



TO START OR TO SHARE

PRETZEL KNOTS:	spicy cheese sauce, 3 for 5 / 5 for 7	
POBLANO & ZUCCHINI SOUP:	crispy squash blossoms + tomato 'bacon'	14
	cotija cheese + charred corn-tomatillo pico de gallo + chile oil	
CRAB CAKE DIP:	lump crab + house made beer bread + celery	21
	pickled mustard seeds + toasted bread crumbs + dill	
REUBEN POUTINE:	house cut fries + smoked pastrami + stout gravy	20
	az cheese curds + dell's homemade sauerkraut	
OYSTERS ROCKEFELLER <sup>+</sup> :	half dozen + spicy bacon bread crumbs	24
	chard + creamy tatsoi + charred lemon	
PROOF WINGS:	choice of:	14
	carolina bbq sauce, hot 'n' spicy or coconut-yellow curry sauce	
SMOKED FAVA BEAN HUMMUS:	heirloom carrots + cucumber	16
	carnival cauliflower + pickled onions + crispy flatbread	
PEEL 'N' EAT SHRIMP <sup>*</sup> :	bloody mary cocktail sauce + lemon aioli	21
	local & house-made hot sauces ( <i>served chilled</i> )	

GREENS

SMOKED BACON COBB <sup>*+</sup> :	romaine + deviled eggs + tomato + red onion	18
	avocado + blue cheese + buttermilk ranch 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!

herb grilled chicken <sup>*</sup>	- 7		cajun shrimp <sup>*</sup>	- 11
pan-seared salmon <sup>*+</sup>	- 11		new york strip steak <sup>*+</sup>	- 13

WEEKLY SPECIALS AT THE CANTEEN

				
SUNDAY SAUCE	PROOF TAQUERÍA	WINE	BURGERS + BREWS	SMOKEHOUSE
PASTA + WINES	TACO SPECIALS	WEDNESDAYS	FOR \$25	SPECIALS
5:30-9:30PM	5:30-9:30PM	3:00-9:30PM	5:30-9:30PM	5:30-9:30PM

<sup>\*</sup> = gluten free. please alert your server of any allergies or dietary restrictions  
<sup>+</sup> = 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 or larger, a 20% service charge will be added to the final bill



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

- PROOF BURGER<sup>+</sup>: az cheddar + thick cut bacon + smoked ketchup mayo 20  
pickles + bourbon molasses onions + noble bun \*add a fried egg \$2<sup>+</sup>
- MAINE LOBSTER ROLL: old bay-spiced maine lobster + split top roll 29  
hand cut fries
- SMOKED BABE ON A BUN: 5-hour slow cooked pork + coleslaw 18  
red onions + carolina bbq sauce + house-made pickles + pretzel bun

LIKE A FEATHER

- HARISSA CHICKPEA CAKE<sup>\*</sup>: eggplant + carrot + kale + lentils 26  
baba ganoush + crispy chick peas + cress + frisée + tahini (vegan)
- DUKKAH-CRUSTED SALMON<sup>\*+</sup>: cauliflower rice pilaf + baby artichokes 29  
turmeric-cauliflower purée
- CIOPPINO: clams + mussels + shrimp + roasted garlic + fennel 34  
tomato stew + noble garlic bread
- THE 'IMPOSSIBURGER': plant-based impossible<sup>tm</sup> vegan burger 20  
smoked tomato 'bacon' + mushrooms + pepper cress + red onion  
avocado spread + whole wheat bun

THE MAIN COURSE

- PORCINI-CRUSTED PRIME FLAT IRON STEAK<sup>+</sup>: green bean & potato salad 38  
wild mushrooms + crispy okra + horseradish demi
- JERK-SPICED CHICKEN & WAFFLES: mango chutney + lime butter 27  
spiced rum maple syrup
- LEMON ROASTED GAME HEN<sup>\*</sup>: mashed english peas + az citrus jus 30
- PORK SPARE RIBS<sup>\*+</sup>: creamed corn succotash + ancho barbecue sauce 35  
pickled watermelon rind slaw

SIDES STATION 9

- |  |  |
|--|--|
| ROASTED CAULIFLOWER <sup>*</sup><br>goat cheese + sunflower seeds      | CITRUS-BRAISED HEIRLOOM CARROTS <sup>*</sup><br>almonds + golden raisins |
| SEASONAL VEGGIES <sup>*</sup>  | HAND CUT FRIES<br>smoked ketchup mayo                                    |
| CREAMED CORN SUCCOTASH <sup>*</sup><br>poblano peppers + cotija cheese |  |

SAVE ROOM FOR DESSERT!

TREATS FROM THE SODA JERK

CHOCOLATE COVERED STRAWBERRY BANANA SPLIT 10

toasted almonds + whipped cream + chocolate shell

