

EST. 2018



THE
EXCHANGE

FALL FOOD MENU
TUES - SAT | 7 AM - 2 PM

SMALL PLATES

MAPLE BACON BREAKFAST SANDWICH HALF 4.80

Maple-infused waffle with eggs, turkey bacon, cheddar cheese, & Everything Bagel seasoning. +Upgrade to a full-size sandwich & side salad meal for an additional 4.00.

SAUSAGE BREAKFAST SANDWICH HALF 4.80

Maple-infused waffle with eggs, turkey breakfast sausage, cheddar cheese. +upgrade to a full-size sandwich & side salad for an additional 4.00.

APPLE PECAN GOAT CHEESE WAFFLE 7.80

Half a bubble waffle toasted & topped with cinnamon-roasted apples, goat cheese, candied pecans and dried cranberries, drizzled in honey.

AVOCADO "TOAST" WAFFLE 6.80

Half a bubble waffle toasted & topped with smashed avocado, goat cheese crumbles, and Everything Bagel Seasoning. +Substitute a gluten-free waffle for 1.00 +add cherry tomatoes 1.00 or an egg for 1.50

CLASSIC BREAKFAST COMBO 8.80

Two eggs scrambled or sunny side up, two strips of turkey bacon, & our bubble waffle, served with maple syrup & butter +add strawberries to your waffle 1.75 +sub turkey bacon for breakfast sausage +1.25

GOOD MORNING 6.80

Two eggs scrambled or sunny side-up, two strips of turkey bacon + a side of fresh sliced fruit. +add an extra egg for 1.50

BACON & EGG AVOCADO HALF 7.80

Half an avocado cooked with one sunny side-up egg, chopped turkey bacon, salt & pepper. +add creamy Boursin cheese 1.50 or Goat Cheese 2.00 (highly recommend)

SEASONAL SOUP CUP 6.80 | BOWL 9.20

Inquire at the register for our current offerings!
Comes with seasoned, toasted waffle wedges.

GRILLED CHEESE & SOUP 10.80

Loads of cheddar cheese melted into our Signature Bubble Waffle, served with your choice of soup cup. +Upgrade to a soup bowl 1.75 or a Three Cheese Grilled Cheese 1.00

LOADED OVERNIGHT OATS 6.80

Oats with vanilla, oat milk, & maple syrup, served cold with your choice of two add-ins.

- Pick 2: bananas, strawberries, dried cranberries, candied pecans, cinnamon-roasted apples, V/GF chocolate chips, toasted coconut

FRESH FRUIT CUP 3.00

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

HEARTY SALADS

CHICKEN BACON GOAT CHEESE HALF 6.90 | FULL 13.80

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 1.25

HARVEST HALF 6.90 | FULL 13.80

Cinnamon-roasted sweet potato, chopped bacon, diced red onion, goat cheese crumbles, dried cranberries, candied pecans, & apple slices, served with a side of our balsamic vinaigrette dressing. +add grilled chicken 5.50

STRAWBERRY AVOCADO HALF 6.90 | FULL 13.80

Sliced strawberries & apples, candied pecans, avocado slices & goat cheese crumbles, drizzled in balsamic reduction, served with a side of our house made lemon vinaigrette dressing. +add panko-breaded chicken 4.25

SPICY BUFFALO BLEU CHICKEN HALF 6.90 | FULL 13.80

Panko-breaded chicken baked in Frank's Red-Hot Sauce & pepper jack cheese, topped with shredded cheddar & bleu cheese, onion straws, & a ranch drizzle, served with a side of ranch. +add half an avocado 2.50

CRANBERRY PECAN HALF 6.90 | FULL 13.80

Sliced cherry tomatoes, candied pecans, dried cranberries & bleu cheese crumbles, drizzled in balsamic reduction, served with a side of our balsamic vinaigrette dressing. +add panko-breaded chicken 4.25

SWEET BBQ CHICKEN HALF 6.90 | FULL 13.80

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 for 1.25

BYO SALAD HALF 2.90 | FULL 5.80

Build your salad with a la carte items listed below!

