

PROOF READ

SALADS

MOZZARELLA, TOMATO & BASIL

Inca tomatoes, mozzarella, fresh basil, baby spinach leaves, rocket & olive oil - **V | GF**

BUFFALO MOZZARELLA & SUN DRIED TOMATOES

Sundried tomatoes, mozzarella, fine beans, walnuts, shaved parmesan, lemon juice & olive oil - **V | GF | NUTS**

ROCKET SALAD

Rocket leaves, shaved parmesan & balsamic dressing - **V | GF**

MIXED SALAD

Rocket leaves, spinach, lettuce, Inca tomatoes, cucumber, mustard & balsamic dressing - **V | Ve | GF**

SPINACH, SUNDRIED TOMATO & OLIVE SALAD

Spinach with sundried tomatoes, black olives, feta & grated lemon - **GF**

CHICKEN CAESAR SALAD

Chicken breast with cos lettuce, tossed in a homemade Caesar dressing, topped with Italian cheese & croutons

BREADS

GARLIC BREAD & MOZZARELLA

Garlic puccia bread topped with mozzarella - **V**

GARLIC BREAD

Garlic puccia bread - **V**

AVOCADO BRUSCHETTA

Toasted puccia bread, avocado, chilli, tomato, coriander, red onion & lime juice - **V**

TOMATO BRUSCHETTA

Toasted puccia bread, diced Inca tomatoes, sea salt, black pepper, basil & olive oil - **V**

FETA & CARAMELISED PEPPER BRUSCHETTA

Toasted puccia bread, caramelised peppers topped with feta cheese

BREAD SELECTION

Proof 65 bread selection, grissini bread sticks, sourdough, puccia panini, balsamic vinegar & butter - **V**

BREAKFAST AVAILABLE UNTIL 11AM

BUILD YOUR OWN BAGEL OR OMELETTE WITH YOUR CHOICE OF FILLINGS £4

Chorizo - GF	£1
Smoked Sweetcured Back Bacon - GF	£1
Plain Back Bacon - GF	£1
Smoked Salmon - GF	£1
Scrambled Egg (Bagel only) - V GF	£1
Poached Egg (Bagel only) - V GF	£1
Red Leicester Cheese - V GF	£1
Wild Mushroom - V Ve GF	£1
Roasted Plum Tomato - V Ve GF	£1
Red Onion - V Ve GF	£1
Spinach - V Ve GF	£1

BREAD CHOICES - all Vegetarian
Multigrain Bagel | Maple Leaf Plain Bagel
Cinnamon & Raisin Bagel | White Bloomer
Brown Bloomer | Gluten Free

CUMBERLAND SAUSAGE TOASTED BAGEL £5
Cumberland sausage on a warm toasted buttered bagel

SWEETCURED SMOKED BACK BACON BAGEL £5
3 Rashers of Smoked Sweetcured back bacon, on a warm toasted buttered bagel

PLAIN BACK BACON BAGEL £5
3 Rashers of cured back bacon, on a warm toasted buttered bagel

SMASHED AVOCADO & POACHED EGG BAGEL £6
Whole smashed avocado on warm toasted bagel, topped with a soft poached egg - **V**

SMOKED SALMON AND CREAM CHEESE BAGEL £7
Smoked salmon with cream cheese on a warm toasted buttered bagel

TOAST, PRESERVE & BUTTER £3
Toasted bloomer or bagel, preserve & butter - **V**

CROISSANT, PRESERVE & BUTTER £3
Freshly baked croissant, preserve & butter - **V**

PAIN AU CHOCOLAT £2
Freshly baked pain au chocolat - **V**

BLUEBERRY MUFFIN £1.50
Freshly baked in house blueberry muffins - **V**

BIRCHER £4
Greek yoghurt with a blend of oats, apple, honey, cranberries, toasted almonds & with a topping of pumpkin seeds - **V | NUTS**

YOGHURT & FRUIT £4.50
Greek yoghurt with strawberry puree, fresh raspberries, blueberries & strawberries - **V | GF**

SUPERSEED YOGHURT £4.50
Proofs super seed yoghurt with strawberry puree, pumpkin chia seeds, sultanas & topped with freshly made in house granola - **V | NUTS**

SMALL PLATES

PORK RIBS
Slow cooked baby back pork ribs marinated in honey, lemon juice, rosemary & glazed with pomegranate molasses - **GF**

VEAL, GARLIC & BLACK PEPPER MEATBALLS
Veal, garlic & black pepper meatballs rich in flavour, smothered with a spiced arrabiata sauce

CHICKEN SKEWER
Skewered chicken fillets marinated in soy sauce, sesame oil, honey, garlic & lemon juice, finished with a pineapple chilli salsa

PROSCIUTTO CHICKEN
Chicken fillets, caramelised peppers wrapped in prosciutto served with an arrabiata sauce - **GF**

HOT SMOKED SALMON FISH CAKE WITH A CHOICE OF DIP
Homemade hot smoked salmon fish cakes, served with a choice of dip - **GF**

SMOKED PAPRIKA & BASIL VEGETABLE KEBAB
Smoked paprika & vegetable kebabs marinated for 12 hours with a pesto drizzle - **Ve | V | GF**

GARLIC & SPINACH MUSHROOMS
Garlic mushrooms in a creamy white sauce, fresh leaf spinach & puccia panini bread - **V**

TORTILLA, GUACAMOLE & SALSA
Freshly baked tortilla, homemade guacamole & salsa - **V**

FREE RANGE EGG & RED LEICESTER FRITTATA
Italian style omelette made with 2 free range eggs, red Leicester, garlic, spinach & feta - **V | GF**

FREE RANGE EGG & CHORIZO FRITTATA
Italian style omelette made with 2 free range eggs, Spanish chorizo, garlic, spinach & feta - **GF**

FREE RANGE EGG, ROASTED PEPPERS & SPINACH FRITTATA
Italian style omelette made with 2 free range eggs, roasted peppers, garlic, spinach & feta - **V | GF**

CHORIZO SPICY POTATOES
Grilled chorizo & spicy potatoes - **GF**

POTATO BRAVAS
Oven roasted potatoes & spicy tomato sauce - **V | Ve | GF**

ROASTED PLAIN POTATOES WITH A CHOICE OF DIP
Baby roasted potatoes, served with a choice of dip - **V | Ve | GF**

SPICY POTATOES WITH A CHOICE OF DIP
Spiced potatoes, served with a choice of dip - **V | Ve | GF**

BABY SWEET POTATO WEDGES WITH A CHOICE OF DIP
Baby sweet potato wedges, served with a choice of dip - **V | Ve | GF**

SPICY BABY SWEET POTATO WEDGES WITH A CHOICE OF DIP
Harrissa baby sweet potato wedges, served with a choice of dip - **V | Ve | GF**

DIPS

GIN AIOLI DIP POT £1
Gin infused garlic mayonnaise - **V | GF**

MOJITO DIP POT £1
Rum infused mint yoghurt mayonnaise - **V | GF**

BLOODY MARY DIP POT £1
Vodka infused yoghurt mayonnaise - **V | GF**

MIX & MATCH

CHOOSE FROM OUR BREADS, SALADS & SMALL PLATES

1 plate - £5 | 2 plates - £9 | 3 plates - £13 | 4 plates - £17

ALLERGENS **V** - Vegetarian | **Ve** - Vegan | **GF** - Gluten Free
NUTS - Contains Nuts

FIND US ONLINE   @proofbars  proof65