

The Exchange

526 S. Tejon, CO5

719-635-0277

Coffee Flight four - 4oz mini drinks 13.95

Cafecito - Cinnamon Roll Zombie - Mocha - Café Con Leche

+ CBD to any drink @16mg \$3.75

Café Cubano *Bold & Sweet*

Cafecito Cuban espresso 4.25

Cortadito Cuban espresso with small amount of steamed milk 4.75

Café Con Leche Cuban espresso shots & milk
12oz 5.00 16oz 5.50 20oz 5.75

Honey I'm Home

Cuban espresso, honey, brown sugar & milk
12oz 5.25 16oz 5.75 20oz 6.00

Zombie White Espresso Latte

12oz 5.50 16oz 6.00 20oz 6.25

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

Espresso Drinks

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

Café latte espresso & steamed milk
12oz 4.75 16oz 5.25 20oz 5.50

Breve latte espresso & steamed half-&-half
12oz 5.50 16oz 6.00 20oz 6.25

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

Light in the dark drip coffee & white espresso
12oz 4.25 16oz 4.75 20oz 5.00

Cortado espresso & steamed milk
2 shot 3.45 3 shot 3.70

Macchiato espresso w/ a layer of foamed milk
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 3.75 16 oz 4.25 20 oz 4.50

Loose Leaf Tea *prices may vary*

See tea menu for list & descriptions

Available hot or iced



Organic Matcha Latte

12oz 5.25 16oz 5.75 20oz 6.25

Sherpa Chai Tea Latte pick one Sweet or Spicy

12oz 5.00 16oz 5.50 20oz 6.00

Yerba Mate Latte

12oz 4.75 16oz 5.25 20oz 5.75

Steamer 12oz 3.00 16oz 3.50 20oz 3.75

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 3.75 24oz 4.00

Smoothies and Shakes

Crushed Fruit Smoothie *pick two*

Strawberry, Pineapple or Mango

16oz 6.75/24oz 7.25

The David Protein Shake 16oz 6.00/24oz 6.75
peanut butter, banana, chocolate, protein, & almond milk

Taro Root Smoothie with Tapioca Boba

slightly nutty, a little sweet and creamy

16oz 6.00 24oz 6.75

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

Coffee of the Day light or dark roast

12oz 3.00 16oz 3.50 20oz 3.75

Café au lait coffee with steamed milk

12oz 3.50 16oz 4.00 20oz 4.25

Cold Brew 16oz 5.50 24oz 6.00

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

locally roasted, fair trade & organic
Coffee Beans

*see coffee list at register * 1/2 lb or 1 lb

The Exchange

Cocktail Beer Wine

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 egg 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

Draft Beers 6

Red Wine - White Wine - Rose
8

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

Lavendar Lemonade

Irish Dream bailey's & caramel frappe

Cucumber Mule

Spicy Russian white Russian with a cinnamon twist

Hot Toddy soothes the soul

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

Pineapple Jalapeno Margarita

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BREAKFAST MENU SERVED ALL DAY

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

(V)= VEGAN

* Can be made GLUTEN FREE *

Sub gluten free bread or bagel +2.25
(gluten free bread & bagel are 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** 15.25

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

Breakfast Skillet 14.50*

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 +2.00

★ **Butternut Squash Hash & Eggs** 14.25 *

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 6.95 *Build it yourself*

Three eggs, diced potato, melted cheese.

Add bacon, ham, turkey, or sausage + 2.50

Add diced tomato, red onion, red pepper +1.00

Smothered in green chili and cheese +1.95

Add smashed avocado +1.75

Add mushrooms +2.00

Loaded Chorizo Burrito 11.75 or **Skillet** & toast 13.95*

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** 13.95 *

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

Make it extra super & add turkey +2.50

Breakfast Sandwich 4.95 *

Pick your eggs, over hard or scrambled? Two eggs, melted swiss american cheese on a local brioche bun

