

[NON-ALCOHOLIC COCKTAILS]

CARMEN MIRANDA / 4.95
pear + mango nectar / grapefruit /
pomegranate / lime / vanilla syrup

NAMASTE / 4.95
coconut water / green tea / elderflower cordial /
rose water / heirloom carrot / lotus root

MALDON GRAPEFRUIT / 4.95
salted soda / grapefruit juice /
maple syrup / fresh lemon juice

COCKTAILS WITHOUT THE HANGOVER

[WINE]

[WHITE]

	NEW WORLD	5oz	8oz
WHITE GAMAY 2014 / Aure Wines / Beamsville Bench, Ontario		8	12.50
SAUVIGNON BLANC 2014 / Woolshed / Ligon, Australia		9	14.50
WILD FERMENT CHARDONNAY 2013 / Rockway Vineyards / Twenty Mile Bench, Ontario		10	16
CHARDONNAY R8 Wine Co. / California		12	19

OLD WORLD

PINOT GRIGIO 2012 / Tenuta Santome / Veneto, Italy		8	12.50
LE TORRI', FALERIO PECORINO 2013 / Cocco Grifoni / Marche, Italy		8.50	13.50

[RED]

	NEW WORLD	5oz	8oz
MERLOT 2010 / Tin Roof Cellars / California		8.50	13.50
GNARLED VINES CABERNET SAUVIGNON 2014 / Oak Ridge Wines / Lodi, California		10	16
PINOT NOIR 2014 / McManis Family Vineyards / Ripon, California		12	19

OLD WORLD

PRIMITIVO 2014 / Botter Caleo / Puglia, Italy		8	12.50
CABERNET SAUVIGNON 2014 / Echeverria Family Wines / Central Valley, Chile		8	12.50
SYRAH 2014 / Les Jamelles / Languedoc, France		8.50	13.50
CASALBOSCO CHIANTI DOCG 2010 / Fattoria di Casalbosco / Tuscany, Italy		8.75	14

[TO START]

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

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 SWEET POTATO 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

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

[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

PROOF'S PETIT LUNCH / 13.95
 harvest soup/ Proof Norfolk greens/ grilled naan bread/ baba ganoush

[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.

[SIGNATURE DISHES]

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

FISH + CHIPS / 19.95

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

STEAK FRITES / 26.95
 10 oz/ 40-day aged Alberta striploin/ Proof frites/ roasted garlic aioli

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

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

[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

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