

PROOF MENU

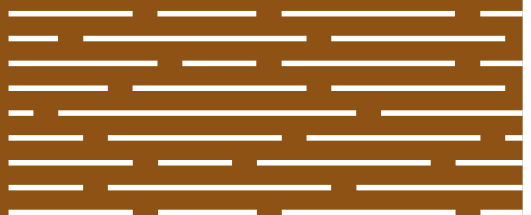
A BAR EXPERIENCE
FEATURING ARTISAN GINS
AND MEDITERRANEAN
SMALL PLATES

FIND US ONLINE

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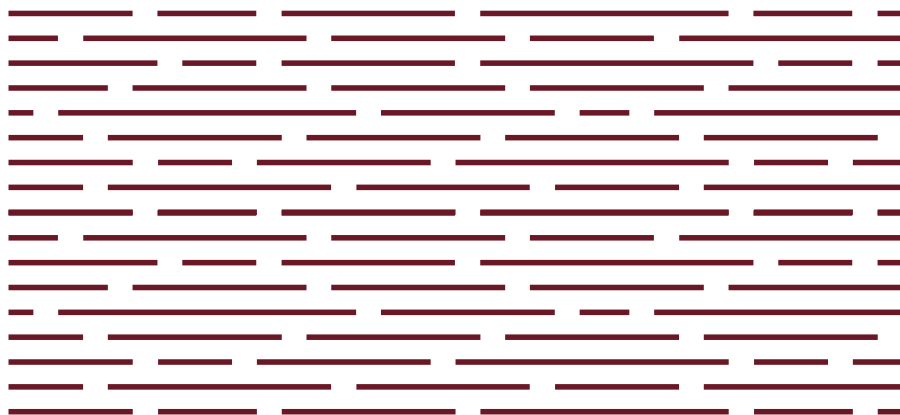
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**AN INVITATION
TO A CAREFULLY
CRAFTED PAUSE
AT THE START OF
YOUR TRAVELS**



ALLERGEN INFORMATION

VE - Vegan | **V** - Vegetarian | **GF** - Gluten Free | **N** - Nuts

Before you order your food and drink, please speak to our colleagues if you have a food allergy or intolerance. We can tell you all the specified allergens that are deliberate ingredients in our products. As our kitchen handles foods containing flour, eggs, milk, nuts and other allergens, there is always a risk of cross contamination so we cannot guarantee that any product is entirely "free from" any allergen.

BREAKFAST AVAILABLE UNTIL 11AM

BUILD YOUR OWN

BAGEL OR OMELETTE	£4		
Chorizo GF	£1	Red Leicester Cheese V GF	£1
Smoked Sweetcured Back Bacon GF	£1	Wild Mushroom Ve V GF	£1
Plain Back Bacon GF	£1	Roasted Plum Tomato Ve V GF	£1
Smoked Salmon GF	£1	Red Onion Ve V GF	£1
Scrambled Egg (Bagel only) V GF	£1	Spinach Ve V GF	£1
Poached Egg (Bagel only) V GF	£1	Cumberland Sausage	£1

BREAD CHOICES **V**

Multigrain Bagel | Maple Leaf Plain Bagel | White Bloomer | Brown Bloomer | Gluten Free

CUMBERLAND SAUSAGE **£5** TOASTED BAGEL

Cumberland sausage on a warm, toasted buttered bagel

SWEETCURED SMOKED **£5** BACK BACON BAGEL

3 Rashers of Smoked Sweetcured back bacon, on a warm, toasted buttered bagel

PLAIN BACK BACON **£5** BAGEL

3 Rashers of cured back bacon, on a warm toasted buttered bagel

SMASHED AVOCADO & **£6** POACHED EGG BAGEL **V**

Whole smashed avocado on warm toasted bagel, topped with a soft poached egg

SMOKED SALMON AND **£7** CREAM CHEESE BAGEL

Smoked salmon with cream cheese on a warm toasted buttered bagel



BREAKFAST CONTINUED

TOAST, PRESERVE & BUTTER V	£3	YOGHURT & FRUIT V GF	£4.50
Toasted bloomer, preserve & butter		Greek yoghurt with strawberry purée, fresh raspberries, blueberries & strawberries	
CROISSANT, PRESERVE & BUTTER V	£3	SUPERSEED YOGHURT V N	£4.50
Freshly baked croissant, preserve & butter		Proof's super seed yoghurt with strawberry purée, pumpkin chia seeds, sultanas & topped with freshly made in house granola	
PAIN AU CHOCOLAT V	£2	MINI HASH BROWN BITES Ve V	£1.50
Freshly baked pain au chocolat		Crispy baked mini hash brown bites	
BLUEBERRY MUFFIN V	£1.50		
Freshly baked in house blueberry muffins			

