

# The Exchange

526 S. Tejon, COS

719-635-0277

## Coffee Flight four - 4oz mini drinks 13.95

Cafecito - Cinnamon Roll Zombie - Mocha - Café Con Leche

### 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 4.75 16oz 5.25 20oz 5.50

### Honey I'm Home

Cuban espresso, honey, brown sugar & milk  
12oz 5.00 16oz 5.50 20oz 5.75

### Espresso Drinks

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

Café latte espresso & steamed milk  
12oz 4.50 16oz 5.00 20oz 5.25

Breve latte espresso & steamed half-&-half  
12oz 5.25 16oz 5.75 20oz 6.00

Shot in the dark drip coffee & espresso  
12oz 3.85 16oz 4.35 20oz 4.60

Light in the dark drip coffee & white espresso  
12oz 4.00 16oz 4.50 20oz 4.75

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 5.25 16 oz 5.75 20 oz 6.00

Americano espresso shots topped with hot water  
12 oz 2 shots 16 oz 3 shots 20 oz 4 shots  
12 oz 3.50 16 oz 4.00 20 oz 4.25

### Smoothies and Shakes

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

Strawberry - Pineapple - Mango  
16oz 6.75/24oz 7.25

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 5.75 24oz 6.50

#### **Super charge your smoothie by adding:**

organic super greens 1 scoop +1.00/2 scoops +2.00  
- flax - protein - coconut - oats - +.50  
- peanut butter - banana +.75 +boba 1.75

Affogato Double shot of espresso gently poured over two scoops of vanilla bean ice cream  
6.00 add chocolate drizzle and whip + .75

locally roasted, fair trade & organic  
Coffee Beans

**\*see coffee list at register \***

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

### Zombie White Espresso Latte

12oz 5.25 16oz 5.75 20oz 6.00

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

Goey Zombie caramel & vanilla

White Zombie white chocolate & vanilla

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

See tea menu for list & descriptions

*Available hot or iced*



### Organic Matcha Latte

12oz 4.75 16oz 5.25 20oz 5.75

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

12oz 4.75 16oz 5.25 20oz 5.75

### Yerba Mate Latte

12oz 4.75 16oz 5.25 20oz 5.75

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 3.75

### Fresh Squeezed Lemonade

16oz 4.25 24oz 4.75

### Italian Soda carbonated water and choice

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

16oz 3.50 24oz 3.75

### Coffee of the Day light or dark roast

12oz 2.75 16oz 3.25 20oz 3.50

### Café au lait coffee with steamed milk

12oz 3.00 16oz 3.50 20oz 3.75

Cold Brew 16oz 5.25 24oz 5.75

Joe to go 96oz w/ cups 24

Milk Substitute +1.25

Almond or Oat

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

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

Maple Peanut Butter Lavender Peach

Blueberry Raspberry Local Honey Agave



# The Exchange

Cocktail Beer Wine

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## Mimosa Flight 19.50

Four - 4oz mini drinks

Peach - Pineapple - Pomegranate - Blood Orange

## Bloody Mary Flight 19.95

Four 4oz mini drinks

Basic - Badass - Bacon - Bloody Maria

### 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 mini chicken machaca empanada, 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 with fresh squeezed OJ 8

Add: *Pomegranate, Pineapple or Blood Orange* +.75

### Bellini peach lovers mimosa 8.75

### Beermosa Fat Tire & fresh squeezed oj 6.75

### Draft Beers 6

### Red Wine - White Wine - Rose 8

*Rotating Daily*

## Cocktails 13

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

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

**Tequila Sunrise** rise and shine with tequila

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

**Lavender Fields Lemonade** floral sweet & tangy

**Aviation** the beautifully floral gin classic

**Chaitini** sweet & spicy

**Hotty Toddy** soothes the soul

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

**Irish Coffee** traditional and perfect just the way it is (iced or hot)

**Pineapple Jalapeno Margarita**



# The Exchange

Breakfast Menu is Served ALL day

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(V)= VEGAN

\* Can be made GLUTEN FREE \*

Sub gluten free bread or bagel +1.75  
(gluten free bread is not vegan)

## ★ Chorizo & Grits 14.95

Cheesy grits topped with grilled chorizo, shredded cheese, a fried egg and scallions  
(chorizo is sauteed low & slow with peppers & onions)