CUSTOMIZE

+ Panko-breaded chicken 4.25 | + grilled chicken 5.50
+ Turkey bacon 2.00 | + one egg 1.50 or two 2.50
+ Cinnamon-roasted sweet potatoes 1.00
+ French's fried onion straws 0.75 | +candied pecans 1.75
+ Strawberries 1.75 | +apple slices 1.00
+ Cheese: +goat cheese or bleu cheese crumbles 2.00
+ Shredded cheddar 1.00 + red onion 0.75
+ Avocado half 2.50 | + cherry tomatoes 1.00
+ Substitute or add sauces! Ranch, Sriracha Mayo, Honey Mustard, Barbecue, Balsamic Vinaigrette, Lemon Vinaigrette, Olive Oil, Balsamic Reduction, Avocado Crema, Hot Sauce, Ketchup

ABOUT OUR WAFFLES & CREPES

SIGNATURE BUBBLE 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.

VEGAN, GLUTEN-FREE WAFFLE

A clean & healthy option 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.

GLUTEN-FREE CREPE

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.

SAVORY WAFFLES & CREPES

1. CHOOSE YOUR ENTRÉE

Most entrees can be made as either a waffle or crepe. All entrees come with a mixed greens side salad (minus B.Y.O. Waffle or Crepe) with tomatoes, drizzled in EVOO + salt & pepper. Sub your side salad for a fruit cup for 1.00 or for a cup of soup for 5.80.

2. CHOOSE YOUR BASE

Signature Waffle
Gluten-free Crepe
Vegan & Gluten-free Waffle +1.00

3. CUSTOMIZE YOUR ENTREE

+ Panko-breaded chicken 4.25 | + grilled chicken 5.50
+ Turkey bacon 2.00 | + one egg 1.50 or two eggs 2.50
+ Side of turkey breakfast sausage 3.00
+ Avocado half 2.50 | +tomato slices 0.50
+ Apples 1.00 | + mixed greens 0.50
+ Cheeses: +goat cheese or bleu cheese crumbles 2.00
+ Creamy Boursin cheese 1.50 | +shredded cheddar, cheddar cheese or pepperjack cheese 1.00
+ Roasted peppers or onions 1.00 | +diced red onion 0.75
+ Substitute/add sauces! Ranch, Sriracha Mayo, Hot Sauce, Ketchup, Honey Mustard, Barbecue, Balsamic or Lemon Vinaigrette, Balsamic Reduction, Avocado Crema

GREEN EGGS & BACON* 11.80

WAFFLE OR CREPE

Two sunny side-up eggs served over tomato slices with chopped turkey bacon & avocado, topped with avocado crema & chives.

FARMER'S SCRAMBLE 12.80

WAFFLE OR CREPE

Two eggs scrambled & baked with roasted bell peppers, pickled onions, chopped mixed greens & cheddar cheese, topped with goat cheese crumbles.

SOUTHWEST BREAKFAST SCRAMBLE 12.80

WAFFLE OR CREPE

Two eggs scrambled & baked with roasted bell peppers & red onions, chopped turkey bacon & pepper jack cheese, topped with cheddar cheese & served with a side of black bean salsa.

APPLE BACON GRILLED CHEESE WAFFLE 9.80

Melted cheddar cheese + chopped turkey bacon & freshly sliced apples, sandwiched in our Signature Bubble Waffle. +try with bleu cheese 2.00 +add grilled chicken 5.50

WISCONSIN PRIDE 10.80

WAFFLE OR CREPE

Panko-breaded chicken, chopped turkey bacon, & melted cheddar cheese, drizzled with maple syrup, served with sriracha mayo & maple syrup.
+substitute for grilled chicken for 1.25

SPICY BUFFALO BLEU 12.80

WAFFLE OR CREPE

Panko-breaded chicken baked in Frank's Red Hot & pepper jack cheese, topped with fresh greens, bleu cheese crumbles, shredded cheddar, onion straws, drizzled in ranch dressing, served with a side of ranch.

CHICKEN 'N WAFFLES 9.80

WAFFLE OR CREPE

Panko-breaded chicken drizzled in pure maple syrup, wrapped in our Signature Waffle, served with butter, & sides of hot sauce & maple syrup.

B.Y.O. WAFFLE OR CREPE

Choose a waffle or crepe base & build with a la carte items listed above! Side salad not included unless requested a la carte.