BUILD YOUR OWN

PORRIDGE V	£3		
Honey	£0.50	Strawberry Puree	£0.50
Strawberry Jam	£0.50	Mango Puree	£0.50
Almonds	£0.50	Raspberry Puree	£0.50
Hazelnuts	£0.50	Apricot Jam	£0.50
Marmalade	£0.50		



MIX & MATCH

CHOOSE FROM OUR SMALL PLATES, SALADS & BREADS

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

SMALL PLATES

PORK RIBS GF

Slow cooked, baby back pork ribs marinated in honey, lemon juice, rosemary & glazed with pomegranate molasses

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

SALMON FISH CAKES GF

Homemade hot smoked salmon fish cakes, served with a choice of dip

SMOKED PAPRIKA & BASIL VEGETABLE KEBAB Ve|V|GF

Smoked paprika & vegetable kebabs marinated for 12 hours with a pesto drizzle

GARLIC & SPINACH MUSHROOMS V

Garlic mushrooms in a creamy white sauce, fresh leaf spinach & puccia panini bread

TORTILLA, GUACAMOLE & SALSA V

Freshly baked tortilla, homemade guacamole & salsa

FREE RANGE EGG & RED LEICESTER FRITTATA V|GF

Italian style omelette made with 2 free range eggs, Red Leicester, garlic, spinach & feta

FREE RANGE EGG & CHORIZO FRITTATA GF

Italian style omelette made with 2 free range eggs, Spanish chorizo, garlic, spinach & feta

FREE RANGE EGG, ROASTED PEPPERS & SPINACH FRITTATA V|GF

Italian style omelette made with 2 free range eggs, roasted peppers, garlic, spinach & feta

CHORIZO SPICY POTATOES GF

Grilled chorizo & spicy potatoes

POTATO BRAVAS Ve|V|GF

Oven roasted potatoes & spicy tomato sauce

SPICY POTATOES Ve|V|GF

Spiced potatoes, served with a choice of dip

BABY SWEET POTATO WEDGES Ve|V|GF

Baby sweet potato wedges, served with a choice of dip

SPICY BABY SWEET POTATO WEDGES Ve|V|GF

Harissa baby sweet potato wedges, served with a choice of dip

MIX & MATCH

CHOOSE FROM OUR SMALL PLATES, SALADS & BREADS

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

SALADS

MOZZARELLA, TOMATO & BASIL V|GF

Inca tomatoes, mozzarella, fresh basil, baby spinach leaves, rocket & olive oil

CHICKEN CAESAR SALAD

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

ROCKET SALAD V|GF

Rocket leaves, shaved parmesan & balsamic dressing

MIXED SALAD Ve|V|GF

Rocket leaves, spinach, lettuce, Inca tomatoes, cucumber, mustard & balsamic dressing

BREADS

GARLIC BREAD & MOZZARELLA V

Garlic puccia bread topped with mozzarella

GARLIC BREAD V

Garlic puccia bread

AVOCADO BRUSCHETTA V

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

TOMATO BRUSCHETTA V

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

FETA & CARAMELISED PEPPER BRUSCHETTA V

Toasted puccia bread, caramelised peppers topped with feta cheese

DIPS

GIN AIOLI DIP POT V|GF

Gin infused garlic mayonnaise

£1

BLOODY MARY

£1

MOJITO DIP POT V|GF

Rum infused mint yoghurt mayonnaise

£1

DIP POT V|GF

Vodka infused yoghurt mayonnaise

SOFT DRINKS

HARTRIDGES JUICES (275ml)		STILL WATER (330ml)	£1.50
Apple and Raspberry	£2.50	SPARKLING WATER (330ml)	£1.50
Apple & Mango	£2.50	COCA COLA (200ml)	£2
Orange & Passion Fruit	£3	DIET COKE (200ml)	£2
HARTRIDGES CORDIAL		FEVER TREE	
Blackcurrant	£1.50	Tonic Water	£2.50
Orange	£1.50	Light Tonic	£2.50
Lime	£1.50	Spring Soda Light	£2.50
RED BULL	£2.50	Ginger Beer Light	£2.50
FENTIMANS DANDELION & BURDOCK (275ml)	£3	Ginger Ale Light	£2.50
SCHWEPES TOMATO JUICE (200ml)	£1.50	Lemonade Light	£2.50
FRESH ORANGE JUICE	£2	Bitter Lemon Light	£2.50
APPLE JUICE	£2	Elderflower Light	£2.50
CRANBERRY JUICE	£2	Mediterranean Tonic Light	£2.50
		Sicilian Lemonade Light	£2.50
		Aromatic Tonic Light	£2.50

