

# The Exchange

526 S. Tejon, COS

719-635-0277

## Café Cubano \*Bold & Sweet\*

**Cafecito** Cuban espresso 4.25

**Cortadito** Cuban espresso with small amount of steamed milk 4.50

**Café Con Leche** Cuban espresso shots & milk  
12oz 4.50 16oz 5.00 20oz 5.25

### Honey I'm Home

Cuban espresso, honey, brown sugar & milk  
12oz 4.75 16oz 5.25 20oz 5.50

**Coffee of the Day** light or dark roast

12oz 2.40 16oz 2.90 20oz 3.15

**Café au lait** coffee with steamed milk

12oz 2.75 16oz 3.25 20oz 3.70

**Cold Brew** 16oz 5.00 24oz 5.75

**Joe to go 96oz w/ cups 24**

**+ CBD oil**  
to any drink  
**@16 mg**  
**\$3.75**

**Milk Substitute**  
+1.25  
Almond milk  
Oat milk

## Espresso Drinks

**12oz 2 shot 16oz 2 shots 20oz 3 shots**

**Café latte** espresso & steamed milk

12oz 4.25 16oz 4.75 20oz 5.00

**Breve latte** espresso & steamed half-&-half

12oz 5.00 16oz 5.50 20oz 5.75

**Shot in the dark** drip coffee & espresso

12oz 3.80 16oz 4.30 20oz 4.55

**Light in the dark** drip coffee & white espresso

12oz 3.95 16oz 4.45 20oz 4.70

**Cortado** espresso & steamed milk

2 shot 3.45 3 shot 3.70

**Macchiato** espresso & steamed milk with foam

2 shot 3.45 3 shot 3.70

**Cappuccino** espresso & steamed milk with foam

12 oz 2 shots 16oz 3 shots 20oz 4 shots

12 oz 5.00 16 oz 5.50 20 oz 5.75

**Americano** espresso shots topped with hot water

12 oz 2 shots 16 oz 3 shots 20 oz 4 shots

12 oz 3.25 16 oz 3.75 20 oz 4.00

**Loose Leaf Tea** \*prices may vary\*

See tea menu for list & descriptions

*Available hot or iced*



**Flavor List** +.75 *available in \*sugar free\**

\*Caramel\* \*White Chocolate\* \*Chocolate\* \*Vanilla\*  
\*Coconut\* \*Peppermint\* \*Hazelnut\* \*Toffee Nut\*  
\*Raspberry\* \*Strawberry\*

Maple Almond Cinnamon Mango Peanut Butter  
Lavender Peach Blueberry Local Honey Agave

