

PROOF MENU

A BAR EXPERIENCE
FEATURING ARTISAN GINS
AND MEDITERRANEAN
SMALL PLATES

FIND US ONLINE

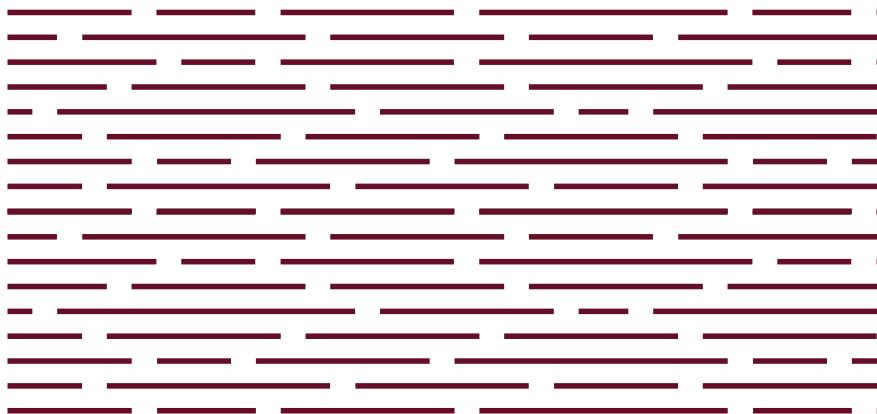
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**AN INVITATION
TO A CAREFULLY
CRAFTED PAUSE
AT THE START OF
YOUR TRAVELS**



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	£1
Smoked Salmon GF	£1	Ve V GF	
Scrambled Egg (Bagel only) V GF	£1	Red Onion Ve V GF	£1
Poached Egg (Bagel only) V GF	£1	Spinach Ve V GF	£1
		Cumberland Sausage	£1

BREAD CHOICES **V**

Multigrain Bagel | Plain 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 **V £6**

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

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

Smoked salmon with cream cheese on a warm toasted buttered bagel

BREAKFAST CONTINUED

TOAST, PRESERVE & BUTTER V **£3**

Toasted bloomer, preserve & butter

CROISSANT, PRESERVE & BUTTER V **£3**

Freshly baked croissant, preserve & butter

PAIN AU CHOCOLAT V **£2**

Freshly baked pain au chocolat

BLUEBERRY MUFFIN V **£1.50**

Freshly baked in house blueberry muffins

YOGHURT & FRUIT V|GF **£4.50**

Greek yoghurt with strawberry purée, fresh raspberries, blueberries & strawberries

SUPERSEED YOGHURT V|N **£4.50**

Proof's super seed yoghurt with strawberry purée, pumpkin chia seeds, sultanas & topped with freshly made in house granola

MINI HASH **£1.50**

BROWN BITES Ve|V
Crispy baked mini hash brown bites



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 marinara 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

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

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

BEETROOT & HALLOUMI SLIDERS V

Baked halloumi on brioche burger rolls with gin & beetroot purée, harissa yoghurt and rocket leaves

CHICKEN TACOS

Marinated sliced chicken on floured tortilla bread with slaw, hot sour cream and lime wedges

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

MIXED SALAD Ve | V | GF

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

SPICED CHICKEN SALAD GF

Marinated chicken thigh, rocket leaves, cos lettuce and pineapple salsa

ROASTED BEETROOT, CHOW CHOW, FETA & MINTED MELON SALAD GF

Diced beetroot roasted in balsamic vinegar and sugar with crumbled feta, minted melon, chow chow and rocket leaves

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

PEPPERONI & MOZZARELLA BAGEL PIZZA

TOMATO & MOZZARELLA BAGEL PIZZA V

DIPS

GIN AIOLI DIP POT V | GF

Gin infused garlic mayonnaise

£1

BLOODY MARY DIP POT V | GF

Vodka infused yoghurt mayonnaise

£1

MOJITO DIP POT V | GF

Rum infused mint yoghurt mayonnaise

£1

SOFT DRINKS

HARTRIDGES JUICES (275ml)

Apple and Raspberry	£2.50
Apple & Mango	£2.50
Orange & Passion Fruit	£2.50

HARTRIDGES CORDIAL

Blackcurrant	£1.50
Orange	£1.50
Lime	£1.50

RED BULL

£2.50

FENTIMANS DANDELION & BURDOCK (275ml)

