

## HANDHELDS

### PROOF SIGNATURE / 15.95

Thornloe old white cheddar / Stemmler's smoked bacon /  
roasted garlic aioli

### THE LAMB BURGER / 16.95

Mountain Oak wild nettle gouda / pickled roasted red pepper /  
mushroom ragout / bourbon mustard

### THE VEGETARIAN / 15.95

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

### THE DAILY BURGER / 16.95

small batch / chef inspired / delicious

### 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

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 and lemon thyme frites or  
a side of Proof greens.

## TO START

### 1816 CHEF'S CHARCUTERIE / 21.95

Proof country style terrine /  
locally cured meats / Ontario cheeses / chef's pickles

### THE ST. JACOB / 26.95

farm wings / calamari à la amatriciana /  
barbacoa lamb tacos

### 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

### LAMB BARBACOA TACOS / 12.95

Ontario lamb kofta / green mole /  
blistered jalapeño salsa / white corn tortilla

### 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

### TUNA TARTARE / 13.95

Albacore tuna / togarashi + sesame /  
wakame seaweed / yuzu spiked avocado

### GALBI STYLE BEEF SHORT RIB / 13.95

spring kimchi / toasted peanuts / chili + lime sauce

### THE NOSH / 8.95

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

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

proof   
KITCHEN / LOUNGE

## HEARTY SALADS

ORCHARD BOWL / 7.95 appetizer / 12.95 entrée  
kale duo / crumbled feta / striped beets / Martin's orchard apple / watermelon radish /  
pomegranate seeds / candied pecans / shaved onion / blanco balsamic vinaigrette

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 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  
TUNA TATAKI / 8.95  
GRILLED SALMON / 6.95  
GRILLED 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 and lemon thyme frites or confit fingerling potatoes.

10oz. NEW YORK STRIPLOIN / 30.95  
8oz. CENTER CUT TENDERLOIN / 34.95  
8oz. SIRLOIN / 24.95

+

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

## SIGNATURE DISHES

GRILLED CANADIAN SALMON / 24.95  
saffron + snow crab nage / lentils Du Puy / fennel pollen glaze

ROTISSERIE ROASTED CHICKEN / 21.95  
piri piri dry rub / black garlic + truffle mash /  
winter vegetables

FISH + CHIPS / 19.95  
Marine Stewardship Certified Pacific cod /  
Barrel Proof batter / coleslaw / house tartar /  
crispy capers / thrice cooked frites

MEDITERRANEAN CHICKEN / 19.95  
grilled herbed chicken breasts / crumbled feta /  
braised Italian winter vegetable + garbanzo bean

GREEN DRAGON CURRY / 17.95  
Thai marinated chicken / smoked tofu / coconut green curry /  
peanuts / lemongrass scented jasmine rice  
+ SHRIMP / 6.95

ALBACORE TUNA TATAKI / 24.95  
togarashi + sesame crust / fermented black garlic broccolini /  
lemongrass scented jasmine rice / Proof ketjap manis

SOUTH CAROLINA  
PORK PORTERHOUSE / 25.95  
brined 14oz. porterhouse chop / chorizo + giblet "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

SEAFOOD ARRABBIATA / 20.95  
tiger shrimp / mussels / bay scallops / linguine / spicy pomodoro

SMOKED CHICKEN GNOCCHI / 16.95  
creamy bone broth / local bacon / caramelized mushroom + onion /  
brown butter + Grana Padano panko crunch

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