## ★ El Churrasco 13.50

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

## Breakfast Skillet 12.95 \*

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

Add smashed avocado +1.75

Add sautéed mushrooms +1.00

## ★ Butternut Squash Hash & Eggs 13.75 \*

Diced squash, onion, bell pepper, potato & lentils sauteed and topped with two fried eggs and dill crema drizzle  
Served with slice of toast

Make it vegan by substituting vegan eggs +.75

## Breakfast Burrito 9.75

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

Smothered in green chili and cheese +1.50

Add smashed avocado +1.75

## Loaded Chorizo Burrito or Make it a skillet 12.95 \*

Two eggs, melted Colby jack cheese, chorizo mix, potatoes and smothered in green chili  
(chorizo is sauteed low & slow with peppers & onions)

Add smashed avocado +1.75

## ★ 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

Make it extra super & add turkey +2.00

## Breakfast Sandwich 6.95 \*

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

Add diced tomato, red onion, and red pepper + 1.00

Add smashed avocado +1.75

Sub bagel + 2.50

## Tostada Cubana 3.75

Buttered Cuban bread grilled until nice and toasty

## Cheesy Grits 4.95 \*

★ Add fried egg +1.75 Add shredded cheese +1.50

## Healthy Breakfast Bowl 12.95 \* (V)

Vanilla chia pudding, agave granola, topped with seasonal fresh fruit

## Vegan Breakfast Burrito 12.95 (V)

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

Smothered in vegan green chili & cheese + 1.50

Add smashed avocado + 1.75

## Vegan Breakfast Scramble 13.75 \*(V)

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

Add smashed avocado + 1.75

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)

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

★ **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.



# The Exchange

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Lunch Menu is Served 10am-Close

## 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

### ★ 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

### ★ The Mother Clucker 14.50 Make it a wrap

Two large juicy fried chicken tenders, swiss cheese, garlic aioli, honey mustard, leaf lettuce, tomato, onion, and pickles on a grilled brioche bun

(make it a wrap option is not gluten free)

### The Jeffrey 14.50 Make it a wrap

Turkey, cheddar cheese, lettuce, tomato, onion, and honey mustard served on a grilled hoagie roll

### Cheddar is better B.L.T 14.75 \* Make it a wrap

Generous amount of bacon, sharp cheddar cheese, leaf lettuce, tomato, and roasted garlic aioli on toasted french bread

(make it a wrap option is not gluten free)

Add smashed avocado + 1.75

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

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

(make it a wrap option is not gluten free)

### ★ 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 or swiss cheese on a brioche bun

Make it gluten free:

substitute bread for a bed of bib lettuce

Add bacon + 2.75

Add sautéed mushrooms + 1.00

### (V) The Cluckless Chicken Sandwich 14.50 \*

Vegan fried chicken cutlet, vegan melted mozzarella, vegan dill crema, pickles, lettuce, tomato and onion on a toasted Cuban roll. Make it gluten free: substitute bread for a bed of bib lettuce

### (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) 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 fresh yeast roll

Cup 5.00 Bowl 8.95

V = VEGAN

\* Can be made GLUTEN FREE

Sub gluten free bread or bagel +1.75  
(gluten free bread is not vegan)

## Munchies & Snacks

### Garlic Parmesan Fries 7.25

### Basket of Yuca Fries 8.95

Served with americana sauce

### Mini Chicken Machaca Empanadas

3/11.95 or 5/15.95 Served with garlic aioli sauce

### Mini Spinach Artichoke Empanadas

3/11.95 or 5/15.95 Served with lemon aioli sauce

### Cuban Beef Empanada 5.50

Served with chimichurri sauce for dipping

### Chilean Beef Empanada 6.25

Served with chimichurri sauce for dipping

### ★ Boneless Chicken Tender Basket 9.75

Two fried chicken tenders, side of fries, served with ranch or honey mustard

### Hummus, Pita & Veggies Snack 8.50

## Salads & Such

### Thai Chicken Salad Bowl 12.95

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

### ★ The Cowgirl 14.50 \*

Salad greens, thin sliced top sirloin steak, grape tomatoes, red onion, Colby jack cheese, roasted red preppers, crunchy potato sticks and served with side of honey mustard

### Palta Reina 11.50 \*

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

### 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

### Middle Eastern Falafel Salad 13.75 \*

Salad greens, falafel, grape tomatoes, cucumber, red onion, hummus, tahini, mixed olives, a side of red wine vinegar

Add homemade pita + 1.00 (not gluten free)

### (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 a warm homemade pita

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