£3

SCHWEPPEs

£1.50

TOMATO JUICE (200ml)

FRESH ORANGE JUICE

£2

APPLE JUICE

£2

CRANBERRY JUICE

£2

STILL WATER (330ml)

£1.50

SPARKLING WATER (330ml)

£1.50

COCA COLA (200ml)

£2

DIET COKE (200ml)

£2

FEVER TREE

Tonic Water	£2.50
Light Tonic	£2.50
Spring Soda Light	£2.50
Ginger Beer Light	£2.50
Ginger Ale Light	£2.50
Lemonade Light	£2.50
Bitter Lemon Light	£2.50
Elderflower Light	£2.50
Mediterranean Tonic Light	£2.50
Sicilian Lemonade Light	£2.50
Aromatic Tonic Light	£2.50

HOT DRINKS

COFFEE

Filter Coffee	£2
Mocha	£3
Latte	£3
Espresso	£2
Double Espresso	£2.50
Flat White	£2.50
Americano	£2.50
Cappuccino	£3

ENGLISH BREAKFAST

£2

TEA

SPECIALITY TEAS

£2

HOT CHOCOLATE

£2



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
Proof 65 Pale Ale Pint	£5
Proof 56 Pale Ale Half Pint	£2.50

BEER (Can)

Guinness	£4.50
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CIDER

Magners	£5
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WINE

Glasses of 125ml are available upon request

SPARKLING

	glass	bottle		175ml	250ml	bottle
White			WHITE			
Volare	£6	N/A	Soprano Pavia	£5.50	£7	£22
Rosé			Pinot Grigio			
Borgo Alato Rosato	£6.50	£30	IGP - 2015/16			
Champagne			Baron Philippe	£5.50	£7	£22
Jacques Bardelot	£8	£45	de Rothschild			
Brut Alato			Vin de Pays			
Prosecco			d'Oc Viognier - 2016			
Borgo Alato	£6.50	£29	Beyond the	£5.50	£7	£22
RED	175ml	250ml	River Australia			
Beyond the	£5.50	£7	Chardonnay			
River Shiraz		£22	Santa Helena	£5.50	£7	£22
Santa Helena	£5.50	£7	Sauvignon Blanc			
Merlot - 2014/15		£22	2016/17			
Despactio	£5.50	£7	Casa Santiago	£5.50	£7	£22
Malbec		£22	Sauvignon Chile			
Azabache	£5.50	£7	SUITABLE FOR VEGANS			
Rioja Tempranillo		£22	ROSÉ			
2014/15			Santa Helena	£5.50	£7	£22
Casa Santiago	£5.50	£7	Cabernet Sauvignon			
Merlot Chile		£22	Rosé - 2013/14			
SUITABLE FOR VEGANS			Feather Falls	£5.50	£7	£22
			Zinfandel Rosé			

SPIRITS

VODKA

Smirnoff Red - 37.5%

Grey Goose - 40%

Whitley Neill Orange - 43%

RUM (Captain Morgan)

White - 37.5%

Spiced - 35%

Black Label - 40%

RUM (Havana Club)

Añejo Especial Cuba - 40%

Añejo 7 Años Cuba - 40%

BRANDY

Martell VS - 40%

WHISKY

Bell's Original - 40%

Talisker 10 year Old

(Highland) - 45.8%

Jack Daniels Tennessee - 40%

Johnnie Walker Black Label

12 year old - 40%

Jameson's - 40%

SHERRY

Croft Original - 17.5%

PORT

Graham LBV - 2007/08

TEQUILA

Jose Cuervo Especial

Silver - 38%

LIQUEURS

Disaronno

Amaretto - 28%

Archers Peach

Schnapps - 18%

Baileys Irish

Cream - 17%

Cointreau - 40%

Drambuie - 40%

Grand Marnier - 40%

Kahlua - 20%

Luxardo Limoncello - 27%

Malibu - 21%

Pernod - 40%

Pimm's No 1- 25%

Southern Comfort - 35%

Tia Maria - 20%

Marie Brizard Triple Sec

(Orange) - 23%

Jaegermeister - 35%

Di Antonio Sambuca

Bianco - 38%

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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: [Chilli](#)

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!