HOT DRINKS

COFFEE		ENGLISH BREAKFAST TEA	£2
Filter Coffee	£2	SPECIALITY TEAS	£2
Mocha	£2.95	HOT CHOCOLATE	£2
Latte	£2.95		
Espresso	£1.70		
Double Espresso	£2.05		
Flat White	£2.50		
Americano	£2.50		
Cappuccino	£2.95		



**FREE REFILLS
ON FILTER COFFEE**



BEER & CIDER

BEER (Bottle)

Birra Moretti	£4.50
Heineken 0.0%	£4.50
Corona	£4.50
Thornbridge	
Lukas Lager 4.2%	£4.50
AM-PM Session IPA 4.5%	£4.50
Big Easy 0.05%	£4.50

BEER (Draught)

Proof 65 Lager Pint	£5.50
Proof 65 Lager Half Pint	£3

BEER (Can)

Guinness	£4.50
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CIDER

Magners	£4.50
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WINE

Glasses of 125ml are available upon request

SPARKLING

White

Volare	£6	N/A
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Rosé

Borgo Alato Rosato	£6.50	£30
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Champagne

Jacques Bardelot Brut Alato	£8	£45
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Prosecco

Borgo Alato	£6.50	£29
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RED

	175ml	250ml	bottle
Beyond the River Shiraz	£5.50	£6.50	£22

Santa Helena Merlot - 2014/15	£5.50	£6.50	£22
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Despactio Malbec	£5.50	£6.50	£22
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Azabache Rioja Tempranillo 2014/15	£5.50	£6.50	£22
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Casa Santiago Merlot Chile	£5.50	£6.50	£22
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SUITABLE FOR VEGANS

WHITE

	175ml	250ml	bottle
Soprano Pavia Pinot Grigio IGP - 2015/16	£5.50	£6.50	£22

Baron Philippe de Rothschild Vin de Pays d'Oc Viognier - 2016	£5.50	£6.50	£22
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Beyond the River Australia Chardonnay	£5.50	£6.50	£22
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Santa Helena Sauvignon Blanc 2016/17	£5.50	£6.50	£22
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Casa Santiago Sauvignon Chile	£5.50	£6.50	£22
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SUITABLE FOR VEGANS

ROSÉ

Santa Helena Cabernet Sauvignon Rosé - 2013/14	£5.50	£6.50	£22
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Feather Falls Zinfandel Rosé	£5.50	£6.50	£22
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SPIRITS

VODKA

Smirnoff Red - 37.5%	£3
Grey Goose - 40%	£4
Whitley Neill Orange - 43%	£4

RUM (Captain Morgan)

White - 37.5%	£3.50
Spiced - 35%	£3.50
Black Label - 40%	£3.50

RUM (Havana Club)

Añejo Especial Cuba - 40%	£3.50
Añejo 7 Años Cuba - 40%	£3.50

BRANDY

Martell VS - 40%	£3.50
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WHISKY

Bell's Original - 40%	£3.50
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Talisker 10 year Old (Highland) - 45.8%	£4.50
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Jack Daniels Tennessee - 40%	£4
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Johnnie Walker Black Label 12 year old - 40%	£4
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Jameson's - 40%	£4
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SHERRY

Croft Original - 17.5%	£3.50
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PORT

Graham LBV - 2007/08	£3.50
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TEQUILA

Jose Cuervo Especial Silver - 38%	£4
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LIQUEURS

Disaronno	£3.50
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Amaretto - 28%

Archers Peach	£3.50
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Schnapps - 18%

Baileys Irish	£3.50
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Cream - 17%

Cointreau - 40%	£3.50
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Drambuie - 40%	£3.50
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Grand Marnier - 40%	£3.50
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Kahlua - 20%	£3.50
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Luxardo Limoncello - 27%	£3.50
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Malibu - 21%	£3.50
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Pernod - 40%	£3.50
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Pimm's No 1 - 25%	£3.50
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Southern Comfort - 35%	£3.50
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Tia Maria - 20%	£3.50
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Marie Brizard Triple Sec (Orange) - 23%	£3.50
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Jaegermeister - 35%	£4
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Di Antonio Sambuca	£4
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Bianco - 38%



GINS

TAKE A LOOK AT OUR GIN MENU TO FIND THE PERFECT PAIRING!

