



# PASTRIES

## { Cruffins }

- Vanilla Sugar **18**
- Strawberries & Cream **28**
- Death by Chocolate **28**
- Cookie monster **28**
- Lemon Meringue **28**
- Salted Caramel **28**
- Raspberry & Lemon **28**

## { Croissants }

- Plain **16**
- Ham & Cheese **26**
- Cheese Croissant **26**
- Spinach & Feta Danish **22**
- Vanilla Crème **25**
- Twice-Baked Choc-Hazelnut **28**
- Twice-Baked Almond **28**
- Twice-Baked chocolate fondant **28**
- Berry Pavlova **28**
- Raspberry Danish **24**
- Citrus Danish **24**
- Cinnamon Sugar Plait **16**

## Creamy Hot Oats

and any 2 toppings **35**

Choose two of the following toppings:  
Berry compote, apple compote,  
coconut shavings or toasted flaked almonds

**(Only available from 06:30- 08:30)**

# BREAKFAST CUPS

## Citrus Mango Cup **30**

Mango swirled double thick yoghurt, topped with papaya, pineapple, orange segments & toasted flaked almonds

## Berry Cup **30**

Berry swirled double thick yoghurt, topped with fresh strawberries & strawberry granola

## Fruit Cup **30**

Double thick yoghurt, topped with seasonal fruit & a banting granola



# HOT DRINKS

(S) (M) (L)

- Espresso **16 / 19**
- Macchiato **18 / 20**
- Cappuccino **22 / 25 / 28**
- Cappuccino Crème **25 / 30**
- Red Cappuccino **22 / 26 / 28**
- Chai Latte **24 / 28 / 30**
- Café Latte **22 / 26 / 28**
- Café Mocha **28 / 32 / 35**
- Americano **18 / 22 / 25**
- Hot Chocolate **22 / 26 / 28**
- Flat White **22 / 25 / 28**

## TEA



- Rooibos Tea **15** Five Roses Tea **15**
- Green Tea **16** Herbal Tea **17** Speciality Teas **23**

# COLD

## FREEZO **32**

- Coffee / Chocolate / White Chocolate
- COLD DRINKS 15**
- WATER 18**

## { FRANKIES SODA **20**

- Ginger Beer
- Cloudy lemonade



## FRESHLY SQUEEZED JUICES **28**

## SMOOTHIES **36**

Breakfast, Peanut Butter or Berry Smoothie

- Muscle nut Smoothie** add some:  
Extra weigh protein **10**, Extra Nutella **7**,  
Flax **7** and Extra Chia seeds **7**

# FRESH

011 078 0174

www.proofcafe.co.za

West street, Gautrain Station, Sandton





# SANDWICHES

## Roast Chicken 54

Roasted chicken breast, crushed avo, tomato, crisp lettuce & pesto mayo

## Pepperdew Chicken 50

Pepperdew, chicken mayo, tomato & emmenthal

## BLAT 56

Streaky bacon, lettuce, avo, tomato & pesto mayo

## The Grilled Vegetarian 46

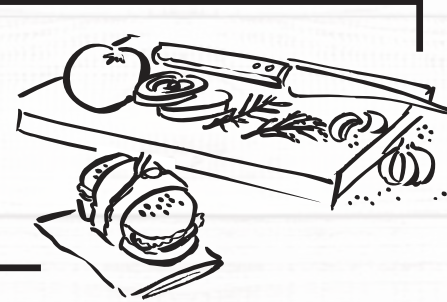
Grilled aubergines, roast yellow peppers and tomato, mozzarella & basil pesto



{ Please select  
White Baguette, Seeded Ciabatta,  
Croissant or Rye Bread }

## combo box 55

$\frac{1}{2}$  sandwich & salad



# SALADS

## The B&B 150g 20 350g 48

Roasted butternut & beetroot, feta, rocket, baby spinach & seed mix

## Mexican Bean Salad 150g 20 350g 50

Mixed beans, chickpeas, avo, cherry tomatoes, sweet corn, coriander & chipotle dressing

## Chicken Pearl Barley 150g 20 350g 58

Pearl barley, cherry tomatoes, cucumber, spring onions, mint, basil, parsley & feta dressed in a white wine vinaigrette

{ SALADS are available from 10am onwards }



# HOT PRESSED

## Breakfast

### Toasted Bacon & Egg 48

Crispy streaky bacon, fried eggs, white cheddar & pesto mayo

### Toasted Sausage & Egg 48

Sliced Cumberland pork sausage, caramelised onion & mustard mayo

### Breakfast Croissant 42

Crispy streaky bacon, boiled egg, emmenthal & tomato chilli relish in a Proof croissant

## Lunch

### Toasted Bacon & 3 Cheese 50

Crispy streaky bacon, emmenthal, gruyere, cheddar & pesto mayo

### The Toasted Vegetarian 50

Grilled aubergines, roast yellow peppers & tomato, mozzarella & basil pesto

### Toasted Beef Shortrib 55

Pulled beef shortrib, caramelised onion, emmenthal & mustard mayo

# WRAPS

## The Eastern Block 60

Sirloin steak, baby spinach, rocket, horseradish & red cabbage slaw

## The Emperor 58

Roast chicken, Bacon, Parmesan croutons, lettuce & Caesar dressing

## The Veg Fiesta 54

Hummus, kidney beans, Emmenthal cheese, mixed grains, coriander, red onion & guacamole

**Soup of the Day 35** Ask for our daily soup

# CHEFS TABLE

**Choose from  
a delicious  
daily selection**

Pick any daily selection &  
add a side salad

**11:00 – 14:00**

{ **Daily selections  
are individually priced** }

Side salads added 20