**Locally roasted, fair trade & organic**  
**Coffee Beans**

*\*see coffee list at register \**

**Bulk Coffee** ground or beans ½ lb or lb 12/23

**White Espresso** ground only ½ lb or lb 14/26



## Coffee Flight

four - 4oz mini drinks 13.95

**Cafecito - Cinnamon Roll Zombie - Mocha - Café Con Leche**

## Zombie White Espresso Latte

12oz 5.00 16oz 5.50 20oz 5.75

**Peanut Butter Cup Zombie**

**Lavender Honeycomb Zombie**

**Cinnamon Roll Zombie**

**Peppermint Patty Zombie**

**Butterscotch Zombie**

**Peach Praline Pie Zombie**

**Blueberry Pancake Zombie**

**Redhead Step Zombie** raspberry & white chocolate

**Island Zombie** coconut & white chocolate

**Goopy Zombie** caramel & vanilla

**White Zombie** white chocolate & vanilla

**Affogato** Double shot of espresso

gently poured over two scoops of  
vanilla bean *ice cream*

4.75 add chocolate drizzle and whip + .75

## Organic Matcha Latte

12oz 4.75 16oz 5.25 20oz 5.75

**Sherpa Chai Tea Latte** pick one Sweet or Spicy

12oz 4.25 16oz 4.75 20oz 5.25

## Yerba Mate Latte

12oz 4.00 16oz 4.50 20oz 5.00

**Steamer** 12oz 2.75 16oz 3.25 20oz 3.55

## Pineapple Juice

small 5.50 medium 6.75

## Fresh Squeezed Orange Juice

small 5.50 medium 6.75

**Fresh Brewed Iced Tea** green or black tea

16oz 3.25 24oz 3.55

## Fresh Squeezed Lemonade

16oz 4.00 24oz 4.50

**Italian Soda** carbonated water and choice

of flavor (see flavor list) *add half & half +.75*

16oz 3.50 24oz 3.75

## Smoothies and Shakes

**Crushed Fruit Smoothie** \*pick two\*

- Strawberry - Pineapple -

- Peach Pear Apricot - Mango -

16oz 5.95/24oz 6.95

**The David Protein Shake** 16oz 5.75/24oz 6.50

peanut butter, banana, chocolate, protein, & almond milk

**Taro Root Smoothie with Tapioca Boba**

Slightly nutty, a little sweet and creamy

16oz 5.50 24oz 6.25

*Super charge your smoothie by adding:*

**organic super greens** 1 scoop +1.00/2 scoops +2.00

- flax - protein - coconut - yogurt - oats -

- peanut butter - banana +.50



# The Exchange

Cocktail Beer Wine

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## The Basic Bloody Mary

served with pickles, olives and celery 8.50

## Badass Bloody Mary

spicy lovers\* Jalapeno infused Vodka, pickles, pickled jalapeno, olives, and celery 8.95

## Bacon Lovers Bloody Mary

bacon infused vodka, slice of bacon, pickles, olives and celery 9.95

## The Cuba Cuba Bloody Mary

the basic bloody mary topped with a frita Cuban burger slider, a lechon (mojo pork) slider and plated with a side of yuca fries 19.00

## The Breakfast Bloody Mary

staff favorite – the basic bloody mary garnished with a mini sausage and cheese breakfast sandwich, a piece of bacon, pickles, and plated with mini fried potatoes 15.00

## Mimosa Flight 18.95

Four - 4oz mini drinks

Peach - Pineapple - Pomegranate - Blood Orange

## Bloody Mary Flight 19.95

Four 4oz mini drinks

Basic - Badass - Bacon - Bloody Maria

**Mimosa** with fresh squeezed OJ 8

**Bellini** peach lovers mimosa 8.50

**Beermosa** Fat Tire & fresh squeezed oj 6.75

**Draft Beers – Bottles & Cans 5**

**Red Wine - White Wine - Rose 8**

*Rotating Daily*

## Cocktails 12

**Pisco Sour** tangy & sweet traditional Chilean cocktail

**Hearts of Palm** tart & bright pomegranate margarita

**Port Red Wine Hot Chocolate** rich and decadent

**Tequila Sunrise** rise and shine with tequila

**Spiced Hot Apple Cider** with spiced rum

**Espresso Martini** strong, dark and slightly sweet

**Lavender Fields Lemonade** floral sweet & tangy

**Aviation** the beautifully floral gin classic

**Old Fashioned** a classic bourbon cocktail

**Big Poppa** whiskey, glen moray, and amaretto

**Ginger Lemon Hot Toddy** warm and soothing

**Irish Coffee** traditional and perfect just the way it is



# THE EXCHANGE

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**Breakfast is served** Monday - Friday 7am - 12pm Saturday & Sunday 8am - 2pm

In order to avoid compromising the integrity of each dish, we do NOT allow any substitutions.

## **Cheesy Shrimp & Grits 15.50**

Our house made creamy cheesy grits topped with shrimp sauteed in a spicy creole sauce and garnished with scallion

## **El Churrasco 13.50 ★**

A traditional Chilean breakfast - seasoned thin top sirloin steak, smashed avocado, tomato, mayo, and two over easy eggs on toasted sourdough

## **\* Breakfast Skillet 12.95**

Scrambled eggs with diced tomato, red onion, red pepper, potatoes, choice of bacon, ham or sausage. Smothered in green chili, melted cheese and served with buttered sourdough toast

*Add smashed avocado +1.50*

*Add sautéed mushrooms +1.00*

## **Breakfast Burrito 9.75**

Three eggs, diced potato, melted cheese, diced tomato, red onion, red pepper & choice of bacon, ham, or sausage

*Smothered in green chili and cheese +1.50*

*Add smashed avocado +1.50*

## **Loaded Chorizo Burrito 12.95 or**

### **\*Make it a SKILLET\***

Two eggs, melted Colby jack cheese, house made chorizo mix, potatoes and smothered in green chili

(chorizo is sauteed low & slow with peppers & onions)

