



SMALL PLATES

FRUIT BOWL (chocolate or caramel drizzle upon request).....	5.80
HUMMUS & WAFFLE WEDGES.....	5.80
BRUSCHETTA WAFFLE.....	6.80
PARMESAN GARLIC WAFFLE.....	6.80
BACON & EGG AVOCADO HALF.....	6.80

BREAKFAST LUNCH OR DINNER

YOU CHOOSE: Signature Waffle, Crepe, Vegan Waffle or over Mixed Greens

CHICKEN N' WAFFLES.....9.80
Literally how it sounds; Panko breaded white meat chicken & maple drizzle over our Signature Waffle served with hot sauce & more maple syrup

GREEN EGGS & BACON10.80
It's green because it is covered in avocado crème sauce over our cage free eggs, topped with crispy turkey bacon, avocado & tomato

 **ALL THINGS GOOD & HEALTHY10.80**
The Exchange Walnut Burger, sweet black bean salsa, avocado, tomato & mixed greens

WISCONSIN PRIDE.....9.80
Panko breaded white meat chicken, crispy turkey bacon, melted WI cheddar cheese, maple drizzle & sriracha mayo

 **WALNUT CREPE, SALAD OR WAFFLE10.80**
The Exchange Walnut Burger, sliced avocado, tomato, mixed greens & garlic mayo

 **CREAMY MUSHROOM CREPE.....9.80**
Sautéed mushroom trio in herbed cream sauce & spinach topped with chives

 **CAPRESE9.80**
Heirloom mini tomatoes, fresh mozzarella, fresh basil, EVOO & balsamic reduction

OUR TAKE, PHILLY CHEESE STEAK10.80
Steak beef tips sautéed with bell peppers, onions & WI pepper jack cheese & wasabi mayo

 **MUSHROOM (NOT STEAK) PHILLY9.80**
Mushroom trio sautéed with bell peppers, onions & WI pepper jack cheese & wasabi mayo

CLASSIC BLT8.80
Crispy turkey bacon, sliced tomato, mixed greens & mayo (cage free egg mayo)

 **CLASSIC GRILLED CHEESE.....8.80**
Loads of WI cheddar cheese melted in a waffle or crepe (not available on greens)

Add Exchange Walnut Burger.....	3.00
Add Steak or Panko Chicken.....	2.50
Add Turkey Bacon.....	2.50
Add Avocado.....	1.75
Add Cheese.....	1.75
Add 1 Cage-Free Egg.....	2.00

 **Vegetarian Options**

 **Vegan options upon request: We can make items vegan & offer a Vegan Signature Waffle with all the taste & also lower carbs**

YOU CHOOSE: Have on our Signature Waffle, Crepe, or Vegan Waffle

- CINNAMON ROLL WAFFLE or CREPE..... 8.80
- CARAMEL PECAN ROLL WAFFLE or CREPE 9.80
- STRAWBERRIES & CREAM WAFFLE or STRAWBERRY SHORT CREPE.....8.80
- BANANA CREAM PIE WAFFLE or CREPE..... 8.80
- SMORES WAFFLE OR CREPE 8.80
- NUTELLA & BANANA &/OR STAWBERRY WAFFLE or CREPE 9.80
- CHOCOLATE CHIP WAFFLE or CREPE 8.80
- SEASONAL FRUIT WAFFLE OR CREPE 9.80

Add scoops of ice cream.....1.50 per scoop
Add Bananas &/or Strawberries..... 1.00

DESSERTSPrices Vary
Honey Crepe Cake, Russian De Leche Peaches, Ferrero Rocher Cake, Fairy Tale Cake, Chocolate Chip Cookies, Donuts & Donut Holes, Brownie Kabobs, Ice Cream Waffles


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<p>OUR SIGNATURE WAFFLE:</p> <p>The secret of the unique taste of our waffles is very simple; the natural Ingredients & the shape.</p> <p>The egg waffle, as it's known because the round sections look like little eggs, is one of the more popular street foods in Hong Kong. The first bite is crispy, & then the softness inside will melt in your mouth.</p>	<p>CREPES:</p> <p>Inspired by a unique Parisian tradition, the recipe & shape originated in France. We bring the concept to Green Bay so that you can experience & savor this delectable creation locally.</p> <p>Naturally low carb (14g) low sugar (14g) only 90 calories, 3g of fat, 4g of protein</p>	<p>CLEAN & HEALTHY:</p> <p>We also offer a Vegan, Gluten Free Waffle made with oat flour, EVOO & very little sugar.</p> <p>All menu items can be served over mixed greens.</p> <p><i>See next page for our Salad suggestions.</i></p>
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OUR SWEET MENU

 **ALL THINGS GOOD & HEALTHY SALAD** 10.80
 The Exchange Walnut Burger, avocado, tomato & our sweet black bean salsa as dressing

WISCONSIN PRIDE SALAD 9.80
 Panko breaded white meat chicken, crispy turkey bacon, shredded WI cheddar cheese, maple drizzle & sriracha mayo as dressing

 **WALNUT SALAD** 10.80
 The Exchange Walnut Burger, avocado, tomato & garlic mayo as dressing

 **CAPRESE SALAD** 9.80
 Tri-color cherry tomatoes, fresh mozzarella, fresh basil, EVOO & balsamic reduction & creamy balsamic as dressing

OUR TAKE, PHILLY CHEESE STEAK SALAD..... 10.80
 Steak beef tips sautéed with bell peppers, onions, shredded pepper jack cheese, fried onion straws & ranch as dressing

 **MUSHROOM (NOT STEAK) PHILLY SALAD** 9.80
 Mushrooms sautéed with bell peppers, onions, shredded pepper jack cheese, fried onion straws & ranch as dressing

BBQ CHICKEN SALAD.....10.80
 Panko breaded white meat chicken, avocado, tomato, WI cheddar cheese, sweet black bean salsa, onion straws, & drizzled w/ BBQ sauce

CLASSIC BLT SALAD..... 8.80
 Crispy turkey bacon, tomatoes, topped with onion straws & ranch

SIDE SALAD 4.80
 Mixed greens, tomato, avocado with creamy balsamic or ranch dressing

<i>Add Exchange Walnut Burger</i>	3.00
<i>Add Steak or Panko Chicken</i>	2.50
<i>Add Turkey Bacon</i>	2.50
<i>Add Avocado</i>	1.75
<i>Add Cheese</i>	1.75
<i>Add Cage Free Egg</i>	2.00

 **Vegetarian Options**

 **Vegan options upon request: We can make most items vegan & we offer a Vegan Signature Waffle with all the taste & also lower carbs**



OUR SUGGESTED SALADS

