

OUR SAVORY MENU



SMALL STARTER PLATES

- FRUIT BOWL add chocolate, caramel, nutella drizzle or whip for .50.....**5.80**
- CREAMY ARTICHOKE BAKE W/ WAFFLE WEDGES.....**6.80**
- PARMESAN GARLIC WAFFLE STICKS...they are chewy & crisp.....**6.80**
- BACON & EGG AVOCADO HALF add creamy Boursin cheese for 1.50.....**6.80**

BREAKFAST, LUNCH, OR DINNER


All waffles & crepes served with small side salad of mixed greens, heirloom tomatoes, salt, pepper & EVOO

- CHOOSE:** **1. SIGNATURE WAFFLE** **2. CREPE** **3. OVER MIXED GREENS**
4. VEGAN & GLUTEN FREE WAFFLE- Let us know if you would like whip, butter, cheese, etc.


CHICKEN N' WAFFLES **9.80**
 Literally how it sounds; Panko breaded white meat chicken & maple drizzle over our Signature Waffle served with sides of hot sauce & more maple syrup + pair with a southern sweet tea


GREEN EGGS & BACON..... **10.80**
 It's green because it is covered in our avocado crême sauce over 2 cage free eggs, topped with crispy turkey bacon, avocado & tomato, salt & pepper

SOUTHWEST BREAKFAST SCRAMBLE..... **10.80**
 It's spicy & fresh; 2 eggs scrambled, roasted bell peppers, roasted red onions, turkey bacon & WI cheese served with sides of our pico de gallo-style salsa & sriracha mayo, salt & pepper


 **ALL THINGS GOOD & HEALTHY** **10.80**
 The Exchange Walnut Burger, sweet black bean salsa, avocado, tomato & mixed greens + pair with a loose leaf tea

WISCONSIN PRIDE **9.80**
 Panko breaded white meat chicken, crispy turkey bacon, melted WI cheddar cheese, drizzled with maple syrup & sides of more maple & our sriracha mayo +pair with southern sweet tea


 **WALNUT BURGER** **10.80**
 The Exchange Walnut Burger, sliced avocado, tomato, mixed greens & garlic mayo, salt & pepper with side of more garlic mayo + add an over easy or scrambled egg for 2.00

 **CREAMY MUSHROOM CREPE** **9.80**
 Sautéed mushroom trio in herbed cream sauce & spinach topped with chives, salt & pepper + try with panko chicken, steak or a walnut burger for 3.00

 **CAPRESE**..... **9.80**
 Heirloom mini tomatoes, fresh mozzarella balls, fresh basil, EVOO & balsamic reduction, salt & pepper with side of creamy balsamic dressing + try with panko chicken for 3.00

OUR TAKE, PHILLY CHEESE STEAK..... **10.80**
 Steak beef tips sautéed w/ bell peppers, onions, WI pepper jack cheese & side of wasabi mayo
 Make it a **MUSHROOM PHILLY** by replacing steak w/ trio mushrooms sautéed w/ bell peppers, onions & WI pepper jack cheese & side of wasabi mayo

CLASSIC BLT..... **8.80**
 Crispy turkey bacon, sliced tomatoes, mixed greens, mayo & side of more mayo + upgrade to a "Chicken bacon ranch w/cheese" for 3.00

 **CLASSIC GRILLED CHEESE**..... **8.80**
 Loads of melted WI cheddar cheese or make it a **3-CHEESE DELUXE GRILLED CHEESE** and add pepper jack & Boursin garlic & herb cheese...**9.80** (neither available on greens)

Add Walnut Burger or Sauteed Mushrooms.....	3.00
Add Steak, Panko Chicken or Turkey Bacon.....	3.00
Add Avocado or 1 Cage-Free Egg.....	2.00
Add Cheese -WI Cheddar, Pepper Jack or Creamy Garlic Boursin	1.50

 **Vegetarian Options**

ICE CREAM WAFFLE:

