

All of our dishes are prepared in a kitchen with potential cross-contamination with all allergen groups. An allergen menu is available, please advise your server of any specific allergies, intolerances or dietary requirements.

Brunch Menu

Morning, Noon.
Served till 2pm.

Brunch

*gluten free bread available, also available for takeaway.

Plated Breakfast DF VG GF* £5.50

sweet & sour tomatoes, chestnut mushrooms, baked beans, GF hash brown & toasted sourdough
ADD: Avocado £2 / Bacon £2 / Sausage £2 /
Two fried eggs £1 / Bury black pudding £1

Huevos RancherosGF* V £6.50

two eggs poached in Rancheros sauce, toasted sourdough, sweet & sour tomatoes
ADD: Avocado £2 / Chorizo £2

Scrambled Eggs on Toasted Sourdough GF* V £5.50

ADD: Smoked Salmon £3 / Bacon £2 /
Chestnut mushrooms £2 / Sweet & sour tomatoes £2

Poached Eggs with Spinach & Hash BrownGF DF V £6.50

ADD: Chestnut mushrooms £2 / Bacon £2 /
Sweet & sour tomatoes £2 / Avocado £2

Fried Eggs & ChipsGF DF V £5.50

ADD: Chestnut mushrooms £2 / York ham £2 /
Sweet & sour tomatoes £2

Breakfast Roll £4.50

Barbakan roll with Frost's smoked bacon and/or sausage
ADD: Fried egg £1

Smashed Avo on SourdoughGF* VG £6.50

smashed avocado, sweet & sour tomatoes, sourdough
ADD: Bacon £2/Poached Eggs £2/Smoked Salmon £3

Sourdough ToastGF* VG*

with black cherry jam / marmalade / honey £3.50

with rarebit, sweet & sour tomatoes £5.50

Multi-seed & Nut Granola £4.50

with oat milk & berries VG GF

with natural yoghurt, honey & berries V GF

Sandwiches & Soup

*GF bread available. Available to takeaway.

Ham & Lancashire Cheese GF* £7.50

with piccalilli on toasted sourdough. With coleslaw

Goats Cheese & Spiced Tomato Chutney £7.50

GF* V

with spinach on toasted sourdough. With coleslaw.

Falafel Wrap GF* VG £7.50

hummus, aubergine chutney in a flatbread.

With tahini dressing (VG) or coleslaw (V).

Green Lentil & Spinach SoupGF* VG* £4.50

with sourdough and salted butter / olive oil

Soup & Sandwich GF* VG* £9

soup and a sandwich of your choice

Drinks

See the bar menu for full drinks selection

Virgin Mary VG (Ask about allergens) £4.50

House recipe, pickles, olives

Bloody Mary VG (Ask about allergens) £8.50

House recipe, vodka or gin

Mimosa £5.50

orange juice & Cuvee Vittoria fizz

Ballerini £8.50

raspberries, vanilla, Chambord & fizz

Espresso Martini £8

Espresso, Stolichnaya vodka, Kahlua, vanilla

Brunch Martini £9

Tanqueray Sevilla, Cointreau, Bombay Sapphire, marmalade, grapes, lemon, cranberry

Berry Smoothie £5.20

blueberries, strawberries, raspberries, apple

Green Smoothie £5.20

kiwi, apple, spinach & avocado

Hip Pop Kombucha £5.20

Ginger & Blueberry / Apple & Elderflower

PROOF

BAR & KITCHEN

All of our dishes are prepared in a kitchen with potential cross-contamination with all allergen groups. An allergen menu is available and please advise your server of any specific allergies, intolerances or dietary requirements.

Kitchen Menu

Noon. Night.
Served 12 - 9pm.

Snacks

Roasted Red Pepper HummusGF* VG	£4.50
flatbread / *GF Corn chips	
Sourdough & Rye BreadGF*	£3.50
with olive oil VG / with salted butter V	
Halloumi FriesGF	£6.50
pomegranate molasses, tahini & lemon dressing	
Salt & Pepper FriesGF VG	£3.50
skin-on with Chinese-inspired seasoning	
Mixed OlivesGF VG	£3.50
Marinated ArtichokesGF VG	£4
Padron PeppersGF VG	£4.50

Small Plates

Rarebit & Caramelised Onion Croquettes ...GF V	£7
celeriac remoulade, Henderson's mayo	
Broad Bean FalafelGF VG	£7.50
aubergine chutney, sweet & sour tomatoes	
Potted Ham HockGF*	£7.50
toasted sourdough, pickled shallots	
Curried Cauliflower FritterGF VG	£7
curry mayo	

Sharing Boards

Baked Garstang WhiteGF* V	£12
sourdough, sweet & sour tomatoes, tomato chutney	
Cheese NachosGF V	£10
artichoke, chilli, spinach, rancheros sauce	
Cheese BoardGF* V	£16
three cheeses selected by The Crafty Cheese Man, sourdough, piccalilli, spiced tomato chutney, apple	
Charcuterie BoardGF*	£17
salami, serrano & chorizo, sourdough, celeriac remoulade olives & pickled shallots	
Mezze PlatterGF* VG	£16
broad bean falafel, hummus, buckwheat, artichokes, aubergine chutney, olives, flatbread / *GF corn chips & padron peppers	

Plates

Chilli Con FungiGF* VG	£10
red pepper hummus, flatbread / *GF corn chips, jalapenos	
Chicken in a BasketGF	£14
corn-crumbed, buttermilk chicken pieces, skin-on salted fries, coleslaw	
Buckwheat & Spiced CauliflowerGF VG	£10
spinach & green herbs, pumpkin seeds, sweet & sour tomatoes, salsa verde	
ADD: Avocado £2 / Chorizo £2 / Goats Cheese £3	

For After

Chocolate Fudge BrownieGF V	£6.50
berries, ice cream	
Cherry & Almond Bakewell CakeGF V	£6.00
jam & berries	
AffogatoGF V	£6.50
vanilla ice cream, espresso, Frangellico/Amaretto	
Madagascar Vanilla Ice CreamV	£4
berries	
La Pigalle	£8
Martell Brandy, Mozart dark and Mozart Gold chocolate liqueur, cream	

*Gluten free bread is available, please ask your server

Please ask to see our weekly specials.

Most menu items are available for takeaway and delivery.