

**PASTRIES & BREADS 3**

- LEMON POPPY SEED POUND CAKE
- MUFFIN, SCONE, OR ENGLISH MUFFIN
- PLAIN OR EVERYTHING BAGEL

**BREAKFAST**

**MIXED FRUIT SMOOTHIE 5**

YOGURT, APPLE CIDER, BANANA & BERRIES (ADD WHEY PROTEIN 2)

**SMOKED SALMON BAGEL 12**

LEMON, CUCUMBER, ONION & CAPER SCALLION CREAM CHEESE

**EGG SANDWICH 10**

SMOKED BACON, PIMENTO CHEESE, ARUGULA, SUNNY SIDE EGG, TOASTED BUTTER BUN

**FRUIT & NUT GRANOLA 8**

GREEK YOGURT, LOCAL HONEY

**CHIA SEED PUDDING 9**

PECANS, MARCONA ALMONDS, PINE NUTS, COCOA NIBS, BERRIES

**STEEL CUT OATMEAL 8**

SPICED APPLE BUTTER, STREUSEL

**TWO FARM EGGS AS YOU LIKE 6**

WHITE, WHEAT OR RYE TOAST

**BUTTERMILK PANCAKES 11**

MAPLE SYRUP, WHIPPED BUTTER & FRESH BERRIES

**EGG WHITE FRITATTA 11**

CAVE AGED GRUYERE, SPINACH, FOREST MUSHROOM

**PROOF BENEDICT 14**

CORN MEAL BISCUIT, SPALLA COTTA, 'RED-EYE' HOLLANDAISE

**21c BREAKFAST 13**

TWO FRIED EGGS, SPALLA COTTA, GRITS, TOAST

**SIDES 5**

- LOCAL BACON
- PEASANT POTATOES
- LOUISMILL GRITS
- LOCAL SAUSAGE
- FRESH FRUIT
- FRESH BERRIES

**BEVERAGES**

- COFFEE 4
- ESPRESSO 4/6
- CAPPUCCINO 6
- LATTE 6
- NUMI TEA 5
- FRESH JUICES 3
- ICED TEA 3
- WHOLE, SKIM, SOY MILK 3
- SOFT DRINKS 3
- ELIXER KOMBUCHA 6

**PROOF CHEF 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



\*Consuming raw or undercooked foods may result in foodborne illness.  
Thank you to all of our local partners.