

Welcome to Proof Bar & Kitchen - serving you wholesome food with relaxed vibes. We want our food to be sociable so feel free to mix & match from the Little and Big plates or the Boards to try with friends. If you're not a sharer (don't steal chips off my plate kind-of-thing), order a Little starter and a Big main to fill a hungry belly.

**With Your Drink**

**Mixed Olives**  
GF VG £3

**Marinated Artichokes**  
GF VG £3

**Proof Pickles**  
GF VG £3

**Padron Peppers**  
GF VG £4

**Black Pea Hummus**  
Flatbread / GF Corn chips  
GF VG £4

**Toasted Sourdough**  
Rapeseed oil VG £3  
Salted butter V £3

**Boards**

**Cheese Board**

Three cheeses from The Crafty Cheese Man, sourdough, piccalilli, chutney, olives, apple & Proof pickles  
V £15

**Cheese Nachos**

Artichoke, chilli, spinach, rancheros sauce, jalapenos & parmesan  
GF V £8

**Mezze Platter**

Broad bean falafel, black pea hummus, buckwheat, artichokes, aubergine chutney, olives, flatbread & padron peppers  
VG £12

**Little**

**Green Vegetable Soup**

Broccoli, pea & spinach with sourdough  
GF VG £5

**Three Cheese Glazed Terrine**

Sourdough croutons, piccalilli, pickles  
V £6

**Devilled Pork Cheeks**

Buckwheat, padron peppers  
GF £7

**Broad Bean Falafel**

Braised aubergine chutney, sweet&sour tomatoes  
GF VG £7

**Smoked Mackerel & Pink Peppercorn Pate**

Sourdough, Proof pickles  
GF bread available £7

**To Go With**

**Mixed Salad** GF VG £3

**Flatbread** VG £2

**Salt & Pepper Chips** GF VG £3

Add JJ Sandham's Rarebit £2

**Big**

**Today's Special**

Seasonal dish  
POA

**Slow Braised Blade of Beef**

Mushroom ketchup, sweet&sour tomatoes, salt&pepper chips  
DF GF £12

**Harissa Aubergine, Avocado & Spinach Salad**

Dukkah-spiced buckwheat GF VG £8  
Add Chorizo GF £2

**Chilli-con-fungi**

Flatbread / GF corn chips, black pea hummus  
DF GF VG £8

**Tarka Dhal Pie**

Spinach, sweet&sour tomatoes, piccalilli  
DF VG £8

**For After**

**Chocolate Fudge Brownie** GF £3.50

Strawberries, cream

**Espresso Martini** £7.50

Stolichnaya, Kahlua, vanilla

**Suppliers**

Meat - W H Frosts / Cheese & Dairy - The Crafty Cheese Man  
Vegetables - Smithfield Market / Free-range eggs - John Coulthurst at Kenyon's Farm  
Preserves & Prepared items - Beehive Food / Bread - Holy Grain / Sweet treats - A Runcible Spoon

VG = Vegan / V = Vegetarian / DF = Dairy-free / GF = Gluten-free

All dishes prepared in a kitchen with potential cross-contamination with all allergen groups. Please ask the staff for our allergen menu.