Looks like a waffle cone because it is our Signature Waffle rolled into an ice cream-holding cone!
Choose from one of our 4 flavors of hand scooped ice cream in a dish or waffle:

WAFFLE: 1 scoop \$5 2 scoops \$6 3 scoops \$7.50
DISH: 1 scoop \$2 2 scoops \$3 3 scoops \$4.50

add chocolate, caramel, nutella drizzle, chocolate chip crumbles or whip for only .50 more

SWEET WAFFLES OR CREPES PLATED & TOPPED

CHOOSE: 1. SIGNATURE WAFFLE 2. CREPE
3. VEGAN & GLUTEN FREE WAFFLE Let us know if you would like whip or butter

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 Add chocolate chip cookie crumble for .50	8.80
SEASONAL FRUIT WAFFLE OR CREPE	9.80
FUNFETTI BIRTHDAY CAKE WAFFLE Add scoop of ice cream for \$1.50	4.80

Add scoops of Ice Cream.....1.50 per scoop

Add Bananas &/or Strawberries.....1.50

DESSERTSPrices Vary
Russian De Leche Peaches, Ferrero Rocher Cake, Fairy Tale Cake, Chocolate Chip Cookies, Donuts & Donut Holes, Brownie Kabobs, Mini Bundt Cakes, 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

BREAKFAST, LUNCH, OR DINNER

All salads are mixed greens and we add salt, pepper & EVOO to most

GREEN EGGS & BACON 10.80

It's green because it is covered in our avocado crème sauce over 2 cage free eggs, topped with crispy turkey bacon, avocado & tomato, salt & pepper

 **ALL THINGS GOOD & HEALTHY SALAD 10.80**

The Exchange Walnut Burger, avocado, tomato & our sweet black bean salsa as dressing + pair with a loose leaf tea

WISCONSIN PRIDE SALAD 9.80

Panko breaded white meat chicken, crispy turkey bacon, melted WI cheddar cheese, drizzled with maple syrup & sides of more maple & our sriracha mayo +pair with southern sweet tea

 **WALNUT SALAD 10.80**


The Exchange Walnut Burger, sliced avocado, tomato, mixed greens & garlic mayo, salt & pepper with side of more garlic mayo + add an over easy or scrambled egg for 2.00

 **CAPRESE SALAD 9.80**

Heirloom mini tomatoes, fresh mozzarella balls, fresh basil, EVOO & balsamic reduction, salt & pepper with side of creamy balsamic dressing + try with panko chicken for 3.00

OUR TAKE, PHILLY CHEESE STEAK SALAD 10.80

Steak beef tips sautéed w/ bell peppers, onions, WI pepper jack cheese, onion straws & ranch

 Make it a **MUSHROOM PHILLY** by replacing steak w/ trio mushrooms sautéed w/ bell peppers, onions & WI pepper jack cheese, topped w/ onion straws & side of 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 & served with side of ranch dressing

 **SPICY SOUTHWEST SALAD 10.80**

Panko breaded white meat chicken, Steak beef tips OR walnut burger over mixed greens, shredded WI cheddar cheese, our fresh pico de gallo-style salsa, sweet black bean salsa, drizzled w/ sriracha mayo, our avocado crème as dressing

CLASSIC BLT SALAD 8.80

Crispy turkey bacon, tomatoes, topped with onion straws & served with side of ranch dressing + upgrade to a "Chicken bacon ranch w/cheese" for 3.00

 **SMALL HOUSE SALAD 4.80**

Mixed greens, tomato, avocado, salt & pepper, with side of creamy balsamic or ranch dressing

Add Walnut Burger or Sauteed Mushrooms	3.00
Add Steak, Panko Chicken or Turkey Bacon	3.00
Add Avocado or 1 Cage-Free Egg	2.00
Add Cheese- WI Cheddar, Pepper Jack or Creamy Garlic Boursin	1.50

 **Vegetarian Options**

Vegan Options upon request: We can make items vegan or gluten free & offer a Vegan Signature Waffle with all the taste & lower carbs



OUR SUGGESTED SALAD

