



FOR STARTERS

- PRETZEL KNOTS:** spicy cheese sauce, 3 for 5 / 5 for 7
- SPRING PEA SOUP:** noble toast + pea pistou + ricotta + pea greens 12
calabrese chile oil
- SMOKED SALMON DIP:** dill-mint greek yogurt + red onion jam 18
capers + cucumber + radish + house-made beer bread
- CORN 'CHOWDA':** crispy oysters + charred corn + jalapeño + cilantro 13
- SPICY CARROT & GINGER HUMMUS:** heirloom carrots + cucumber + olives 15
carnival cauliflower + flatbread
- PROOF WINGS:** choice of: carolina bbq sauce or hot 'n' spicy 13

NOT YOUR AVERAGE MIXED GREENS

- SMOKED BACON COBB*:** romaine + deviled eggs + tomato + avocado 18
red onion + blue cheese + buttermilk dressing
- CITRUS & FETA SALAD:** seasonal greens + az citrus + pistachios 13/19
crow's dairy feta + shaved fennel + castelvetro olives
radish + lemon vinaigrette
- ARIZONA GROWN*:** baby endive + red romaine + pickled red onion 11/17
snap peas + broccoli + asparagus + sunflower seeds
basil green goddess dressing
- POWER GRAIN BOWL*:** wild rice + buckwheat groats + sorghum 21
humboldt fog + wax beans + english peas + pickled mushrooms + carrot
perfect egg + kombucha vinaigrette

ADD YOUR PROTEIN!

- grilled herb chicken - 6 | cajun shrimp - 8
pan-roasted salmon - 10+ | strip steak - 12+

WEEKLY SPECIALS AT THE CANTEEN



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



KICK THE KEG
\$5 BEERS
11:30AM-9:30PM



TAQUERÍA
TACO SPECIALS
5:30-9:30PM



WINE
WEDNESDAYS
3:00-9:30PM



N.A.F.T.A.
TIKI DRINKS &
FOOD SPECIALS
5:30-9:30PM



SMOKEHOUSE
SPECIALS
5:30-9:30PM



SANDWICHES

SERVED WITH COLE SLAW, HOUSE MADE CHIPS OR MIXED GREENS.
SUB 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 SANDWICH: buttermilk fried chicken + avocado pickled vegetables + cilantro + ciabatta bread	20
PROOF BURGER⁺: az cheddar + house made bacon + smoked ketchup mayo pickles + bourbon molasses onions *add a fried egg \$2 ⁺	19
MAINE LOBSTER ROLL: old bay-spiced maine lobster + split top roll hand cut fries	29
THE IMPOSSIBLE "MEAT"BALL HOAGIE: marinara sauce + vegan pesto truffle vegan mayo + sesame seed hoagie roll (<i>vegan</i>)	18
SMOKED PASTRAMI RUEBEN: gruyere + house-made pickles turmeric kraut + russian dressing + marble rye	20
THE RAINBOW: pepper cress + radish sprouts + asparagus + avocado garbanzo bean spread + jalapeño + tomato + carrot + pickled mushrooms sprouted spelt bread	19
SHRIMP & CRAB LETTUCE WRAPS*: bibb lettuce + lump crab + shrimp avocado + cherry tomatoes + cocktail sauce dressing	19
MARKET SANDWICH: ask your server about today's special	mkt

SIDES

HAND CUT FRIES: 9 house smoked ketchup aioli	
TEXAS SWEET ONION RINGS: 9	
PROOF POTATO SALAD*: 9 fingerling potatoes + bacon + egg + celery + red onion	
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 or larger, an 18% service charge will be added to your final bill