GORDONS GIN £6.50

First produced in 1769, Gordon's Gin is a behemoth of the category, and the world's best-selling London Dry Gin

Served with: Fever Tree Indian Tonic
Garnish: Lime Wheels

HENDRICKS GIN £7.50

Quirky producer Hendricks make their pot-still distilled gin using cucumber as one of the primary botanicals. This makes for a unique, tasty and incredibly refreshing gin.

Served with: Fever Tree Refreshingly Light Elderflower Tonic
Garnish: Strawberries

HOXTON GIN £7.50

Tropical, coconut rum-like, perfumed with sweet citrus and soft juniper developing on the late palate and finish.

Served with: Fever Tree Refreshingly Light Aromatic Tonic
Garnish: Lime

MARTIN MILLERS £7.50

Juniper picks up on the palate, fresh and lively. Orange notes continue, not quite as pronounced. Mouth-filling and creamy.

Served with: Fever Tree Refreshingly Light Elderflower Tonic
Garnish: Cucumber, Strawberries

MARY-LE-BONE LONDON DRY GIN £7.50

Juniper notes are fresh and floral once again, paired with lemon balm and earthy lime leaf. A slight touch of fennel.

Served with: Fever Tree Refreshingly Light Aromatic Tonic
Garnish: Wedge Pink Grapefruit

MASONS DRY £7.50

YORKSHIRE GIN THE ORIGINAL

Soft juniper, lime and orange rind flavours lead to a peppery finish with a subtle fennel fragrance on the nose, whilst on the palate there's a ripe & sweet aniseed start, with bold citrus flavours, plenty of cardamom & green apple blending into a warm, mouth-watering finish.

Served with: Fever Tree Indian Tonic
Garnish: Lemon

MASONS DRY £7.50

YORKSHIRE GIN LAVENDER EDITION

Dry lavender notes on the nose and a slight fennel aroma create a soft & subtle experience. There's a soft texture once upon the palate, with a fresh candied lavender sweet flavour and anise creeping in on the dry finish.

Served with: Fever Tree Refreshingly Light Elderflower Tonic
Garnish: Lemon

MASONS DRY £7.50

YORKSHIRE GIN TEA EDITION

Delicate and fresh upon the palate, with a citrus sharpness hitting the senses and fresh aromas that swirl around. Plenty of Yorkshire Tea flavour develops on the palate, as well as fresh aniseed, cardamom & pepper notes before the tea returns for the long finish.

Served with: Fever Tree Refreshingly Light Mediterranean Tonic
Garnish: Pink Grapefruit

OPIHR ORIENTAL £7.50**SPICED LONDON DRY GIN**

More discernible spiciness and juniper with plenty of coriander.

Served with: Fever Tree Refreshingly Light Ginger Ale

Garnish: Chili

2 BIRDS GIN £7.50

Two Birds' Mark Gamble has set out to bottle his passion for the British Countryside with a range of small batch spirits. Using a still he designed and built himself, he uses juniper and 4 other 'countryside' botanicals as well as natural spring water from Charnwood Forest in Leicestershire to create this big, refreshing London dry gin.

Served with: Fever Tree Refreshingly Light Mediterranean Tonic

Garnish: Pink Grapefruit

MONKEY 47 DRY GIN £7.50

Predictably complex, this is a robust and powerful gin with plenty of spice, fruit and herb flavours. It's very well structured, and difficult to unpick but a citrus fresh start segues into pine and wood notes for a drying finish.

Served with: Fever Tree Refreshingly Light Aromatic Tonic

Garnish: Orange Wheel, Cranberries

BURLEIGHS £7.50

Burleigh's is made at Bawdon Lodge Farm deep in the Leicestershire countryside, and features locally foraged botanicals such as dandelion, burdock, silver birch and elderberry. The gin is distilled in a beautiful copper-pot still called 'Messy Bessy'.

