

Kids Menu

Morning. Noon. Night.
Served all day.

Welcome to Proof Bar & Kitchen - we want your little ones to be able to have something delicious too whilst you relax with a coffee or even a cheeky cocktail. Our Kids Menu is packed with veggies where we can to give them some tasty goodness.

Come for our After School Club 3-5pm Monday-Friday and get a **free coffee** for the grown-up with any kids meal.

Multi-seed & Nut Granola

Natural yoghurt, honey & berries V £3

Sourdough Toast

(GF bread or soft sliced bread available)

Butter & black cherry jam V £2

Baked beans VG £3

Scrambled eggs V £3

JJ Sandham's Lancashire Cheese Rarebit V £3

Black Pea Hummus

GF VG £4

Flatbread / GF corn chips, cucumber and carrot sticks

Tomato Soup

GF V (GF bread available or soft sliced bread available) £4

With sourdough

Gnocchi & Sauce

GF gnocchi

Homemade tomato sauce GF VG £5

Cheese sauce V £5

Pesto GF V £5

Fried Egg & Chips

GF DF V £4

Additions: Baked beans (V) -£1 / Sausage -£1

Milk & Cookies £3

Warm milk, vegan oat cookie GF

Chocolate Fudge Brownie £3.50

Strawberries, cream GF V

Hot Chocolate £3

Marshmallows, cream

Fresh Juice

Orange, apple, pineapple, cranberry - £2

Green Smoothie

Kiwi, apple, spinach & avocado - £3

Berry Smoothie

Bluebs, strawbs, rasps, apple - £3

Suppliers

Meat - W H Frost / 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.

Turn over for some fun colouring in whilst you wait!