

BRUNCH MENU

SATURDAY - SUNDAY
10 AM - 3 PM

BANANA APPLE FRENCH TOAST / 13.95
griddled brie + apple slices / scratch made banana bread / prosciutto crisps / candied pecans + drunken raisins / warm maple syrup

SMOKED BRISKET HASH / 19.95
house smoked pastrami brisket / bourbon BBQ sauce / caramelized onions / thyme roasted potatoes / mushrooms / soft poached eggs / hollandaise sauce

BREAKFAST BURGER / 17.95
Norwich Country ground beef / smoked cheddar / peameal bacon / poached egg / hollandaise sauce, served on a house baked milk bun with your choice of thrice cooked Maldon salt + lemon thyme frites or a side of Proof greens.

NEW BRUNSWICK SALMON + POACHED EGGS ON TOAST / 19.95
carpaccio spiced grilled salmon / dark rye toast / poached eggs / fennel salad / hollandaise sauce

MAC + CHEESE / 16.95
back + better than ever / cheesy / creamy / crunchy
+ **DOUBLE SMOKED BACON** / 1.95
+ **MUSHROOM RAGOUT** / 1.95

FISH + CHIPS / 19.95
Pacific cod / proper beer batter / coleslaw / house tartar / crispy capers

THE BENEDICT / 14.95
2 poached eggs / toasted english muffin / Canadian bacon / hollandaise / thyme roasted potatoes

SMOKED SALMON BENEDICT / 16.95
2 poached eggs / toasted English muffin / smoked salmon / hollandaise / thyme roasted potatoes

STEAK FRITES / 26.95
10oz. 40-day aged Alberta striploin / Proof frites / roasted garlic aioli
+ **2 POACHED EGGS AND HOLLANDAISE** / 6.95

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

HANGOVER HELPER / 15.95
baleada with black bean + Lindsay goat cheddar / chorizo sausage / sunny style eggs / sour cream / pickled tomatoes / cholula

HEARTY SALADS

PROOF NORFOLK GREENS
/ 7.95 appetizer / 12.95 entrée
Norfolk County butter greens + baby kale / house baked croutons / spiced sunflower seeds / watermelon radish / heirloom cherry tomatoes / quick pickled onion + cucumber / Elmira maple mustard vinaigrette

PROOF CAESAR
/ 8.95 appetizer / 13.95 entrée
romaine duo / double smoked bacon / house baked croutons / Grana Padano cheese / white anchovy + roasted garlic dressing

ORCHARD BOWL
/ 8.95 appetizer / 13.95 entrée
kale duo / crumbled feta / striped beets / Martin's Orchard apple / watermelon radish / pomegranate seeds / candied pecans / shaved onion / blanco balsamic 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
TUNA TATAKI / 8.95
GRILLED SALMON / 6.95
GRILLED 4OZ CHICKEN BREAST / 5.95



Recommended by the Vancouver Aquarium as ocean-friendly

PROOF CULINARY TEAM
EXECUTIVE CHEF JERITT RANEY
SOUS CHEFS DEM NEUMANN & KARL LEKAVY.

[BURGERS]

THE PROOF SIGNATURE / 16.95

Thornloe old white cheddar / double 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

Burgers and sandwiches are served with your choice of hand cut,
thrice cooked, Yukon Gold fries or a side of Proof Norfolk greens.

[SANDWICHES]

PROOF CHICKEN CLUB / 15.95

multigrain croissant / grilled marinated chicken breast /
double smoked bacon / melted brie / avocado smash

THE COWBOY / 14.95

scrambled eggs / double smoked bacon / mushrooms + scallions /
Thornloe aged cheddar / multigrain toast / thyme roasted potatoes

BEVERAGES

[SANGRIA]

24.95 30oz. pitcher

sangria equation series

CHOOSE ONE BASE

RED WINE

tempranillo / oranges / raspberries

WHITE WINE

pinot grigio / melon balls / citrus rinds

CHOOSE TWO SPIRITS

cassis / apricot brandy / peach schnapps /
St. Germain elderflower

get it all add \$6.00

CHOOSE ONE JUICE

orange juice / cranberry juice /
pear nectar / mango nectar

CHOOSE ONE EFFERVESCENT

ginger beer / ginger ale / citrus soda / sparkling soda

=

YOUR CUSTOM
SANGRIA SOLUTION

MIMOSA MENU

5.95

PINEAPPLE + GINGER HONEY

PEAR + VANILLA

CRANBERRY + WILD ORANGE

[NON-ALCOHOLIC]

5.95 crafted cocktails

AFTERNOON DELIGHT

lemonade / chamomile syrup / tonic charge

DUCKIE'S FAVOURITE

pineapple juice / hibiscus syrup / lemon / soda

MARLEY'S STIR IT UP

mango nectar / lime juice / ginger beer /
candied ginger

CITRONS DOUX

grapefruit juice / earl grey syrup / lemon / soda

FULLY AWESOME

peach nectar / maple syrup / citrus blend /
topped with peach habanero soda