



THE  
**EXCHANGE**  
COFFEE • MERCANTILE • EATERY

# FOOD MENU SUMMER '21

TUESDAY-SATURDAY, 7 AM - 2 PM

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All our food is made fresh to order. The volume of orders ahead of you will determine your wait time (typically 15-20 minutes but may be longer during peak hours).

# SMALL PLATES

## MAPLE, EGG, & BACON BREAKFAST SANDWICH

3.80 | Maple-infused waffle filled with scrambled cage-free eggs, crispy turkey bacon, melted cheddar cheese, and lightly seasoned with Everything Bagel seasoning. Perfect for a quick bite on the go! +Substitute for a gluten-free waffle for 1.00

## FIESTA BREAKFAST SANDWICH

3.80 | Two scrambled cage-free eggs whisked with house made pico de gallo + taco sauce, topped with melted cheddar cheese & crispy turkey bacon. +Substitute for a gluten-free waffle for 1.00

## FRESH FRUIT CUP

3.80 | Sliced bananas, strawberries, & fresh apples. +Nutella drizzle for 1.00

## GOOD MORNING

7.80 | Two eggs scrambled or sunny side-up, two strips of crisp bacon + a side of sliced bananas, strawberries, & fresh apples. +Nutella drizzle for 1.00

## BACON & EGG AVOCADO HALF

6.80 | Half an avocado baked & topped with one over-easy egg, turkey bacon, chives, salt & pepper. +add creamy Boursin cheese or Goat Cheese (we highly recommend) for 1.50

## AVOCADO "TOAST" WAFFLE

6.80 | Half of our Signature bubble waffle toasted & topped with freshly smashed avocado, goat cheese crumbles, and Everything Bagel Seasoning.  
+Substitute for a gluten-free waffle for 1.00 +add cherry tomatoes for 0.75

## CAPRESE "TOAST" WAFFLE

7.80 | Half of our Signature bubble waffle toasted & topped with fresh mozzarella, tri-colored cherry tomatoes, fresh basil ribbons, and a balsamic reduction.  
+Substitute for a gluten-free waffle for 1.00

## CHICKEN BACON RANCH "TOAST" WAFFLE

7.80 | Half of our Signature bubble waffle toasted & baked with ranch dressing & shredded cheddar, topped with panko-breaded chicken, turkey bacon, diced red onion & a pinch of chives +Substitute grilled chicken at no cost or substitute for a gluten-free waffle for 1.00

# BAKERY

## BANANA BREAD SQUARE

2.00 | Made with bananas, oat flour & maple syrup, this crowd-favorite is flavorful.

## CHOCOLATE CHIP COOKIE

2.50 | Made with bananas & oat flour, this cookie is soft & sweet.

## GARLIC CHEDDAR & CHIVE SCONE

2.50 | A gluten-free savory scone baked with cheddar, diced chives, & minced garlic, served warm. Let us know if you would like butter with it! Pair it with a Hearty Salad!

## BLUEBERRY LEMON SCONE

2.50 | A gluten-free, vegan scone baked with fresh blueberries drizzled with a subtle lemon glaze.

## LEMON LAVENDER SHORTBREAD COOKIES

1.50 | Soft, buttery shortbread cookies half-dipped in a simple glaze, with a yummy flavor combination of lavender flowers and lemon zest.

## ABOUT OUR WAFFLES & CREPES

### OUR SIGNATURE WAFFLE

The secret of the unique taste of our waffles is very simple; the natural ingredients & the shape.

The egg waffle, as it's known (because of the round sections that look like little eggs), is one of the more popular street foods in Hong Kong. The softness will melt in your mouth.

### GLUTEN-FREE CREPES

Inspired by a unique Parisian tradition, the recipe & shape originated in France. We bring the concept to the (920) & make them gluten-free so that you can experience & savor this delectable creation locally.

### VEGAN & GLUTEN-FREE WAFFLE

Try our clean & healthy Vegan, Gluten-free Waffle made with certified gluten-free oat flour, EVOO, & little sugar.

Please let us know if you have a gluten, dairy, or other allergy, as many of our items can be customized to be allergy friendly.

## SAVORY WAFFLES & CREPES

### 1. CHOOSE A BASE

SIGNATURE WAFFLE | GLUTEN-FREE CREPE | VEGAN & GLUTEN-FREE WAFFLE +1.00

### 2. CHOOSE YOUR ENTRÉE

All entrees come with a side salad with tomatoes, drizzled in EVOO + salt & pepper.  
Substitute your side salad for a fruit cup for 1.00

#### BASIL PESTO & TOMATO GRILLED CHEESE WAFFLE

8.80 | Our signature Bubble waffle is loaded & baked with melted cheddar cheese & basil pesto, then topped with fresh tomato slices.  
+add grilled chicken for 3.50

#### CHICKEN N' WAFFLES

9.80 | Literally how it sounds: Panko-breaded chicken drizzled in pure maple syrup, wrapped in our Signature Waffle, served with sides of hot sauce & maple syrup.

