

The Exchange

526 S. Tejon, CO

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 4.75

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

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

Smoothies and Shakes

16oz 6.75 24oz 7.25

Super charge your smoothie by adding:

protein 1 scoop +1.00 or 2 scoops +2.00

peanut butter - banana - oats +.75

+boba 1.75

Acai Mixed Berry Smoothie rich & energizing

Mango Nada sweet, tangy & spicy

The David Protein Shake

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

Taro Root Smoothie with Tapioca Boba

slightly nutty, a little sweet and creamy

Simply Strawberry OR Mango

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 * 1/2 lb or 1 lb

Zombie White Espresso Flight

four - 4oz mini drinks 15.95

Goopy - Island - Redhead Step - Cinnamon Roll

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 Honey 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

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

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 Box 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

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

Guava Mimosa 9

Bellini peach lovers mimosa 9

Beermosa draft beer & fresh squeezed oj 7.00

Draft Beers 6

Wine: Red - White - 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 or **Pumpkin Espresso Martini**

Maple Bacon Martini

The Living Dead Espresso Martini nutty, bold & caffeinated

Irish Dream bailey's & caramel frappe

Cucumber Mule crisp & clean

Havana Nights rich & tropical boozy cold brew

The Sicilian Sun a sun kissed twist on the classic amaretto sour

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

Pineapple Upside-Down Cake

The Exchange

BREAKFAST MENU SERVED ALL DAY

526 S. TEJON, COS

719-635-0277

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 15.50 *

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

★ El Churrasco 15.50

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

Breakfast Skillet 15.25*

Three 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 +2.00

Add sautéed mushrooms +2.00

★ Butternut Squash Hash & Eggs 15.25 *

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 +1.00

Breakfast Burrito 7.50 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 +2.00

Add mushrooms +2.00

Loaded Chorizo Burrito 12.50 or Skillet & toast 14.95*

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 +2.00

★ Super Bacon Sandwich 14.25 *

"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 kaiser bun
Make it extra super & add turkey +2.50

Breakfast Sandwich 5.50 *

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

Add bacon, ham, turkey or sausage +2.50

Add pesto +2.00

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

Add smashed avocado +2.00

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 15.25 (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 + 2.00

Add sautéed mushroom + 2.00

Vegan Breakfast Scramble 15.00 *(V)

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

Add smashed avocado + 2.00

Add sautéed mushroom + 2.00

Avocado Toast 10.95

Crispy cuban toast with pesto,
smashed avocado,
grape tomato, and olive oil

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 11.75 *

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

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

Consumer Advisory: The following major food allergens may be used as ingredients; milk, egg, fish, crustacean shellfish, tree nuts, peanuts, wheat, soy and sesame. 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

Insalata Caprese 15.25

Alternating layers of ripe tomatoes and fresh mozzarella cheese. Finished with fresh basil pesto, roasted red peppers, Italian olives and a balsamic reduction drizzle. Served with fresh golden toasted crostini

Garlic Parmesan Fries 7.95

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 11.50

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

Soup of the Day Chef's Choice

made from scratch — rotates daily

served with fresh yeast roll

Cup 5.75 Bowl 9.95

Salads & Such

Thai Chicken Salad Bowl 15.25 *

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

*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 14.50 *

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

(V) Middle Eastern Falafel Salad 14.95 *

Salad greens, house made falafel, grape tomatoes, cucumber, red onion, hummus, tahini, mixed olives, and a side of red wine vinaigrette
Add homemade pita +1.00 (not gluten free)

*Country Clucker Salad 15.50

Salad greens, crispy fried chicken nuggets, hard-boiled egg, colby jack cheese, grape tomatoes, red onion, bacon crumbles and a side of honey mustard dressing

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Classic Mac & Cheese 15.50

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 15.25

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

*Pan Con Bistec 15.95

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 15.95

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)

TBA 15.75* Make it a wrap

Turkey, bacon, avocado, spring mix, tomato, onion, swiss cheese and garlic aioli on mild sourdough bread
(make it a wrap option is not gluten free)

Chicken Salad Sandwich 14.50 *Make it a wrap

Served with spring mix, tomato, onion and mayo on toasted mild sourdough bread
(make it a wrap option is not gluten free)

*Butcher Block Burger 15.25

Stacked with lettuce, tomato, onion, pickles, and americana sauce on a kaiser roll.

Choice of swiss or cheddar cheese

Add avocado +1.75

Add bacon +2.50

Add mushrooms +2.00

Add grilled onions +1.25

The Clubber 15.95

Ham, turkey, bacon, swiss cheese, lettuce, tomato, onion, and garlic aioli, triple stacked up on mild sourdough bread

Pesto Caprese Hero 15.25

Fresh mozzarella, ripe tomatoes, a vibrant homemade basil pesto, balsamic reduction on a lightly toasted sub roll

Vegan Mediterranean Falafel Pita 14.50

Chef crafted falafel balls wrapped in a warm pita with roasted red pepper hummus, dill crema, cucumber, grape tomatoes, red onion, and a drizzle of tahini

Vegan French Dip Sandwich 15.95

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 15.25

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

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