sources

IRISH STEAKS

The very best Irish meat, dry aged on the bone for up to 30 days

Fillet of beef 8oz	27
*Rib eye 8oz	24
Sirloin 10oz	25.50

*Served with grilled vine tomatoes, crispy onions and chunky chips
 Choice of green peppercorn and brandy cream, prawn butter or bearnaise sauce*

Vegetarian Main Courses

Warm grilled vegetable salad, toasted pine nuts, aged balsamic, warm tomato bread 14

Spaetzli gratin, caramelised onions and Portobello mushrooms, gruyere cheese 14.50

*Chickpea and lentil cake, poached egg, chilli sauce 16

Sides

All side dishes are 3.50

Wilted spinach, pine nuts, raisins, garlic

Mixed leaf salad, cherry tomato, red onion, ranch dressing

Tenderstem broccoli, toasted almond, lemon butter

Celeriac remoulade

Buttery creamed potatoes

Chunky chips, truffle parmesan aioli

Pudding & Cheese

*A taste of chocolate 7

*Rhubarb and custard crumble, clotted cream 6

*Baked vanilla rice pudding, poached pear, hazelnut biscotti 6

Irish artisan cheese plate, Exchange chutney 9

Apple tart tatin, calvados ice cream 6.50

*Sticky toffee and date pudding, mascarpone ice cream 6

Selection of homemade ice cream 6