

[ H A N D H E L D S ]

[ B U R G E R S ]

THE PROOF SIGNATURE / 15.95  
 Thornloe old white cheddar/  
 Stemmler's smoked bacon/  
 roasted garlic aioli

THE COOPERAGE / 17.95  
 beef cheek/ bourbon bbq sauce/  
 Thornloe smoked cheddar

THE VEGETARIAN / 15.95  
 lentil + bean patty/  
 wild + tame mushroom ragout/  
 tomato onion jam/ almond crunch/  
 Woolwich goat cheese brûlée

our burgers are made from  
 grass fed and naturally  
 raised Norwich County  
 beef, served on a pretzel  
 bun with lettuce, tomato,  
 red onion and  
 Strub's pickles.

burgers and sandwiches  
 are served with your choice  
 of thrice cooked Maldon  
 salt + lemon thyme frites or  
 a side of Proof greens.

[ B E T W E E N B R E A D ]

THE CLUB / 14.95  
 brie/ smoked bacon/ cranberry compote/  
 cinnamon orange sage brined turkey/ avocado + sage aioli/  
 house baked cranberry focaccia

THE REUBEN / 15.95  
 Jen's house-baked porter rye/ house cured smoked brisket/  
 Gruyère cheese/ sauerkraut/ Russian aioli

PLEASE ADVISE YOUR SERVER OF ANY ALLERGIES OR  
 DIETARY RESTRICTIONS PRIOR TO ORDERING.  
 PROOF IS NOT A NUT-FREE ESTABLISHMENT.

[ T O S T A R T ]

1816 CHEF'S CHARCUTERIE / 21.95  
 Proof country style pork terrine /  
 selection of artisanal Ontario cured meats + cheese /  
 crostini / chef's pickles + relishes + preserves

THE ST. JACOB / 26.95  
 farm wings, your choice of one sauce /  
 calamari à la amatriciana / Proof sliders

HARVEST SOUP / 6.95  
 chef inspired / farm driven

CALAMARI À LA AMATRICIANA / 11.95  
 panko crusted calamari / prosciutto /  
 tomato garlic chili ragu / preserved lemon aioli

FARM WINGS / 11.95  
 confit chicken wings/ buttermilk gorgonzola / heirloom crudité  
 choice of: five peppercorns + smoked sea salt /  
 Hawkins honey + roasted garlic / piri piri / bourbon BBQ

BEEF CARPACCIO / 14.95  
 striploin crudo / pickled red onions + honey mushrooms /  
 baby celery cress / Kozlik's triple crunch mustard / Grana Padano

GALBI STYLE BEEF SHORT RIB / 13.95  
 spring kimchi / toasted peanuts / chili and lime sauce

PROOF SLIDERS / 10.95  
 Stemmler's smoked bacon/ Thornloe aged white cheddar/ tomato onion jam

HAND CUT FRITES  
 OR SWEETPOTATO FRITES / 6.95  
 maple + thyme aioli or roasted garlic aioli

THE NOSH / 8.95  
 grilled naan / baba ghanoush / basil + honey whipped ricotta /  
 warmed oil poached olives

[ D I N N E R ]

## [ HEARTY SALADS ]

THE ANTIOXIDANT / 7.95 appetizer / 12.95 entrée  
 Norfolk County butter greens + baby kale /  
 blueberries / spiced pecans / red onions /  
 beets / pomegranate dressing / roasted feta

PROOF'S CAESAR / 7.95 appetizer / 12.95 entrée  
 duo of romaine / house baked cranberry croutons /  
 Stemmler's smoked bacon / Gran Padano cheese /  
 white anchovy + roasted garlic dressing

PROOF NORFOLK GREENS / 7.95 appetizer / 12.95 entrée  
 Norfolk county butter greens + baby kale / porter rye crisps / spiced sunflower seeds /  
 watermelon radish / heirloom variety cherry tomatoes / quick pickled onion + cucumber /  
 Elmira maple mustard vinaigrette

ADD + APPLE CIDER BRINED 4 OZ. CHICKEN BREAST / 5.95  
 4 OZ. GRILLED SALMON / 6.95  
 4 OZ. GRILLED SIRLOIN / 8.95

## [ STEAKS ]

Proof steaks are Canadian raised beef, aged 40 days or more to ensure tenderness and intense flavour. They are cooked to your liking and topped with an Alderwood smoked sea salt to enhance the natural flavours.  
 Served with Proof signature vegetables and your choice of thrice cooked Maldon salt + lemon thyme frites or confit fingerling potatoes.

10 OZ. NEW YORK STRIPLOIN / 29.95  
 8 OZ. CENTER CUT TENDERLOIN / 33.95  
 8 OZ. SIRLOIN / 24.95

## [ ENTICEMENTS ]

+ SAUTÉED WILD + TAME MUSHROOM RAGOUT / 3.95  
 + GARLIC SAUTÉED LEMON SHRIMP / 6.95  
 GORGONZOLA BUTTER / 2.95

## [ SIGNATURE DISHES ]

GRILLED ATLANTIC SALMON / 24.95  
 Canadian salmon / northern white bean /  
 Savoy cabbage + bacon ragout /  
 roasted Grand Bend purple potato /  
 truffle cauliflower purée

SALTIMBOCCA CHICKEN / 21.95  
 Italian brined supreme / local vegetable primavera /  
 Grand Bend purple potatoes / prosciutto crisp /  
 white balsamic + lemon jam

### FISH + CHIPS / 19.95

Marine Stewardship Certified Pacific cod / barrel proof batter / coleslaw /  
 house tartar / crispy capers / thrice cooked frites

PROOF SMOKED BERKSHIRE PORK CHOP / 25.95  
 double cut loin / apple rotkolh /  
 confit fingerling potatoes / lemon sour cream

MALAI NORTHERN CURRY / 17.95  
 braised bean kofta / spiced tomato + coconut curry / garlic onion kale /  
 minted yogurt / tamarind glaze / almond crunch / warm naan

## [ FRESH PASTA ]

SEAFOOD ARRABBIATA / 19.95  
 tiger shrimp / mussels / bay scallops /  
 linguine / spicy pomodoro

PULLED ROASTED CHICKEN MAC + CHEESE / 16.95  
 gemelli / thyme scented pulled roasted chicken /  
 oven roasted cherry tomatoes / caramelized onions /  
 Pine River cheese curds / buttered panko crust

WILD MUSHROOM RAVIOLI / 16.95  
 wild + tame mushroom filling / pan roasted shaved asparagus /  
 truffle cauliflower sauce soubise / aged Lindsey goat cheddar