

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 | 13.95 |

Korean pork and kimchi gyoza / edamame purée / nam jim

Crispy Calamari | 13.95 |

west coast Humboldt squid / spiced cornmeal crust / fennel + preserved lemon / creole tomato ragout

Soujuk Lamb Flatbreads | 14.95 |

braised spiced lamb / apricot lemon chutney / mint + cilantro / pickled red onion / labneh

Beef Carpaccio | 14.95 |

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

Fried Chicken Bao | 13.95 |

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

The Nosh | 10.95 |

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

Harvest Soup | 7.95 |

chef inspired / farm driven



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

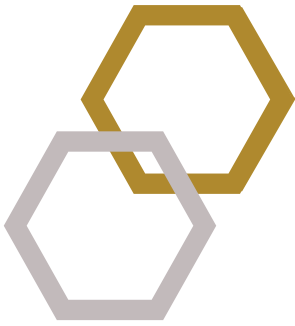
kale duo / crumbled feta / striped beets / Martin's Orchard apple / watermelon radish / pomegranate seeds / candied pecans / shaved onion / blanco balsamic vinaigrette

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

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- + grilled salmon 7.95
 - + grilled smoked tofu 3.95
 - + grilled 4oz. chicken breast 6.95
 - + tuna tataki 9.95
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CHEF'S PLATES



Grilled Wild Pacific Salmon fennel pollen / potato + kohlrabi galette / citrus brussels sprouts / balkan dill yogurt	26.95
Peking Duck roasted Québec duck breast / broccolini + bok choy fried rice / sunny duck egg / crispy noodles	25.95
Fish + Chips Pacific cod / beer batter / coleslaw	19.95
Mediterranean Chicken grilled herbed chicken breasts / crumbled feta / braised Italian vegetable + garbanzo bean	20.95
Chicken Tinga Bowl grilled chipotle chicken / black beans + corn / cotija cheese / guacamole / quinoa / charred pablano vinaigrette	18.95
Green Dragon Curry Thai marinated chicken / smoked tofu / coconut green curry / peanuts / lemongrass scented jasmine rice	18.95
Rigatoni Trifecta beef + lamb + pork bolognese / garlic confit + mushroom / pomodoro	19.95
Wild Mushroom Ravioli tame mushroom filling / pan roasted asparagus shards / truffle cauliflower soubise	18.95
Mac + Cheese cheesy / creamy / comfy + crispy / double smoked bacon 1.95 + cozy / mushroom ragout 1.95	16.95

STEAKS + CHOPS

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 thrice cooked Yukon Gold frites or scratch made kohlrabi + potato galette.

10oz. New York Striploin | 33.95 |

8oz. Center Cut Tenderloin | 35.95 |

8oz. Sirloin | 27.95 |

Nagano Pork Schnitzel | 29.95 |

Québec heritage breed / red cabbage rotkohl / pomme puree / Kozlik's German mustard / sour cream + grilled lemon

CHEF'S CHOICE CUT

market price / locally sourced / house butchered

+ sautéed wild + tame mushroom ragout 3.95
garlic sautéed lemon shrimp 7.95
gorgonzola butter 2.95

HAND HELDS

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

HANDHELDS ARE SERVED WITH YOUR CHOICE OF HAND CUT THRIE COOKED YUKON GOLD FRITES OR A SIDE OF PROOF NORFOLK GREENS.

Proof Signature Burger | 16.95 |

Norwich County beef / 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 Burger | 16.95 |

quinoa + red beet + black bean patty / tomato onion jam / avocado smash / Woolwich farms goat cheese

The Daily Burger | 17.95 |

small batch / chef inspired / delicious

Proof Chicken Club | 16.95 |

multi-grain croissant / grilled marinated chicken breast / double smoked bacon / melted brie / avocado smash

Please advise your server of any allergies or dietary restrictions prior to ordering. Proof is not a nut-free establishment.

WATER

AT PROOF KITCHEN + LOUNGE, WE ARE COMMITTED TO REDUCING OUR CARBON FOOTPRINT.

One of our efforts is the premium water that we offer. Rather than sell sparkling or spring water in a single-use glass or plastic bottle, we offer Q water, which is Qadruple filtered tap water. Q Still is beautifully flavourless and somewhat silky. Q Sparkling is carbonated in the house, delivering a gorgeous, robust effervescence.

Even straws that are disposed of properly can end up in our water ways and become a blight on our environment. Proof will be eliminating the offer of single-use plastic straws with all beverages. Straws will be available on request.

Q WATER IS OFFERED AT \$2.95 PER PERSON.

+ *One dollar of which goes to the Water Conservation Initiative.*



Recommended by the Vancouver Aquarium as ocean-friendly

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