Served with: Fever Tree Refreshingly Light Mediterranean Tonic

Garnish: Orange Peel

DAM RAIDER £7.50

A traditionally-crafted gin with a predominant juniper note, Dam Raider is enhanced with citrus botanicals and delicate warming spices. Using six quality botanicals we offer a well-balanced blend with a smooth, long palate and a classic combination of flavours, creating a thirst-quenching and refreshing drink.

Served with: Fever Tree Refreshingly Light Indian Tonic

Garnish: Grapefruit

PLYMOUTH GIN £7.50

Plymouth Gin is a classic gin, with an appealing balance of citrus and earthiness, and slightly softer juniper than expected in traditional gins.

Completed with a pleasingly full and slightly oily mouthfeel, it is a must-try gin and should have its place on every gin shelf for both its history and the quality of spirit.

Served with: Fever Tree Refreshingly Light Aromatic Tonic

Garnish: Lemon Twist

ROCK ROSE GIN £7.50

Initially the earthy warm Italian juniper will give way to the lemon sherbet of the Bulgarian juniper, before a nice jammy flavour develops thanks to the blaeberrries, hawthorne and rowan berries. Finishing off with liquorice, cinnamon and our lovely *Rhodiola rosea*.

Served with: Fever Tree Refreshingly Light Mediterranean Tonic

Garnish: Mint

SILENT POOL GIN £7.50

The smooth finish is achieved with the help of local honey. Refreshingly individual, intricately realised gin at an ABV of 43%.

Served with: Fever Tree Refreshingly Light Mediterranean Tonic

Garnish: Pink Grapefruit

SIPSMITH LONDON **£7.50**
DRY GIN

Floral summer meadow notes followed by mellow rounded juniper and zesty, citrus freshness. The gentle mouthfeel combines with a lemon tart and orange marmalade flavours, ahead of a spicy juniper finish.

Served with: Fever Tree Indian Tonic
Garnish: Lime

WHITLEY NEILL **£7.50**

A London Dry Gin made with African botanicals including extracts from the Baobab Tree (known as the Tree of Life) and Physalis fruit

It's made in a one-hundred-year-old copper pot still!

Served with: Fever Tree Refreshingly Light Aromatic Tonic
Garnish: Lemon Wedge

WHITLEY NEILL **£7.50**
QUINCE

One of the best flavoured-gins around - beautifully balanced and stunning with elderflower tonic and a mint.

Served with: Fever Tree Refreshingly Light Elderflower Tonic
Garnish: Mint

WHITLEY NEILL **£7.50**
RHUBARB AND GINGER

Very spicy and rich. Juniper upfront, with hints of perfumed, coriander leaves, calves leather and citrus.

Served with: Fever Tree Refreshingly Light Ginger Ale
Garnish: Orange Slices

WHITLEY NEILL **£7.50**
VIOLET GIN

The aromatic violet flower infuses a subtle, floral note to smooth English gin base for a vibrant intense taste of Italian elegance.

Served with: Fever Tree Refreshingly Light Mediterranean Tonic
Garnish: Fresh Raspberries

BURLEIGH'S PINK GIN **£7.50**

Inspired by a trip to Tokyo during cherry blossom season, master distiller Jamie Baxter created this sublime floral gin by adding hibiscus, rose, pink grapefruit and Japanese cherry blossoms to the botanical mix.

Served with: Fever Tree Refreshingly Light Aromatic Tonic
Garnish: Pink Grapefruit

PINKSTER GIN **£7.50**

Deliciously dry with a hint of fruit and an exceptionally smooth finish. Created using real raspberries.

Served with: Fever Tree Indian Tonic
Garnish: Raspberry & Mint

COCKTAILS

OLD FASHIONED

£7.50

Number 1 on the World's Best-Selling Classic Cocktail list for the last four years. Smooth, sweet and rich. A delicious and intense Old Fashioned. We use 7 yr old Virginia Rye Whiskey, Kentucky Bourbon and a special blend of deep complex and bright orange bitters to craft our classic Old Fashioned.

NEGRONI

£7.50

One of the best selling classic cocktails in the world. Bittersweet and bold with herbal hints. We use premium gin, Campari and a special blend of Italian vermouths to craft our perfect Negroni.

GIN MARTINI

£7.50

Arguably the most iconic and well known cocktail of all time. Clean, crisp juniper with a herbaceous finish. An easy sipping Martini, bursting with freshness. Ours is the classic Martini; premium copper pot distilled gin and just the perfect amount of dry Italian vermouth.

ENJOY!

