

## SANDWICH MENU

CRUNCHY VEGETABLE, HUMMUS,  
PEPPERS & CHIPOTLE KETCHUP WRAP

TUNA & CHEESE PANINI

HAM, CHEESE & RED ONION CHUTNEY  
TOASTIE

SALT BEEF, PICKLED CABBAGE, CRISPY  
ONIONS & MUSTARD MAYO BAGEL

ITALIAN PROSCIUTTO, MOZZARELLA,  
BASIL & TOMATO BAGUETTE

## CAKE MENU

FUDGE BROWNIE

MARBLE CAKE

ORANGE & POLENTA CAKE

*the*  
**EXCHANGE**  
CAFÉ

REMEMBER TO  
BRING YOUR OWN  
CUP FOR A £0.20  
DISCOUNT

### **ALTERNATIVE**

### **MILKS AVAILABLE:**

OAT, SOYA,  
ALMOND, COCONUT

**ORIGIN**



		<b>Small</b>	<b>Regular</b>	<b>Large</b>
ESPRESSO	<b>Single</b>	£1.45	<b>Double</b> £1.90	
FLAT WHITE		£2.20		
AMERICANO		£1.80	£1.90	£2.35
LATTE		£2.10	£2.20	£2.50
CAPPUCCINO		£2.10	£2.20	£2.50
MACCHIATO	<b>Single</b>	£1.45	<b>Double</b> £1.90	
MOCHA			£2.20	£2.50
HOT CHOCOLATE			£2.20	£2.50
TEA			£1.15	
SPECIALITY TEA			£1.45	
ICED AMERICANO			£2.60	
ICED LATTE			£2.90	
CHAI LATTE		£2.20	£2.50	
MATCHA LATTE		£3.35		
EXTRA SHOT		£0.40		
SYRUP SHOT		£0.40		

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For calorie information, please see below

Coffee	Shots	8oz						Coffee	Shots	4oz					
		No Milk	Whole Milk	Semi Skimmed Milk	Skimmed Milk	Oat Milk	Soy Milk			No Milk	Whole Milk	Semi Skimmed Milk	Skimmed Milk	Oat Milk	Soy Milk
Flat White	Single		143 Kcal	100 Kcal	75 Kcal	96 Kcal	114 Kcal	Macchiato	Single		66 Kcal	46 Kcal	35 Kcal	45 Kcal	53 Kcal
	Double		132 Kcal	92 Kcal	70 Kcal	89 Kcal	106 Kcal		Double		55 Kcal	39 Kcal	30 Kcal	38 Kcal	44 Kcal
Americano	Single	3 Kcal	18 Kcal	13 Kcal	10 Kcal	12 Kcal	9 Kcal	Espresso	Single	3 Kcal					
	Double	5 Kcal	20 Kcal	15 Kcal	12 Kcal	14 Kcal	11 Kcal		Double	5 Kcal					
Latte	Single		143 Kcal	100 Kcal	75 Kcal	96 Kcal	114 Kcal								
	Double		132 Kcal	92 Kcal	70 Kcal	89 Kcal	106 Kcal								
Cappuccino	Single		143 Kcal	100 Kcal	75 Kcal	96 Kcal	114 Kcal								
	Double		132 Kcal	92 Kcal	70 Kcal	89 Kcal	106 Kcal								
Mocha	Single		239 Kcal	193 Kcal	168 Kcal	189 Kcal	207 Kcal								
	Double		225 Kcal	185 Kcal	163 Kcal	182 Kcal	199 Kcal								
Hot Chocolate	Single		210 Kcal	180 Kcal	150 Kcal	160 Kcal	140 Kcal								
	Double		270 Kcal	240 Kcal	210 Kcal	220 Kcal	200 Kcal								

Coffee	Shots	12oz						Coffee	Shots	16oz					
		No Milk	Whole Milk	Semi Skimmed Milk	Skimmed Milk	Oat Milk	Soy Milk			No Milk	Whole Milk	Semi Skimmed Milk	Skimmed Milk	Oat Milk	Soy Milk
Flat White	Single		221 Kcal	153 Kcal	115 Kcal	147 Kcal	176 Kcal	Flat White	Single		260 Kcal	180 Kcal	135 Kcal	173 Kcal	207 Kcal
	Double		209 Kcal	146 Kcal	110 Kcal	140 Kcal	167 Kcal		Double		248 Kcal	173 Kcal	130 Kcal	166 Kcal	198 Kcal
Americano	Single	3 Kcal	22 Kcal	16 Kcal	12 Kcal	14 Kcal	11 Kcal	Americano	Single	3 Kcal	24 Kcal	18 Kcal	13 Kcal	15 Kcal	12 Kcal
	Double	5 Kcal	24 Kcal	18 Kcal	14 Kcal	16 Kcal	13 Kcal		Double	5 Kcal	26 Kcal	19.5 Kcal	15 Kcal	17 Kcal	14 Kcal
Latte	Single		221 Kcal	153 Kcal	115 Kcal	147 Kcal	176 Kcal	Latte	Single		260 Kcal	180 Kcal	135 Kcal	173 Kcal	207 Kcal
	Double		209 Kcal	146 Kcal	110 Kcal	140 Kcal	167 Kcal		Double		248 Kcal	173 Kcal	130 Kcal	166 Kcal	198 Kcal
Cappuccino	Single		221 Kcal	153 Kcal	115 Kcal	147 Kcal	176 Kcal	Cappuccino	Single		260 Kcal	180 Kcal	135 Kcal	173 Kcal	207 Kcal
	Double		209 Kcal	146 Kcal	110 Kcal	140 Kcal	167 Kcal		Double		248 Kcal	173 Kcal	130 Kcal	166 Kcal	198 Kcal
Mocha	Single		314 Kcal	246 Kcal	208 Kcal	240 Kcal	269 Kcal	Mocha	Single		352 Kcal	273 Kcal	228 Kcal	266 Kcal	300 Kcal
	Double		302 Kcal	239 Kcal	203 Kcal	233 Kcal	260 Kcal		Double		341 Kcal	266 Kcal	223 Kcal	259 Kcal	291 Kcal
Hot Chocolate	Single		315 Kcal	270 Kcal	225 Kcal	240 Kcal	210 Kcal	Hot Chocolate	Single		368 Kcal	315 Kcal	263 Kcal	280 Kcal	245 Kcal
	Double		405 Kcal	360 Kcal	315 Kcal	330 Kcal	300 Kcal		Double		473 Kcal	420 Kcal	368 Kcal	385 Kcal	350 Kcal