

[LUNCH]

[TO START]

1816 CHEF'S CHARCUTERIE / 21.95
locally cured salumi assortment / Canadian cheeses /
house made pickles + relishes / Kozlik's triple crunch mustard / crostini

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

PROOF SIGNATURE DIP / 13.95
dinosaur kale / mozzarella + parmesan / taro root chips /
crackers + crostini

FARM WINGS / 14.95
confit chicken wings / buttermilk gorgonzola / heirloom crudité
choice of: smoked sea salt / bourbon BBQ
Hawkins honey + roasted garlic / Korean hot

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

THE NOSH / 9.95
grilled naan / baba ghanoush / basil + honey whipped ricotta /
warmed oil poached olives

GYOZA LETTUCE WRAPS / 12.95
shrimp dumplings / soya + chili sauce

FRIED CHICKEN BAO / 12.95
steamed rice buns / sweet soya mayo / banh mi slaw /
toasted peanuts + fresh lime

[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

PROOF'S PETIT LUNCH / 13.95

harvest soup / Proof Norfolk greens / grilled naan bread / baba ganoush

[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
frites or a side of Proof
Norfolk greens.

[SIGNATURE DISHES]

GRILLED WILD PACIFIC SALMON / 24.95

line caught / salade niçoise / dill yogurt vinaigrette

MEDITERRANEAN CHICKEN / 19.95

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

FISH + CHIPS / 19.95

Pacific cod / proper beer batter / coleslaw /
house tartar / crispy capers

STEAK FRITES / 26.95

10oz. 40-day aged Alberta striploin / Proof frites / roasted garlic aioli

FALAFEL / 16.95

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

CHICKEN TINGA BOWL / 16.95

grilled chipotle chicken / black beans + corn / cotija cheese /
guacamole / quinoa / charred pablano vinaigrette

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

GREEN DRAGON CURRY / 17.95

Thai marinated chicken / smoked tofu / coconut green curry /
peanuts / lemongrass scented jasmine rice

NON-ALCOHOLIC COCKTAILS

5.95

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