- Pick a base: Waffle 4.80, GF Crepe 4.80, Vegan & Gluten-free Waffle 5.80

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

SWEET WAFFLES & CREPES

1. CHOOSE YOUR ENTRÉE

All sweet waffle entrees are served with maple syrup (not including B.Y.O. Waffle). Please tell us when ordering if you'd like maple syrup with a crepe, as it is not included.

2. CHOOSE YOUR BASE

Signature Waffle: **NEW! Full or Half Size**
Gluten-free Crepe: Only available in Full size
Vegan & Gluten-free Waffle +1.00

3. CUSTOMIZE YOUR ENTREE

+ Turkey bacon side 2.00 | + one egg 1.50 or two 2.50
+ Side of turkey breakfast sausage 3.00
+ Butter 0.25 | +pure maple syrup 0.50
+ Crushed grahams or dried cranberries 0.50
+ Strawberries or candied pecans 1.75
+ Bananas or cinnamon-roasted apple slices 1.00
+ V/GF chocolate chips 1.50 | + toasted coconut 1.00
+ Whipped cream 0.50 | +Signature sweet cream 1.50
+ Sauce drizzles: dark chocolate, caramel, almond butter, or Nutella 1.00

CARAMEL PUMPKIN CHEESECAKE

FULL SIZE WAFFLE OR CREPE 8.80

HALF SIZE WAFFLE 4.40

Pumpkin cheesecake filling, cinnamon, allergen-friendly graham crackers & caramel drizzle, topped with whipped cream, powdered sugar, & cinnamon.

CARAMEL APPLE DANISH

FULL SIZE WAFFLE OR CREPE 9.80

HALF SIZE WAFFLE 4.90

Sweet cream, cinnamon-roasted apples, candied pecans and caramel drizzle topped with whipped cream and powdered sugar

CHUNKY MONKEY

FULL SIZE WAFFLE OR CREPE 9.80

HALF SIZE WAFFLE 4.90

Sliced bananas drizzled in a gluten & dairy-free dark chocolate sauce & a gluten-free almond butter drizzle, topped with chocolate chips & whipped cream.

FRESH FRUIT

FULL SIZE WAFFLE OR CREPE 8.80

HALF SIZE WAFFLE 4.40

Sliced strawberries, bananas, & cinnamon-roasted apples topped with whipped cream.

STRAWBERRIES & CREAM

FULL SIZE WAFFLE OR CREPE 8.80

HALF SIZE WAFFLE 4.40

Signature sweet cream, sliced strawberries, & whipped cream. +add dark chocolate drizzle 1.00

CINNAMON ROLL

FULL SIZE WAFFLE OR CREPE 7.80

HALF SIZE WAFFLE 3.90

Sweet cream, gluten-free caramel drizzle, whipped cream, & cinnamon. +add candied pecans for 1.75

WAFFLE CHARCUTERIE

FULL SIZE WAFFLE ONLY 8.80

Includes waffle wedges, maple syrup, & whipped cream, plus two toppings and one sweet drizzle. Add on sweet cream for 1.50.

- Pick two toppings: banana slices, strawberries, cinnamon-roasted apples, toasted coconut, V/GF chocolate chips, dried cranberries
- Pick one sweet drizzle: dark chocolate, caramel, almond butter, or Nutella

STRAWBERRY NUTELLA

FULL SIZE WAFFLE OR CREPE 8.80

HALF SIZE WAFFLE 4.40

Sliced strawberries, gluten-free Nutella drizzle, & whipped cream.

BANANA NUTELLA

FULL SIZE WAFFLE OR CREPE 7.80

HALF SIZE WAFFLE 3.90

Sliced bananas, gluten-free Nutella drizzle, & whipped cream.

STRAWBERRY BANANA

FULL SIZE WAFFLE OR CREPE 8.80

HALF SIZE WAFFLE 4.40

Sliced strawberries, bananas & whipped cream. +add Nutella drizzle for 1.00

PLAIN JANE

FULL SIZE WAFFLE OR CREPE 5.60

HALF SIZE WAFFLE 2.80

Bubble waffle or crepe served with a side of maple syrup, and a pat of butter.

