

[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 8 12.50
2014 / Aure Wines /
Beamsville Bench, Ontario

SAUVIGNON BLANC 9 14.50
2014 / Woolshed /
Ligon, Australia

WILD FERMENT
CHARDONNAY 10 16
2013 / Rockway Vineyards /
Twenty Mile Bench, Ontario

CHARDONNAY 12 19
R8 Wine Co. /
California

OLD WORLD

PINOT GRIGIO 8 12.50
2012 / Tenuta Santome /
Veneto, Italy

LE TORRI',
FALERIO PECORINO 8.50 13.50
2013 / Cacci Grifoni /
Marche, Italy

[RED]

NEW WORLD 5oz 8oz

MERLOT 8.50 13.50
2010 / Tin Roof Cellars /
California

GNARLED VINES
CABERNET SAUVIGNON 10 16
2014 / Oak Ridge Wines /
Lodi, California

PINOT NOIR 12 19
2014 / McManis Family Vineyards/
Ripon, California

OLD WORLD

PRIMITIVO 8 12.50
2014 / Botter Caleo /
Puglia, Italy

CABERNET SAUVIGNON 8 12.50
2014 / Echeverria Family Wines /
Central Valley, Chile

SYRAH 8.50 13.50
2014 / Les Janelles /
Languedoc, France

CASALBOSCO
CHIANTI DOCG 8.75 14
2010 / Fattoria di Casalbosco /
Tuscany, Italy

[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
roasted garlic aioli or maple thyme 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

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

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

[B U R G E R S]

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|---|--|
| <p>THE PROOF SIGNATURE / 15.95 Thornloe old white cheddar / Stemmler's smoked bacon / roasted garlic aioli</p> <p>THE COOPERAGE / 17.95 beef cheek / bourbon bbq sauce / Thornloe smoked cheddar</p> <p>THE VEGETARIAN / 15.95 lentil + bean patty / wild + tame mushroom ragout / tomato onion jam/ almond crunch / Woolwich goat cheese brûlée</p> | <p>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.</p> |
| | <p>burgers and sandwiches are served with your choice of thrice cooked Maldon salt + lemon thyme frites or a side of Proof greens.</p> |

[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

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

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

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

[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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