#### BBQ CHICKEN

11.80 | Panko-breaded chicken baked with Sweet Baby Ray's barbecue sauce, sandwiched with shredded cheddar, diced red onion, mixed greens & fresh tomato slices, then topped with a pinch of French's fried onions and served with a side of ranch dressing.

#### SOUTHWEST BREAKFAST SCRAMBLE

11.80 | Two eggs scrambled with roasted bell peppers & red onions, plus turkey bacon & pepper jack cheese, served with sides of pico de gallo & sriracha mayo.

#### BUFFALO CHICKEN

11.80 | Our panko-breaded chicken, smothered & baked with Frank's Red-Hot Sauce & pepper jack cheese, topped with fresh mixed greens, ranch dressing & shredded cheddar. +Substitute for grilled chicken at no cost.

#### \*CLASSIC BREAKFAST COMBO

8.80 | Two cage-free eggs, a side of turkey bacon, & our signature bubble waffle, served with maple syrup & butter.

#### \*GREEN EGGS & BACON

10.80 | Two over-easy, cage-free eggs served over tomato slices with crispy turkey bacon & avocado, topped with avocado crema & chives.

#### WISCONSIN PRIDE

10.80 | Panko-breaded chicken, crispy turkey bacon, & melted cheddar cheese, drizzled with maple syrup, served with sriracha mayo & maple. +Substitute for grilled chicken at no cost.

### 3. CUSTOMIZE YOUR ENTRÉE

- + Panko chicken or grilled chicken breast 3.50 | + avocado slices 1.50
- + One cage-free egg 1.00 or two cage-free eggs 2.00 | +turkey bacon 1.50
- + Goat cheese or bleu cheese crumbles 1.75 | + avocado crema 1.00
- + Diced red onions 0.50 | +pico de gallo or sweet black bean salsa 0.75
- Substitute or add sauces! + ranch, sriracha mayo, or pure maple syrup 0.50

\* = consuming raw or undercooked eggs may increase your risk of foodborne illness.

# SWEET WAFFLES & CREPES

## 1. CHOOSE A BASE

SIGNATURE WAFFLE | GLUTEN-FREE CREPE | VEGAN & GLUTEN-FREE WAFFLE +1.00

## 2. CHOOSE YOUR ENTRÉE

All sweet waffles & crepes are topped with powdered sugar, house made whipped topping, & a mint leaf. Please let us know how we can best customize your entrée to meet your dietary needs.

### BERRY

WAFFLE OR CREPE 8.80  
Sliced strawberries & fresh blueberries, drizzled in a vegan, gluten-free blueberry sauce, topped with whipped cream.  
Waffle is served with maple syrup.

### CARAMEL PECAN ROLL

WAFFLE 8.80 OR CREPE 6.80  
Candied pecans drizzled in a gluten-free caramel sauce, topped with whipped cream. Waffle is served with a side of maple syrup.

### BLUEBERRY CHEESECAKE

WAFFLE OR CREPE 9.80  
Signature sweet cream, fresh blueberries, crushed graham cracker, & whipped cream, drizzled in a vegan, gluten-free blueberry sauce.

### FRESH FRUIT

WAFFLE OR CREPE 10.80  
Sliced strawberries & bananas, plus fresh blueberries, topped with whipped cream.  
Waffle is served with maple syrup.

### S'MORES

WAFFLE 8.80 OR CREPE 7.80  
Melted chocolate chips & marshmallows, topped with whipped cream, gluten & dairy-free dark chocolate drizzle, & crushed graham crackers.

### STRAWBERRIES & CREAM

WAFFLE OR CREPE 9.80  
Signature sweet cream, sliced strawberries, & whipped cream.

### BYO

Waffle 4.80  
Gluten-free Crepe 3.80  
Vegan, Gluten-free Waffle 6.80

### BANANA CREAM PIE

WAFFLE OR CREPE 8.80  
Signature sweet cream & sliced bananas, topped with whipped cream, cinnamon, & crushed graham crackers

### BANANA NUTELLA

WAFFLE OR CREPE 9.80  
Sliced bananas, creamy gluten-free Nutella drizzle, & whipped cream.

### CHOCOLATE CHIP

WAFFLE W/MAPLE SYRUP 8.80  
Melted chocolate chips, gluten & dairy-free dark chocolate drizzle, & a dollop of whipped cream, served with maple syrup.  
+Add a banana for 1.00  
Make it vegan! Get rid of the whip, ask for our dairy-free, gluten-free chocolate chips, & our Vegan & Gluten-free waffle!