CHOCOLATE CHIP WAFFLE

FULL SIZE WAFFLE OR CREPE 7.80

HALF SIZE WAFFLE 3.90

Melted gluten & dairy-free chocolate chips, gluten & dairy-free dark chocolate drizzle, & a dollop of whipped cream.

S'MORES

FULL SIZE WAFFLE OR CREPE 8.80

HALF SIZE WAFFLE 4.40

Melted gluten & dairy-free chocolate chips & marshmallows, topped with whipped cream, gluten & dairy-free dark chocolate drizzle, & allergen-friendly crushed grahams.

B.Y.O. WAFFLE OR CREPE

Choose a waffle or crepe base & build a custom waffle or crepe with a la carte items listed above! Syrup & butter is **not included** unless added a la carte.

- Pick a base: Waffle 4.80, GF Crepe 4.80, Vegan & Gluten-free Waffle 5.80

FALL DRINK FEATURES

APPLE CRISP LATTE MACCHIATO HOT | ICED

Apple & house made brown sugar
syrops + espresso + milk of choice

MAPLE MATCHA LATTE HOT | ICED

Local maple syrup + matcha green
tea powder + milk of choice, topped
with cinnamon powder

MAPLE CINNAMON FLAT WHITE HOT

Local maple syrup + cinnamon +
espresso + milk of choice

PUMPKIN SPICE LATTE HOT | ICED

Pumpkin sauce + espresso + milk of
choice, topped with whipped cream
& a dash of cinnamon

PUMPKIN APPLE CHAI HOT | ICED

Pumpkin sauce + apple syrup +
signature chai + milk of choice.
Try it "spotted" with espresso!

BROWN SUGAR MAPLE COLD BREW ICED

House made brown sugar syrup
+ Exchange Blend cold brew, cut
with cream or water, topped with
maple cold foam

PUMPKIN CHAI CHILLER ICED

Pumpkin sauce + signature chai
+ milk of choice & iced, blended
& topped with whipped cream &
cinnamon.

FALL FLAVORS TO ADD TO ANY DRINK:

Pumpkin, Apple, Brown Sugar,
Maple, Cinnamon powder,
Caramel, Hazelnut

FULL BEVERAGE MENU





THE
EXCHANGE

MONDAYS

A SELECT MENU OFFERING

SMALL PLATES

MAPLE, EGG & BACON BREAKFAST SANDWICH HALF 4.80

Maple-infused waffle with eggs, turkey bacon, cheddar cheese, & Everything Bagel seasoning. +Upgrade to a full-size sandwich & side salad meal for an additional 4.00. Substitute a gluten-free waffle for +1.00

SAUSAGE EGG & MAPLE BREAKFAST SANDWICH HALF 4.80

Maple-infused waffle with eggs, turkey breakfast sausage, cheddar cheese. +upgrade to a full-size sandwich & side salad meal for an additional 4.00.

FRESH FRUIT CUP 3.00

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

LOADED OVERNIGHT OATS 6.80

Oats with vanilla, oat milk, & maple syrup, served cold with your choice of two add-ins.

- Pick two: banana, strawberries, dried cranberries, candied pecans, cinnamon-roasted apples, blueberries, toasted coconut, vegan, gluten-free chocolate chips,

SEASONAL SOUP CUP 6.80 | BOWL 9.20

Inquire at the register for our current offerings!
Comes with seasoned, toasted waffle wedges.

AVOCADO "TOAST" WAFFLE 6.80

Half a bubble waffle toasted & topped with smashed avocado, goat cheese crumbles, and Everything Bagel Seasoning. +Substitute a gluten-free waffle for 1.00 +add cherry tomatoes 1.00 or an egg for 1.50

BAKERY

VEGAN, GLUTEN-FREE BANANA BREAD SQUARE 2.00

VEGAN, GLUTEN-FREE CHOCOLATE CHIP COOKIE 2.50

CHOCOLATE HAZELNUT CROSSANT 4.00

CHERRY TURNOVER 2.50

VEGAN, GLUTEN-FREE HAPPY BELLIES DONUT 3.50

VEGAN, GLUTEN-FREE PUMPKIN BREAD SQUARE 2.25

GLUTEN-FREE SCONES! ASK FOR CURRENT FLAVORS 2.50-3.00

FULL FOOD MENU AVAILABLE
TUESDAY-SATURDAY | 7 AM - 2 PM