

EAT



BREAKFAST

Proof defined: 1. evidence sufficient to establish a thing as true, or to produce belief in its truth. 2. anything serving as such evidence;

fueled 'til lunch time

HUEVOS RANCHEROS 21**

eggs your way + chicken chorizo quesadilla + black beans + ranchero sauce

COWBOY BISCUITS & GRAVY 21*

poached eggs + house-made biscuit + country ham + sausage gravy

RED CHILE SHORT RIB HASH 24*

smoked short rib + eggs your way + home fries
red chile sauce + pepper jack cheese

BUILD YOUR OWN OMELET 20*

choose : bell pepper + tomato + mushrooms + onion + spinach
jalapeño + ham + bacon + chipotle chicken sausage + swiss
pepper jack + az cheddar + hash browns with tomato bacon jam

+ consumer advisory: all items are cooked to order and may be undercooked. consuming raw or undercooked meat, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.

the GOOD carbs

THE CLOUD PANCAKE 19

blueberry compote + lemon curd + micro basil

WHOLE WHEAT BRAN WAFFLE 18

vanilla-apricot honey caramel + macerated blackberries
freeze-dried manuka honey + white chocolate mousse

HAWAIIAN BREAD PUDDING FRENCH TOAST 18

coconut hawaiian bread pudding + toasted macadamia nuts
tropical fruit salsa + ginger-rum maple syrup

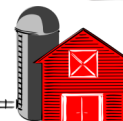
BANANA ALMOND PANCAKES 18*

gluten free almond pancakes + banana whipped cream cheese
candied walnuts

ask your server to make it paleo-friendly!

cage-free eggs

by local family farms



THE TRADITIONALIST 20*

2 eggs your way + applewood smoked bacon or sausage
toast + hash browns with tomato bacon jam

GREEN CHILE PORK BENEDICT 22*

poached eggs + green chile pork + english muffin
jalapeño hollandaise + avocado
hash browns with tomato bacon jam



MARKET EGG WHITE FRITTATA 21**

chicken sausage + castelvetro olives + tinkerbell peppers
upland cress + heirloom tomato + cucumber
marinated artichokes + goat's milk feta

do your body good

MARKET FRUIT 16*

seasonal selection + local honey

PEACH MELBA OATMEAL 14*

peach compote + raspberries + candied walnuts

BLACK FOREST PARFAIT 13

vanilla greek yogurt + house-made granola + tart cherries
dark chocolate shavings + micro mint

MATCHA SMOOTHIE BOWL 15*

coconut-matcha & moringa chia pudding
almond butter + avocado + banana + spinach
goji berries + cocoa nibs + bee pollen

SALMON AVOCADO BAGEL 21*

hard-boiled egg + smoked salmon + cream cheese spread
avocado + red onion + larrupin' sauce + everything bagel

* = **GLUTEN-FREE** not a gluten free kitchen. please alert your server of any allergies

What Proof do you have? 3. the act of testing or making trial of anything; test; trial: to put to the proof; Expand.

6. the effect of evidence in convincing the mind. 7. An arithmetical operation to check the correctness of a calculation

4. the establishment of the truth of anything; demonstration. 5. Law. (in judicial proceedings) evidence having probative weight.

alterations. b. one of a number of early and superior impressions taken before the printing of the ordinary issue: to pull a proof.

an extra somethin'



ONE EGG 6**

SCHREINERS SAUSAGE 8

CHIPOTLE CHICKEN SAUSAGE 8*

BACON 8*

HASH BROWNS 6
with tomato bacon jam

BUTTERMILK BISCUIT 6

BOURBON PECAN STICKY BUN 8

EVERYTHING CROISSANT 8
cream cheese filling

SHORT STACK 12
buttermilk
chocolate chip
blueberry

YOGURT 7*

greek | non-fat plain

HALF GRAPEFRUIT 9*



torched or not

MIXED BERRIES*

side 12 | bowl 18

SIDE OF AVOCADO 6*

TOAST 6

marble rye | sourdough
three seed wheat
gluten free toast*

BAGELS 7

plain | multigrain | everything
cinnamon raisin

MUFFINS 6



blueberry crumb | apple bran
gluten free chocolate pecan*

Don't forget the jam!

We make our very own jams right here!
seasonal and carrot cake jam

the plug

PROOF CHEF JOEY CAVARETTA DRAWS UPON HIS OWN
EXPERIENCE TRAVELING ACROSS THE UNITED STATES TO
ELEVATE DINER FARE FROM "MAIN STREET" TO YOUR
PLATE. CHEF JOEY, SOUS CHEF DELL MORRIS & TEAM
WORK HAND-IN-HAND WITH **LOCAL** ARTISANS, GROWERS,
CRAFT BREWERS AND DISTILLERS TO DISH UP
REGIONALLY-**INSPIRED** COMFORT FOOD WITH A **TWIST**.



@ProofCanteen

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Proof Canteen

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not a gluten free kitchen
please alert your server of any allergies
menu items may be adjusted to meet
allergy restrictions upon request

+consumer advisory: all items are made to order and may be undercooked. consuming raw or undercooked
meat, poultry, seafood, shellfish or eggs may increase your risk of foodborne illness.

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



FRESHLY BREWED 6
locally roasted **PRESS COFFEE**

SPECIALTY COFFEE 7

latte, cappuccino, mocha
whole, 2%, skim, soy

COLD BREW **PRESS COFFEE** 8

WILD TONIC KOMBUCHA 10
blueberry basil, tropical turmeric

BANANA BERRY SMOOTHIE 13
mixed berries + banana + greek yogurt + honey

MATCHA GREEN TEA LATTE 8
coconut milk foam

RISHI TEA 7

earl grey, chamomile medley
sencha green, masala chai
blueberry rooibos, golden yunnan
peppermint sage

JUICE 6

orange, grapefruit, apple
tomato, pineapple

fresh pressed juices

TIKI TURMERIC

pineapple + lemon + ginger + turmeric + coconut water + coconut cream

CARROTEEN:

carrot + asian pear + fennel + orange + ginger

DETOX XI

dandelion greens + spinach + lemon + cucumber + celery + apple

4oz shot 6 • 12oz glass 12 • 4oz juice trio 14

proof the arbitrary standard strength,
as of an alcoholic liquor

PROOF **Bloody Mary** 14

360° vodka + olives + bacon + house made hot sauce + pickled veg

AMERICAN MICHELADA 11

proof pilsner + lime + house made hot sauce

GRAPEFRUIT MIMOSA 12

sparkling wine + fresh grapefruit juice + grapefruit bitters

GARAGE EAST SONORAN SPRITZ 13 (187ml)

sparkling az wine + local citrus



strength, as of an alcoholic liquor. b. strength with reference to the standard: "100 proof" signifies a proof spirit usually 50% alcohol.