*Add smashed avocado +1.50*

## **\* Super Bacon Sandwich 13.50 ★**

"Too much bacon", said no one ever! Double stacked bacon, mixed greens, tomato, smashed avocado, mayo, and an over easy egg on a local brioche bun

## **\* Breakfast Plate 9.50**

Three scrambled eggs with melted Swiss American cheese, choice of bacon, ham or sausage and half an orange

*Add toast or brioche bun + 1.50*

*Substitute fried eggs +. 75 ★*

*Add smashed avocado + 1.50*

*Add diced potatoes + 1.95*

## **\* Mama Donna 7.95**

Pick your eggs, over hard or scrambled? Two eggs, melted Swiss American cheese, diced tomato, red onion, red pepper, smashed avocado, and choice of bacon, ham or sausage on a local brioche bun

*Sub bagel + 2.50*

## **\* Breakfast Sandwich 6.95**

Pick your eggs, over hard or scrambled? Two eggs, melted Swiss American cheese and choice of bacon, ham or sausage on a local brioche bun

*Sub bagel + 2.50*

*Add smashed avocado +1.50*

## **\* Parfait Extraordinaire 7.50**

Greek yogurt, layered with homemade granola, banana, fresh blueberries and drizzled with honey

## **Tostada Cubana 3.75**

Buttered Cuban bread grilled until nice and toasty

*V = VEGAN*

*\* Can be made GLUTEN FREE*

*Sub gluten free bread or bagel +1.75*

## **Vegan Breakfast Burrito 12.95**

Home made vegan scrambled eggs, vegan mozzarella, potatoes, diced tomato, red onion, and red pepper

*Smothered in green chili & cheese + 1.50*

*Add smashed avocado + 1.50*

## **\* Vegan Breakfast Scramble 13.75**

Tofu scramble, vegan shredded cheese, tomato, red onion, red pepper, potatoes and homemade vegan green chili served with sourdough toast

*Add smashed avocado + 1.50*

*Add sautéed mushroom + 1.00*

## **V Bagels: Plain or Everything**

Gluten Free Plain (not vegan) +1.75

## **Toasted Bagel & Cream Cheese 6.50**

*Add Jam + 1.00*

**Sub Veggie Cream Cheese + 1.25**

**V Israeli Hummus + 1.50**

## **Special Bagel Platters**

### **\*East Coast Bagel & Lox Platter 16.95**

Salt-sugar brined & cold smoked salmon, cucumber, tomato, red onion, capers, cream cheese and your choice of bagel

### **\*Open-Faced Veggie Bagel 10.75**

Veggie cream cheese, tomato, red onion, mixed greens, and cucumber

**V** Sub homemade Israeli hummus (not vegan on a gluten free bagel)



# THE EXCHANGE

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Lunch is Served Monday – Sunday 10 am – Close

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## Sandwiches - Burgers - Wraps

Served with your choice of

- Macaroni Salad - Cucumber Tomato & Onion Salad -

Real Potato Chips + 1.00

Hand-Cut Fries + 2.25

### **El Cubano** 14.50

Slow roasted Cuban mojo pork, ham, Swiss cheese, pickles & mustard on a grilled Cuban bread

### **Pork Tenderloin** 14.50

Seasoned pork cutlet pounded thin, breaded and fried. Served with Swiss cheese, grilled onions, garlic mayo, and pickles on a brioche bun

### **\* Antipasto Panini** 13.75

House made pesto and olive tapenade, fresh goat cheese, roasted red pepper on grilled sourdough bread

Add grilled chicken + 2.75

### **Pan Con Bistec** 14.50

Thin sliced top sirloin "Palomilla" steak, sautéed onions, potato sticks, leaf lettuce, tomato and mayo on a toasted Cuban bread

Add sautéed mushrooms + 1.00

Add swiss cheese + 1.00

### **Southwest Chicken Bacon Ranch** 14.25

Chipotle cheese sauce, roasted jalapenos, smoked gouda, grilled chicken breast, bacon, & house made ranch, grilled on a hoagie roll

### **Frita Cubana** 13.25

Grilled Cuban burger (chorizo, pork & beef blend patty), caramelized onion, frita sauce and topped with potato sticks on a brioche bun

### **\* The Turkey Shuffle** 14.50 Make it a wrap

Turkey, cheddar cheese, roasted red peppers, red onion, cucumber, leaf lettuce, garlic aioli and sriracha on toasted sourdough bread. So good it'll make ya wanna dance!

