

LUNCH

WHIPPED RICOTTA 14

OREGANO, HORSERADISH, TRUFFLE

CHARRED OCTOPUS 16

BAGNA CAUDA, LIME, TOAST

SPRING ONION AND ALMOND SOUP 10

CALABRIAN CHILI, RAMP POWDER, 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

GREEN GODDESS, 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

ARUGULA, TILLAMOOK CHEDDAR, SMOKED BACON

JERKED PORK LOIN 14

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

KENTUCKY BENTO 16

KIELBASA, HEIRLOOM CARROTS, CRISPY FINGERLINGS, SPRING LETTUCES,
SPRING 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

BEET PUREE, CHARRED SUGAR SNAPS

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.