



FOR STARTERS

- PRETZEL KNOTS: spicy cheese sauce, 3 for 5 / 5 for 7
- CRAB CAKE DIP: lump crab + house made beer bread + celery 21
pickled mustard seeds + toasted bread crumbs + dill
- POBLANO & ZUCCHINI SOUP: crispy squash blossoms + tomato 'bacon' 14
cotija cheese + charred corn-tomatillo pico de gallo + chile oil
- SMOKED FAVA BEAN HUMMUS: heirloom carrots + cucumber 16
carnival cauliflower + pickled onions + crispy flatbread
- PROOF WINGS: choice of: 14
carolina bbq sauce, hot 'n' spicy, or coconut-yellow curry sauce

NOT YOUR AVERAGE MIXED GREENS

- SMOKED BACON COBB^{*+}: romaine + deviled eggs + tomato + avocado 18
red onion + blue cheese + buttermilk dressing
- PEAS & CARROTS: english peas + roasted heirloom carrots 14/19
pea shoots + baby artichokes + pickled red onion + ancient grains
basil green goddess dressing
- ARIZONA CITRUS: red romaine + local citrus of the moment 12/17
watermelon radish + peppered goat's milk feta
pistachio-hemp seed crunch + ipa-hemp seed vinaigrette

ADD YOUR PROTEIN!

grilled herb chicken - 7 | cajun shrimp - 11
pan-seared salmon - 11⁺ | new york strip steak - 13⁺

LIKE A FEATHER

- WARM CAULIFLOWER RICE BOWL^{*}: tri-color cauliflower rice 13/18
wild rice + english peas + baby eggplant + citrus carrots + almonds
artichokes + sweet onion-turmeric purée + tahini + hemp seeds
- CRAB & SHRIMP LETTUCE WRAPS^{*}: lump crab + shrimp + bibb lettuce 21
mint + basil + tinkerbell peppers + cucumber + onion
chili-lime dressing

WEEKLY SPECIALS AT THE CANTEEN



SUNDAY SAUCE
PASTA + WINES
5:30-9:30PM



PROOF TAQUERÍA
TACO SPECIALS
5:30-9:30PM



WINE
WEDNESDAYS
3:00-9:30PM



BURGERS + BREWS
FOR \$25
5:30-9:30PM



SMOKEHOUSE
SPECIALS
5:30-9:30PM



SANDWICHES

SERVED WITH HOUSE-MADE GIARDINIERA AND YOUR CHOICE OF
COLE SLAW, HOUSE MADE CHIPS OR MIXED GREENS
UPGRADE TO HAND CUT FRIES OR TEXAS SWEET ONION RINGS FOR \$2

SMOKED BABE ON A BUN: 5-hour slow cooked pork + coleslaw red onions + carolina bbq sauce + house-made pickles + pretzel bun	18
SPICY CHICKEN SAMMIE: crispy fried chicken breast + sambal pickled vegetables + avocado + cilantro + challah bun	19
PROOF BURGER⁺: az cheddar + thick-cut bacon + smoked ketchup mayo pickles + bourbon molasses onions + noble bun *add a fried egg \$2 ⁺	20
MAINE LOBSTER ROLL⁺: old bay-spiced maine lobster + split top roll hand cut fries	29
THE 'IMPOSSIBURGER': plant-based impossible [™] vegan burger smoked tomato 'bacon' + mushrooms + pepper cress + red onion avocado spread + whole wheat bun	20
THE RACHEL: turkey pastrami + spicy 1000 island + gruyere chef dell's turmeric sauerkraut + pickles + marble rye	20
DELI-STYLE ROAST BEEF⁺: red onion jam + roasted peppers + provolone arugula + horseradish cream + au jus + whole wheat bun	19
CUBANO⁺: slow-roasted pork belly + shaved country ham + gruyere house-made pickles + grainy mustard aioli + ciabatta	21
MARKET SANDWICH: ask your server about today's special	mkt

* *most sandwiches can be prepared with gluten free bread or with a lettuce wrap!*

SIDES

HAND CUT FRIES: 9 house smoked ketchup aioli
TEXAS SWEET ONION RINGS: 9
HEIRLOOM TOMATOES[*]: 9 cucumber + onions + torn herbs grain mustard vinaigrette
HOUSE MADE COLE SLAW[*]: 6
BBQ CHIPS: 6 sweet onion dip

* = gluten free. please alert your server of any allergies or dietary restrictions

+ = some items can be prepared undercooked. consuming raw or undercooked meat, poultry, seafood, shellfish, or
eggs may increase your risk of foodborne illness

for parties of 8 and larger, a 20% service charge will be added to your final bill