

[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 house baked
 milk 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

[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
 roasted garlic aioli or maple thyme aioli

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

[D I N I N G]

[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

ROOSTER BOWL / 13.95 entrée
 Norfolk greens/quinoa/ red + green cabbage/ fennel/ beets/ sprouts/ pickled cucumber/
 edamame/toasted peanuts/ house made kimchi/ scallions/ Sriracha chili dressing

ADD +

GRILLED SMOKED TOFU / 3.95
 KOREAN BBQ SHORT RIB / 7.95
 BEET SEASONED GRILLED SALMON / 6.95
 BRINED 4OZ CHICKEN BREAST / 5.95

[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]

BEET SEASONED SALMON / 24.95
 grilled Canadian salmon / celeriac remoulade /
 sugar snap peas / oven dried Kalamata olives /
 citrus braised beets / toasted walnuts /
 tempura lemon/ Riesling Sultanas

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

SOUTH CAROLINA PORK PORTERHOUSE / 25.95
 brined 14oz porterhouse chop / chorizo + gible "dirty" barley /
 braised dinosaur kale / Carolina Proof BBQ sauce

FALAFEL / 16.95
 fried chickpea / baba ghanoush / pickled turnip + onion /
 mint cucumber / tahini yogurt / grilled naan / fresh harrisa

[FRESH PASTA]

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

SMOKED CHICKEN GARGANELLI / 16.95
 heirloom tomatoes/ roasted garlic /
 sugar snap peas / brown butter + lemon /
 crisp prosciutto / panko

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

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