

# LUNCH

## WHIPPED RICOTTA 14

OREGANO, HORSERADISH, TRUFFLE

## CHARRED OCTOPUS 16

BAGNA CAUDA, LIME, TOAST

## CHILLED CARROT SOUP 10

SEEDED TUILLE, BLACK GARLIC PEARLS, KAFFIR LIME

## 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

## P.L.T 13

JERKED PORTABELLA, VEGAN GARLIC AIOLI, ICEBERG LETTUCE, HEIRLOOM TOMATO 702 W MAIN STREET : LOUISVILLE KY : 40202

## 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

## BRISKET & CHEDDAR 14

ESCABECHE PEPPERS, WHITE CHEDDAR, ROMAINE, BAGUETTE

## KENTUCKY BENTO 16

MOJO ROJO CHICKEN THIGH, RICE GRITS, SUMMER VEGETABLES, SPRING MIX, CHILLED CARROT 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

COCONUT RICE GRITS, BLISTERED BEANS, NUOC CHAM, CASHEWS

## SIDES 7

### PROOF FRIES

### BRAISED FARM GREENS

### MIXED LETTUCES

CHEF MIKE WAJDA & TEAM

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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.