

WELCOME TO PROOST



OPENING TIMES

MONDAY | CLOSED

TUESDAY | CLOSED

WEDNESDAY | CLOSED

THURSDAY | 16:00-22:00

FRIDAY | 12:30-23:00

SATURDAY | 12:30-23:00

SUNDAY | 12:00-22:00



Main Menu

STARTERS

SOUP BREAD 8.5

BRUSCHETTA* SOURDOUGH | OLIVES | SUN DRIED TOMATO | ROASTED RED PEPPER **9**

CHARGRILLED CHICKEN TENDERS LEMON, YUZU & TURMERIC DRESSING **9.25**

BREADED BRIE POMEGRANATE DRESSING | CRANBERRY KETCHUP | POMEGRANATE SEEDS **9**

BEER BATTERED FISH GOUJONS HOMEMADE TARTARE SAUCE **8.95**

BRUSSELS PATE TOASTED SOURDOUGH | CHUTNEY | PICKLED VEGETABLES **8.95**

PURPLE TENDERSTEM TRUFFLE EMULSION | WALNUTS **8.75**

LAMB BON- BON HARISSA MAYO | LIME PICKLED RED ONIONS **9.95**

MUSSELS WHITE WINE & GARLIC SAUCE **10.95**

MAINS

FISH PIE VERMOUTH SAUCE | BUTTERED SUGAR SNAP PEAS **24.95**

BEER BATTERED FISH & CHIPS CRUSHED PEAS | HOMEMADE TARTARE SAUCE **20.95**

BUTTERNUT SQUASH & SAGE RISOTTO* **21.95**

STEAK FRITES RUMP STEAK | CHOICE OF SAUCE **22.95**

BEEF SHORT RIB HORSERADISH MASH | CRISPY KALE **25.95**

OLDE ENGLISH SAUSAGE MASH | CARAMALISED RED ONION JUS | RED CABBAGE | ONION RINGS **20.95**

CHESTNUT MUSHROOM WELLINGTON* GARLIC HERB POTATOES | CRISPY KALE | RED WINE JUS **22.95**

8OZ FILLET STEAK TRIPLE COOKED CHIPS | GRILLED TOMATO | MUSHROOM | ONION RINGS | CHOICE OF SAUCE **32.95**

PROOST MIXED GRILL LAMB CUTLET | PORK LOIN | RUMP STEAK | GAMMON | BLACK PUDDING | CHIPS | FRIED EGG | ONION RINGS | GRILLED TOMATO | MUSHROOM | CHOICE OF SAUCE **26.95**

FRENCH TRIM CHICKEN BREAST PARMESAN POLENTA CAKE | WILD MUSHROOMS | GARLIC & HERB SAUCE **25.95**

CHICKEN SCHNITZEL BURGER SAGE & ONION MAYO | SMOKED CHEESE | TRUFFLE OIL FRIES **24.95**

DESSERTS

BLACK FOREST SUNDAE CHERRY ICE CREAM | CHOCOLATE ICE CREAM | BROWNIE PIECES | CHANTILLY CREAM **11.95**

CHOCOLATE & PEANUT BUTTER TART MACADAMIA | PISTACHIO ICE CREAM **9.5**

STICKY TOFFEE PUDDING VANILLA ICE CREAM OR CUSTARD **8.5**

CHERRY & ALMOND CRUMBLE* VANILLA ICE CREAM OR CUSTARD **8.5**

CHEESEBOARD ASSORTMENT OF CHEESES | GRAPES | CRACKERS | CHUTNEY | CELERY | BUTTER **10.95**

BLACKCURRANT SORBET* FROZEN BERRIES | KIA ROYALE SYRUP **8.95**

CARROT CAKE* COINTREAU & VANILLA FROSTING | CANDIED PEEL | CHERRY ICE CREAM **8.95**

PUMPKIN CRÈME BRULEE **9**

NIBBLES

FRESH BREAD & BUTTER **5**

PITTED OLIVES IN LEMON* **4.5**

SMOKED ALMONDS* **4**

SIDES

SAUCES **4.5**

BLUE CHEESE | RED WINE | BRANDY & PEPPERCORN

PIGS IN BLANKETS **4**

CAULIFLOWER CHEESE **5**

CARROTS & PARSNIPS* **4**

ONION RINGS **3**

TRIPLE COOKED CHIPS **4.5**

SKINNY FRIES **3.95**

RED CABBAGE* **4**

SAGE & ONION STUFFING **4**

PLEASE LET YOUR SERVER KNOW IF YOU HAVE ANY ALLERGIES OR DIETARY REQUIREMENTS

*VEGAN/ CAN BE ADAPTED TO BE VEGAN



LUNCHTIME SPECIALS

FRIDAY & SATURDAY BEFORE 4PM

FIZZ & CHIPS £13.95

Small fish & chips with a glass of prosecco

6oz FILLET STEAK £22.95

Triple cooked chips | onion rings | grilled tomato | mushroom

EARLY BIRD | STARTER & MAIN £22.95

THURSDAY 16:00 – 20:00 | FRIDAY & SATURDAY 12:30-17:15

STARTER

SOUP

BRUSCHETTA*

FISH GOUJONS

PURPLE TENDERSTEM

MAIN

BUTTERNUT SQUASH & SAGE RISOTTO

STEAK FRITES

OLDE ENGLISH SAUSAGE

WELLINGTON*

FISH & CHIPS

ADD A DESSERT FOR £5

SORBET*

CARROT CAKE*

STICKY TOFFEE PUDDING

SUNDAY ROAST | STARTER & MAIN 25.95

SUNDAY 12:00 – 20:00

STARTER

SOUP

BRUSCHETTA*

FISH GOUJONS

PATE

MAIN

ROAST BEEF

ROAST CHICKEN

ROAST PORK

ROAST BRAISED LAMB NECK FILLET*

*£2 SUPPLEMENT ON SET PRICE MENU

ROAST MUSHROOM WELLINGTON*

ADD A DESSERT FOR £5

SORBET*

CRUMBLE*

STICKY TOFFEE PUDDING

CARROT CAKE*

SERVED WITH MASH | ROAST POTATOES | ROAST CARROTS & PARSNIPS |
RED CABBAGE | HOMEMADE YORKSHIRE PUDDING | GRAVY

EXTRA GRAVY £2.5