Add bacon, ham, turkey or sausage +2.50

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

Add smashed avocado +1.75

Sub bagel + 2.25

Tostada Cubana 3.95

Buttered Cuban bread grilled until nice and toasty

★ **Cheesy Grits** 4.95 *

Add shredded cheese +1.00

Add fried egg +1.75

Healthy Breakfast Bowl 12.95 *(V)

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

Vegan Breakfast Burrito 14.95 (V)

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

Smothered in vegan green chili & cheese + 1.95

Add smashed avocado + 1.75

Add sautéed mushroom + 2.00

Vegan Breakfast Scramble 14.25 *(V)

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

Add smashed avocado + 1.75

Add sautéed mushroom + 2.00

Bagels (V)

Plain or Everything

Gluten Free Plain (not vegan) +2.25

Toasted Bagel & Cream Cheese 6.75

Add Jam + 1.00

Sub Veggie Cream Cheese + 1.25

(V) Israeli Hummus + 1.50

Special Bagel Platters

East Coast Bagel & Lox Platter 17.95*

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

Open Faced Veggie Bagel 10.95 *

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

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

★ **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.

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LUNCH MENU STARTS @ 10AM

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Munchies & Snacks

Garlic Parmesan Fries 7.25

Basket of Yuca Fries 9.25

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 5.75

Served with chimichurri sauce for dipping

Chilean Beef Empanada 6.25

Served with chimichurri sauce for dipping

★ **Boneless Chicken Tender Basket** 10.75

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

(V) = VEGAN

* *Can be made GLUTEN FREE*

Sub gluten free bread or bagel +2.25
(gluten free bread is not vegan)

Classic Mac & Cheese 13.95

Topped with seasoned breadcrumbs, parmesan cheese and lightly toasted

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 14.95

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

★ **Pan Con Bistec** 15.75

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

Add sautéed mushrooms +2.00

Add swiss cheese +1.00

★ **The Mother Clucker** 14.95 Make it a wrap

Two large juicy fried chicken tenders, swiss cheese, garlic aioli, honey mustard, spring mix, tomato, onion, and pickles on a grilled Cuban roll

(make it a wrap option is not gluten free)

The Jeffrey 14.95 Make it a wrap

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

Add bacon +2.50

(make it a wrap option is not gluten free)

TBA 15.25* Make it a wrap

Turkey, bacon, avocado, spring mix, tomato, onion, swiss cheese and garlic aioli on French bread

(make it a wrap option is not gluten free)

Chicken Salad Sandwich 13.95* Make it a wrap

Served with spring mix, tomato, onion and mayo on toasted french bread

(make it a wrap option is not gluten free)

★ **Butcher Block Burger** 14.95

Stacked with lettuce, tomato, onion, pickles, and americana sauce. Choice of swiss or cheddar cheese

Add avocado +1.75

Add bacon +2.50

Add mushrooms +2.00

Add grilled onions +1.25

Vegan French Dip Sandwich 15.25

Thin sliced "roast beef" seitan, melted vegan mozzarella, caramelized onions on toasted Cuban bread. Served with side of vegan au jus

Vegan Crispy Tofu Banh Mi 14.95

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

Soup of the Day Chef's Choice

made from scratch — *rotates daily*

served with fresh yeast roll

Cup 5.00 Bowl 8.95

Salads & Such

Thai Chicken Salad Bowl 13.95 *

Grilled chicken, rice noodles and cabbage mixed with a Thai peanut sauce; served on a bed of greens and topped with a sweet chili sauce, roasted peanuts, and scallions

★ **The Cowgirl** 15.25 *

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

Palta Reina 12.50*

Homemade chicken salad, smashed avocado, sliced hardboiled egg and drizzled with americana sauce on a bed of spring mix

(V) **Middle Eastern Falafel Salad** 13.95*

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

Add homemade pita +1.00 *(not gluten free)*

(V) **Israeli Falafel Platter** 13.75

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

(V) **Quinoa Bowl** 13.95 *

Red quinoa, cucumber, grape tomato, red onion, dried tart cherries, and roasted cashews; tossed in red wine vinaigrette & served on a bed of lettuce

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