

SANDWICHES

Build Your Own

Choose Your Luncheon Meat / Protein *Listed below*

Choose One Bread Additional \$1.00 for Gluten-Free Bread

Sourdough | Whole Wheat | 6 Grain | Marble Rye | Bagel | Croissant

Bagel & Croissant add \$1.80

Choose One Cheese

Provolone | American | Cheddar | Swiss | Pepper Jack

Choose Four Toppings

Lettuce | Tomato | Cucumber | Black Olives | Jalapeno
Onion | Banana Peppers | Roasted Red Peppers

Add bacon or fried egg add \$1.80

Condiments Dijon Mustard | Yellow Mustard | Honey Mustard | Mayo

Corned Beef	\$6.50
Roast Beef	\$6.50
Specialty Meat	\$6.50
Ham	\$6.25
Turkey	\$6.25
Tuna	\$6.25
Chicken Salad	\$6.25
Egg Salad	\$6.25

> Extra meat on above sandwiches add \$3.95

Bacon Lettuce Tomato w/ Cheese	\$6.55
Bacon Lettuce Tomato	\$6.15
Grilled Cheese	\$5.90
Gourmet Wrap	\$6.25
Southwest Chicken Wrap	\$6.15
Veggie Wrap	\$6.00
Grilled Veggies	\$6.05
Half Sandwich	\$3.80

THE EXCHANGE

SPECIALTY SANDWICHES

Free Market

\$6.50

Hot Cajun Turkey, Bacon, Provolone, Lettuce and Tomato on Whole Wheat

Cheezy Beef Melt

\$6.50

Hot Roast Beef, Sauteed Peppers and Onions, Lettuce, Tomato and Cheddar Cheese on Sourdough

Taste Sensation

\$6.50

Hot Corned Beef, Provolone, Banana Peppers, Roasted Red Peppers, Onion, Lettuce and Tomato on Marble Rye

Wall Street

\$6.50

Turkey, Ham, Bacon, American Cheese, Lettuce and Tomato on Whole Wheat

Classic Italian

\$6.50

Ham, Provolone, Roasted Red Peppers, Banana Pepper, Onion, Lettuce, Tomato and Italian Dressing on Sourdough

Double Egg with Choice of Meat

\$6.50

Two Eggs and American Cheese with Your Choice of Meat and Four Toppings on Toast *Not included on breakfast block*

Tuna Melt

\$6.25

Tuna Salad, Cheddar, Lettuce & Tomato on Wheat

THE EXCHANGE

BEVERAGES

Juice | Sobe Water | Lipton Iced Teas \$1.95

Naked Juice \$4.30

Energy Drink | Frappuccino \$3.25

Mocha | Cappuccino | Latte | Espresso **S** \$1.85 **L** \$2.65

Add Espresso Shot \$1.00

Coffee **S** \$1.95 **M** \$2.10 **L** \$2.40

Hot Chocolate **S** \$1.85 **L** \$2.65

Hot Tea **L** \$1.80

Coffee Cup \$.25

Milk \$1.00

Soda Fountain **S** \$1.75 **L** \$2.00

Bottled Soda \$1.80

Bottled Water \$1.75

THE EXCHANGE

BREAKFAST

Croissant Egg Sandwich	\$4.60
Bagel Egg Sandwich	\$4.60
English Muffin / Toast Egg Sandwich	\$3.60
Double Egg Sandwich (4 toppings, no meat)	\$5.60
> Extra breakfast meat / egg	add \$1.80
Bagel with Cream Cheese	\$2.00
> Extra cream cheese	add \$.75
<hr/>	
Toast with Butter & Jelly	\$1.40
Muffin	\$1.95
Croissant	\$1.95
Nugo Bars	\$2.40
> Peanut butter / jelly	add \$.55
<hr/>	
Breakfast Bars	\$1.55
Naturi Organic Greek Yogurt	\$2.85
Yogurt	\$1.90

THE EXCHANGE

SALADS & SIDES

Entree of the Day	\$7.05
Pasta of the Day	\$6.15
Small Side	\$2.85
Large Side	\$3.85
Small Soup 8 oz.	\$2.95
Large Soup 12 oz.	\$3.70
Small Soup & Half Sandwich Combo	\$6.75
<hr/>	
Chicken Salad	\$3.60
Tuna Salad	\$3.60
Broccoli Bacon Salad	\$3.20
<hr/>	
Fruit Salad	\$3.60
Quinoa Salad	\$3.30
Kale and Bulgur Wheat Salad	\$3.30
Cucumber Feta Kalamata Olive Salad	\$3.15
Asian Noodle Salad	\$3.15
Pasta Salad	\$3.15
Egg Salad	\$3.60
<hr/>	
Potato Salad / Cole Slaw	\$3.15
Whole Fruit	\$1.20
Large Chips	\$1.25
Small Chips	\$1.05
Stacy's Chips	\$1.55
Cookie / Brownie	\$1.10
Ice Cream	\$1.75

THE EXCHANGE

SALAD STATION

▶ Full Specialty Salad	\$8.75
Choose salmon or steak	
▶ Create Your Own	\$7.25
▶ Half Salad with Protein	\$5.60
▶ Half Salad without Protein	\$4.00
▶ Half Salad with Small Soup	\$8.35
▶ Salad in a Tortilla Wrap	\$6.85

Choose One Protein

Chicken Salad | Grilled Chicken | Turkey | Ham | Tuna Salad | Egg Salad | Tofu

Choose One Cheese

Parmesan | Feta | Bleu | Monterey Jack & Cheddar

Choose Four Toppings

Cucumbers | Roasted Red Peppers | Chickpeas | Peas

Tomatoes | Dried Cranberries | Black Olives | Red Onion

Crisp Bacon | Croutons | Pecans | Chow-Mein Noodle

Choose One Dressing

Balsamic | Caesar | Italian | Ranch | Lite Italian

Avocado Vinaigrette | Sesame-Ginger | Raspberry Vinaigrette

THE EXCHANGE

Week 1

Monday

Chicken Fingers
Mac and Cheese
Tomato Soup

Tuesday

Baked Chicken
Pierogies
Roasted Red Pepper Soup Spinach & Pastina

Wednesday

Stuffed Turkey Breast
Mashed Potato and Gravy
Roasted Corn & Black Bean Soup

Thursday

Chicken Cacciatore
Buttered Egg Noodles
Wedding Soup

Friday

English Garlic Cod
Tomato Sauce & Wild Rice
New England clam chowder

Week 2

Monday

Swedish Meatballs & Mushrooms Parmesan Noodles
Chicken Noodle Soup

Tuesday

Chicken Stir-fry Vegetable Fried Rice
Broccoli Cheddar Soup

Wednesday

Turkey a la King
Rice Pilaf
Sausage Minestrone Soup

Thursday

Chicken, Shrimp and Andouille Jambalaya
Cajun Rice
Hearty Potato and Bacon Chowder

Friday

Build your own Burger
Cole Slaw
Chefs Choice Soup

Week 3

Monday

Beef Stroganoff
Buttered Noodles
Mushroom Bisque

Tuesday

Rosemary Crusted Pork Loin
Sauerkraut & Kielbasa
Roasted Potatoes
Mushroom Beef Barley Soup

Wednesday

Meatloaf
Mashed Potatoes
Beef Gravy
Cream of Chicken & Rice

Thursday

Chicken Gorgonzola
Toasted Orzo Beef Chili

Friday

Tomato Crusted Scrod
Mild Garlic Cream Sauce
Vegetable of the Day
Chefs Soup