

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.

Classic Cocktails

Margarita £7.50

El Jimador Reposado, triple-sec, fresh lime. Straight up, frozen or on the rocks. Salt rim optional.

Daiquiri £7.50

Havana Especial rum, fresh lime, sugar. Straight up, frozen or on the rocks.

Mojito £7.50

Havana Especial rum, fresh lime, fresh mint, sugar, soda.

Sour £7.50

Spirit, lemon, sugar, egg white.

Collins £7.50

Spirit, triple-sec, lemon, sugar, soda.

Mule £7.50

Spirit, lime, sugar and ginger beer.

Julep £7.50

Jim Beam bourbon, fresh mint, soda, sugar.

Caipirinha £7.50

Velho Barreiro Cachaça, lime and sugar.

Cosmopolitan £7.50

Stoli Citron vodka, triple-sec, fresh lime and cranberry juice.

Espresso Martini £7.50

Espresso, Stolichnaya, Kahlua & vanilla.

Pornstar Martini £9

Stolichnaya Vanil, Passoa, passion fruit, lime, pineapple, vanilla syrup.

Vintage Cocktails

Martini £8

Stolichnaya vodka or Bombay Sapphire gin, Dolin Dry vermouth. Served with a twist or olives.

Negroni £8

Dolin Rouge vermouth, Campari & Bombay Sapphire gin.

Old Fashioned £8

Sugar, orange zest, bitters and spirit.

Manhattan £8

Jim Beam/Canadian Club, bitters, maraschino & Dolin vermouth. Sweet, Dry or Perfect.

Sazerac £8

Martell VS / Canadian Club, sugar, citrus zest, Peychaud's bitters, absinthe rinse.

Sidecar £8

Martell VS, triple sec, lemon, sugar.

Aviation £8

Bombay Sapphire gin, maraschino liqueur, Briotette Violette, lemon, sugar.

Bar Snacks

Mixed Olives GF VG £3.00

Marinated Artichokes GF VG £3.00

Proof Pickles GF VG £3.00

Padron Peppers GF VG £4.00

Black Pea Hummus GF VG £4.00

Flatbread / GF Corn Chips

Toasted Sourdough

Rapeseed oil VG / Salted butter V **£3.00**

Salt & Pepper Chips GF VG £3.00

Add JJ Sandham's Rarebit +£2.00

Real Handcooked Crisps £2.00

Chocolate Fudge Brownie GF £3.50

Signature Cocktails

Magingo £7.50

Mango, Bombay Sapphire gin, limoncello, lemon and orange juice.

Starbucked Martini £7.50

Havana Club Especial rum and Frangelico shaken with espresso, cream, noisette and Mozart chocolate liqueur.

Rollergirl £7.50

Stoli Razberi vodka, passion fruit, fresh lime and pineapple juice.

Lotus Blossom £7.50

Kiwi, citrus, lychee, elderflower, apple and Bombay Sapphire gin.

Ballerini £8

Muddled raspberries with vanilla syrup and Chambord. Shaken and stirred through Prosecco.

Cheese Board V £15.00

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

Mezze Platter VG £12.00

Broad bean falafel, black pea hummus, artichokes, aubergine chutney, olives, crisp bread & Proof pickles

Cheese Nachos GF V £8.00

Artichoke, chilli, spinach, rancheros sauce, jalapenos & parmesan

Wines

White

Caramuxo Blanco, Spain	£16.50
175ml glass	£4.90
250ml glass	£5.90

Merry Mole

Pinot Grigio, Moldova	£17.90
175ml glass	£5.40
250ml glass	£6.40

Moulin Montarels

Viognier, France	£21.00
175ml glass	£6.20
250ml glass	£7.20

Giddy Goose

Sauvignon Blanc, NZ	£22.50
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Red

Caramuxo Tinto, Spain	£16.50
175ml glass	£4.90
250ml glass	£5.90

Merry Mole

Merlot, Moldova	£17.90
175ml glass	£5.40
250ml glass	£6.40

Aves del Sur Perdiz

Carmenere, Chile	£21.00
175ml glass	£6.20
250ml glass	£7.20

Finca Besaya

Crianza Rioja, Spain	£22.50
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Rose

Pirovano Pinot Blush, Italy	£17.90
175ml glass	£5.40
250ml glass	£6.40

Fizz

Cuvee Vittoria Spumante	
Extra Dry, Italy	£22.50
Glass 125ml	£5.40

125ml glass available

Cold Drinks

San Pellegrino 330ml	
Lemon/Blood Orange	£2.50
Coke Zero/Diet Coke	£2.30
Rose Lemonade	£2.30
Ginger Beer	£2.00
Fresh Juices	£2.00
Oreogasm Milkshake	£5.00
Green Smoothie	£5.00
Berry Smoothie	£5.00

Beers

Draught

Proof Lager 4%	£4.50
Peroni 5.1%	£5.80
Asahi Super Dry 5.0%	£5.60
Cider South West Orchards 5%	£4.50

Craft Beer

Rotating selection from	£5-£7
Shindigger	
Magic Rock	
Brightside	
Pomona Island	
Manchester Brewing Co	
Tiny Rebel	
Please ask your server what's on.	

Bottles & Cans

Estrella Damm 5%	£4.20
Brooklyn Lager 5.2%	£4.70
Shindigger 440ml	
-West Coast Pale 4.5%	£5.40
-Double Dippin' DIPA 8.5%	£6.00
Kona Island Big Wave 5%	£5.40
Brewdog Elvis Juice 6.5%	£4.70
Manchester Brewing Co	
-Factory Pale Ale	£4.50
-Mango Pale Ale	£4.50
Alphabet	
-Supermarionation Ale 5%	£5.50
-Cornish Stout 6.2%	£6.00
Magic Rock	
-Fantasma (GF) 6.5%	£5.00
-Highwire Grapefruit 5.5%	£4.80
Estrella Daura (GF) 5.4%	£4.60
Erdinger LOW ALC >0.5%	£3.60

Coffees

Oat - Soy - Almond - Coconut - Dairy	
Cappuccino	£2.80
Americano	£2.80
Flat White	£2.80
Cafe Latte	£2.80
Cortado	£2.80
Espresso	£2.20
Iced Coffee	£3.50
Tea Pigs	£2.20
Everyday - Earl Grey - Peppermint - Green	
Coffee/Tea & Cake	£5.50
Ask your server for today's treats	