

HANDHELDS

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

THE DAILY BURGER / 17.95

small batch / chef inspired / delicious

PROOF CHICKEN CLUB / 15.95

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

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 hand cut, thrice cooked, Yukon Gold fries or a side of Proof Norfolk greens.

TO START

1816 CHEF'S CHARCUTERIE / 21.95

locally cured salumi assortment /
Canadian cheeses / house made pickles + relishes /
Kozlik's triple crunch mustard / crostini

GYOZA LETTUCE WRAPS / 12.95

shrimp dumplings / soya + chili sauce

HARVEST SOUP / 7.95

chef inspired / farm driven

CRISPY CALAMARI / 13.95

West Coast humboldt squid / spiced cornmeal crust /
fennel + preserved lemon / creole tomato ragout

LAMB TACOS / 13.95

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

BEEF CARPACCIO / 14.95

striploin crudo / pickled red onions + honey mushrooms /
baby seedlings / Kozlik's triple crunch mustard / Grana Padano

TUNA TARTARE / 14.95

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

FRIED CHICKEN BAO / 12.95

steamed rice buns / sweet soya mayo /
banh mi slaw / toasted peanuts + fresh lime

PROOF SIGNATURE DIP / 13.95

dinosaur kale / mozzarella + parmesan /
taro root chips / crackers + crostini

THE NOSH / 9.95

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

FARM WINGS / 14.95

confit chicken wings / buttermilk gorgonzola / heirloom crudité
choice of: smoked sea salt / bourbon BBQ
Hawkins honey + roasted garlic / Korean hot

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

Recommended by the Vancouver Aquarium as ocean-friendly |  **ocean wise**

proof 
KITCHEN / LOUNGE

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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

+ GRILLED SALMON / 6.95 + GRILLED SMOKED TOFU / 3.95
 + GRILLED 4OZ CHICKEN BREAST / 5.95 + TUNA TATAKI / 8.95

STEAKS + CHOPS

10oz. NEW YORK STRIPLOIN / 32.95
 8oz. CENTER CUT TENDERLOIN / 34.95
 8oz. SIRLOIN / 26.95

Proof steaks are Canadian raised beef, aged 40 days or more to ensure tenderness and intense flavour. Served with seasonal vegetables and your choice of hand cut, thrice cooked, Yukon Gold frites or confit fingerling potatoes.

CHEF'S CHOICE CUT / Market Price

locally sourced / house butchered

14oz. BERKSHIRE PORK CHOP / 27.95

sugar brined heritage breed / maple carrot +
 celeraic purée / herb roasted fingerling potatoes /
 sugar snap peas / seasonal fruit chutney

+

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

CHEF'S PLATES

GRILLED WILD PACIFIC SALMON / 24.95
 line caught / salade niçoise / dill yogurt vinaigrette

PEKING DUCK + FRIED RICE / 25.95
 garlic broccolini / carrots + edamame /
 sunny side duck egg / crispy rice noodle

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

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

ALBACORE TUNA TATAKI / 27.95
 togarashi + sesame crust / chili garlic broccolini /
 lemongrass scented jasmine rice / Proof ketjap manis

CHICKEN TINGA BOWL / 16.95
 grilled chipotle chicken / black beans + corn / cotija cheese /
 guacamole / quinoa / charred pablano vinaigrette

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

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

SHRIMP PESTO LINGUINE / 20.95
 shaved fennel / sun blushed tiny tomatoes / garlic + lemon evoo

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

WILD MUSHROOM RAVIOLI / 17.95
 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.