

[LUNCH]

[TO START]

1816 CHEF’S CHARCUTERIE / 21.95
Proof country style terrine / locally cured meats /
Ontario cheeses / chef’s pickles

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

[HEARTY SALADS]

ORCHARD BOWL / 7.95 appetizer / 12.95 entrée
kale duo / feta crumble / 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

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



[H A N D H E L D S]	
PROOF SIGNATURE / 15.95 Thornloe old white cheddar / Stemmler's smoked bacon / roasted garlic 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.
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	burgers and sandwiches are served with your choice of thrice cooked Maldon salt and lemon thyme frites or a side of Proof greens.
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	

[S I G N A T U R E D I S H E S]

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

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

FISH + CHIPS / 19.95 Marine Stewardship Certified Pacific cod / barrel proof batter / coleslaw / house tartar / crispy capers / thrice cooked frites
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STEAK FRITES / 26.95
10oz. 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

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

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

NON-ALCOHOLIC COCKTAILS
APPLE DAPPLE / 5.95 hickory smoked apple cider / maple syrup / angostura bitters / lemon / ginger beer
IT'S NOT A PUMPKIN SPICE LATTE / 5.95 chamomile syrup / lemonade / tonic
UPTOWN BEETS / 5.95 white cranberry / beet shrub / lemon / soda
CAFÉ FROID / 5.95 espresso / condensed milk / cinnamon dust / cardamom bitters / partly skimmed milk