### **\* Smoked Gouda B.L.T** 14.50 Make it a wrap

Generous amount of bacon, smoked gouda cheese, leaf lettuce, tomato, and roasted garlic aioli on toasted sourdough bread

Add smashed avocado + 1.75

### **\* Chicken Salad Sandwich** 13.25 Make it a wrap

Served with lettuce, tomato, onion and mayo on toasted sourdough bread

### **The Butchers Block Burger** 15.25 ★

A custom ground 7 ounce burger, leaf lettuce, tomato, onions, pickles, smashed avocado, americana sauce, and choice of white cheddar, smoked gouda or swiss cheese on a brioche bun

Add bacon + 2.75

Add sautéed mushrooms + 1.00

### **V Crispy Tofu Banh Mi** 14.50

Crispy tofu triangles on a vegan hoagie roll with sweet chili sauce, pickled carrot, red pepper & onion, topped with spicy ginger peanut sauce and fresh cilantro

### **V The Ultimate Vegan Grilled Cheese** 13.75

Vegan cheese, sautéed mushrooms, and homemade roasted tomato pesto on sourdough bread

### **V Cali Quinoa Burger** 14.25

Vegan quinoa patty stuffed with vegan mozzarella and topped with smashed avocado, lettuce, tomato, onion, and sweet chili sauce on a vegan roll

## Soup of the Day Chef's Choice

made from scratch — rotates daily

served with sourdough toast

Cup 4.75 Bowl 7.95

V = VEGAN

\* Can be made **GLUTEN FREE**

Sub gluten free bread or bagel +1.75

### **Buffalo Chicken Mac & Cheese** 13.95

Chipotle cheese sauce, grilled chicken & buffalo sauce. Topped with gorgonzola & pickled red onions, and baked in a casserole dish

### **Smoked Gouda Chipotle Mac & Cheese** 12.95

Chipotle cheese sauce, caramelized onions and topped with shredded gouda and scallions baked in a casserole dish

## Appetizers & Shareables

### **Thai Chicken Lettuce Wraps (3)** 12.95

Grilled chicken with pickled veggies tossed in peanut sauce, topped with scallions and roasted peanuts, and served on leaf lettuce with a lime wedge

### **Cuba Libre Platter** 14.95

2 lechon (mojo pork) sliders with pickles and garlic aioli, yuca fries with chimichurri sauce, 4 croquettes with side of americano sauce

### **Mini Spinach Artichoke Empanadas**

3/10.95 or 5/13.95 Served with lemon aioli sauce

### **Cuban Beef Empanada** 5.25

Served with chimichurri sauce for dipping

### **Chilean Beef Empanada** 6.25

Served with chimichurri sauce for dipping

### **Chipotle Goopy Cheesy Fries** 10.25

Thick hand cut fries topped with house made chipotle cheese sauce

Add green chili + 1.50

Add mojo Cuban mojo pork + 2.50

### **Hummus, Pita & Veggies Plate** 9.50

### **V Israeli Falafel Platter** 13.50

4 house made falafel balls topped with tahini, roasted red pepper hummus, side of cucumber tomato and onion salad, and warm homemade pita

## Salads & Such

### **\*Palta Reina** 11.50

Homemade chicken salad, smashed avocado, sliced hardboiled egg and drizzled with americana sauce on a bed of bib lettuce.

### **The "real deal" Taco Salad** 12.50

Salad greens, roasted jalapenos, tomatoes, pickled red onions, colby jack cheese, sour cream, smashed avocado, served in a homemade tortilla bowl with side of cilantro lime vinaigrette

Add grilled chicken + 2.75

Add seasoned steak + 3.75

Add grilled shrimp + 5.00

### **\*Exchange Cobb Salad** 14.50

Salad greens, diced grilled chicken, bleu cheese, hard boiled egg, bacon, tomato, smashed avocado, croutons, and side of red wine vinaigrette

### **\*Butternut Squash Salad** 13.50

Salad greens, roasted squash, pickled red onions, goat cheese, candied pepitas, tomatoes, and side of red wine vinaigrette

Add grilled chicken + 2.75



**Consumer Advisory:** Our shop offers products with gluten, peanuts, tree nuts, soy, milk, eggs and wheat while we take steps to minimize the risk of cross contamination. We cannot guarantee that any of our products are safe to consume for ones with these related allergies. Consuming raw or undercooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness.