

LUNCH

WHIPPED RICOTTA 14

OREGANO, HORSERADISH, TRUFFLE

CHARRED OCTOPUS 16

BAGNA CAUDA, LIME, TOAST

FALL KOBOCHA SQUASH SOUP 10

BLACK GARLIC, HAZELNUT, CHILI OIL, NASTURTIUM

GRILLED CHICKEN AND ROMAINE SALAD 13

SUNDRIED TOMATO WALNUT PESTO, PANGRATTATO, CREAMY PARMESAN, ANCHOVY

GRILLED SHRIMP SALAD 16

MIXED LETTUCES, PEPITA, POMEGRANATE CABERNET VINAIGRETTE

FARMER'S CHICKEN SALAD 18

GROCE FAMILY FARM CHICKEN BREAST, FALL VEGETABLES, RYE BERRIES

MIX BABY LETTUCE 12

GREEN GODDESS, SHAVED VEGETABLES, WHIPPED FETA

CHEF MIKE WAJDA & TEAM

GRILLED HAM & CHEESE 13

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

JERK PORTOBELLO SANDWICH 13

CHICKPEA CONDIMENT, GARLIC AIOLI, TOASTED BAGUETTE

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 ONIONS, WHITE CHEDDAR, ROMAINE, BAGUETTE

KY BENTO 16

CHICKEN SAUSAGE, BRAISED KRAUT, GRILLED PARSNIP, MIXED LETTUCES, SWEET POTATO 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

CARROT PUREE, CHARRED BRUSSELS, BACON JAM

SIDES 7

PROOF FRIES

BRAISED FARM GREENS

MIXED LETTUCES

702 W MAIN STREET : LOUISVILLE KY : 40202

proofonmain.com
instagram.com/proofonmain

502 217 6360

#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.