

## LUNCH

### WHIPPED RICOTTA 14

OREGANO, HORSERADISH, TRUFFLE

### CHARRED OCTOPUS 16

BAGNA CAUDA, LIME, TOAST

### SPRING ONION AND ALMOND SOUP 10

CALABRIAN CHILI, SUNFLOWER SEEDS, BUTTERNUT OIL

### GRILLED CHICKEN AND ROMAINE SALAD 13

SUNDRIED TOMATO WALNUT PESTO, PANGRATTATO, CREAMY PARMESAN, ANCHOVY

### GRILLED SHRIMP SALAD 16

MIXED LETTUCES, PEPITA, POMEGRANATE CABERNET VINAIGRETTE

### MIX BABY LETTUCE 12

TAHINI, SESAME BRITTLE, SHAVED VEGETABLES, WHIPPED FETA

### GRILLED HAM & CHEESE 13

PARMESAN CRUST, AGED WHITE CHEDDAR, SMOKED CHEESE, BABY KALE

### GRILLED CARROT SANDWICH 13

BAGUETTE, CHERMOULA, MINTED PEA, BUTTERNUT SEEDS

### GULF SHRIMP BANH MI 15

PICKLED CARROT & DAIKON, SPICY MAYO, NUOC CHAM, BAGUETTE  
ADD CHICKEN LIVER PATE 3

### PROOF BISON BURGER\* 18

TILLAMOOK CHEDDAR, SMOKED BACON, JEZEBEL SAUCE

### JERKED PORK LOIN 14

MARKSBURY PORK LOIN, ROMAINE & GIARDINIERA, JERK AIOLI, CHICHARRON,  
BAGUETTE

### KENTUCKY BENTO 16

BAKED CHICKEN THIGH, CREAMED LEEKS WITH BACON, CONFIT CARROT, MIXED  
LETTUCE, ONION SOUP

### 'HOT' FRIED CHICKEN 12

HOT PEPPER, WHITE BREAD, BOURBON BARREL RELISH, BREAD AND BUTTER PICKLES

### SPAGHETTI CARBONARA 18

GUANCIALE, ONION, EGG YOLK, BLACK PEPPER

### FAROE ISLAND SALMON 22

BRAISED ENDIVE, MUSTARD BUERRE BLANC

## SIDES 7

### PROOF FRIES

### BRAISED FARM GREENS

### MIXED LETTUCES

CHEF MIKE WAJDA & TEAM

702 W MAIN STREET : LOUISVILLE KY : 40202

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#stopsucking

>WE'VE TEAMED UP WITH  
LONELY WHALE TO HELP  
ELIMINATE PLASTICS FROM THE  
WORLD'S OCEANS.  
THAT'S WHY WE'VE  
ELIMINATED PLASTIC STRAWS  
FROM THE MENU.  
>CAN'T LET GO JUST YET?  
WE'RE HAPPY TO PROVIDE A  
BIODEGRADABLE PAPER  
STRAW UPON REQUEST



\*Consuming raw or undercooked foods may result in foodborne illness.

Thank you to all of our local partners.