### CINNAMON ROLL

WAFFLE 8.80 OR CREPE 6.80  
Signature sweet cream, gluten-free caramel drizzle, whipped cream, & cinnamon. +add candied pecans for 1.00

### BLUEBERRY WAFFLE

7.80 | Fresh blueberries atop our signature waffle, topped with a dollop of whipped cream, served with a side of pure maple syrup. +add candied pecans for 1.00

### STRAWBERRY BANANA

WAFFLE OR CREPE 9.80  
Sliced strawberries & bananas + whipped cream, served with maple syrup.

### STRAWBERRY NUTELLA

WAFFLE OR CREPE 10.80  
Sliced strawberries, creamy gluten-free Nutella drizzle, & whipped cream.

## 3. CUSTOMIZE YOUR ENTRÉE

+ Strawberries 2.50 | + blueberries 2.00 | + whole banana 1.00  
+ One cage-free egg 1.00 or two cage-free eggs 2.00 | +turkey bacon 1.50  
+ Vegan, gluten-free chocolate chips 1.50 | +chocolate Chips 0.50  
+ Candied pecans 1.00 | +Nutella drizzle 1.00 | +dark chocolate or caramel drizzle 0.50  
+ Add Signature sweet cream 1.00 | +pure maple syrup 0.50 | +butter 0.25

# HEARTY SALADS

## 1. CHOOSE YOUR ENTRÉE

All salads are a generous portion of mixed greens, and we add a drizzle of EVOO, salt, & pepper. Not quite as hungry? Try a half salad!

### SWEET BBQ CHICKEN SALAD

FULL 11.80 OR HALF 5.90 | Panko-breaded chicken, avocado, tomatoes shredded cheddar cheese, & sweet black bean salsa, topped with onion straws, drizzled with BBQ sauce, & served with a side of ranch dressing. +substitute for grilled chicken at no charge.

### BUFFALO CHICKEN

FULL 11.80 OR HALF 5.90 | Panko-breaded chicken baked in Frank's Red-Hot Sauce & pepperjack cheese, topped with shredded cheddar, onion straws, & a ranch drizzle, served with a side of ranch. +add bleu cheese crumbles for 1.75

### **GF** CAPRESE SALAD

FULL 9.80 OR HALF 4.90 | Freshly sliced mozzarella balls, sliced tri-colored cherry tomatoes, fresh basil chiffonade, plus a balsamic reduction drizzle, served with a side of our creamy balsamic dressing. +add panko or grilled chicken breast for 3.50.

### **GF** CRANBERRY PECAN SALAD

FULL 11.80 OR HALF 5.90 | Dried cranberries, candied pecans, cherry tomatoes, & applewood-smoked bleu cheese crumbles, drizzled with balsamic reduction, & served with a side of creamy balsamic dressing. + Substitute bleu cheese crumbles for goat cheese crumbles at no charge. +add panko or grilled chicken breast for 3.50

### **GF** \*GREEN EGGS & BACON

FULL 10.80 OR HALF 5.40 | Two over-easy, cage-free eggs topped with crispy turkey bacon & avocado crema, plus cherry tomatoes, avocado, & chives.

### CHICKEN BACON GOAT CHEESE SALAD

FULL 12.80 OR HALF 6.40 | Panko-breaded chicken breast, chopped turkey bacon, goat cheese crumbles, sliced apples, and diced red onion, served with a side of our house-made Lemon Vinaigrette dressing. +substitute for grilled chicken at no charge.

### SPICY SOUTHWEST SALAD

FULL 11.80 OR HALF 5.90 | Your choice of chicken plus shredded cheddar cheese, our pico de gallo salsa & sweet black bean salsa, drizzled with sriracha mayo, & served with a side of our avocado crema.

### **GF** **V** STRAWBERRY APPLE SALAD

FULL 11.80 OR HALF 5.90 | Apple slices, strawberry slices, dried cranberries, candied pecans, & balsamic reduction drizzle, served with a side of our house-made Lemon Vinaigrette dressing. +add panko or grilled chicken breast for 3.50

## 2. CUSTOMIZE YOUR ENTRÉE

- + Panko chicken or grilled chicken breast 3.50 | + avocado slices 1.50
- + One cage-free egg 1.00 or two cage-free eggs 2.00 | +turkey bacon 1.50
- + Goat cheese or bleu cheese crumbles 1.75 | + shredded cheddar 0.75
- + diced red onions 0.50 | +cherry tomatoes, pico de gallo or sweet black bean salsa 0.75
- Substitute or add sauces! Substitute for Ranch, Sriracha Mayo, Honey Mustard, Creamy Balsamic dressing, Lemon Vinaigrette or Balsamic Reduction.

\* = consuming raw or undercooked eggs may increase your risk of foodborne illness.