

## TO START

<b>1816 Chef's Charcuterie</b> locally cured salumi assortment / Canadian cheeses / house made pickles + relishes / Kozlik's triple crunch mustard / crostini	23.95	<b>Beef Carpaccio</b> striploin crudo / pickled red onions + honey mushrooms / baby seedlings / Kozlik's triple crunch mustard / Grana Padano	15.95
<b>Gyoza</b> Korean pork and kimchi gyoza / edamame purée / nam jim	13.95	<b>Fried Chicken Bao</b> steamed rice buns / sweet soya mayo / banh mi slaw / toasted peanuts + fresh lime	13.95
<b>Crispy Calamari</b> west coast Humboldt squid / spiced cornmeal crust / fennel + preserved lemon / creole tomato ragout	14.95	<b>The Nosh</b> grilled naan / baba ghanoush / basil + honey whipped ricotta / warmed oil poached olives	11.95
<b>Soujuk Lamb Flatbreads</b> braised spiced lamb / apricot lemon chutney / mint + cilantro / pickled red onion / labneh	15.95	<b>Harvest Soup</b> chef inspired / farm driven	8.95



## HEARTY SALADS

**Proof Norfolk Greens**  
| 8.95 | appetizer | 13.95 | 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** | 9.95 | appetizer | 14.95 | entrée  
romaine duo / double smoked bacon / house baked croutons / Grana Padano cheese / white anchovy + roasted garlic dressing

**Orchard Bowl** | 9.95 | appetizer | 14.95 | entrée  
kale duo / crumbled feta / striped beets / Martin's Orchard apple / watermelon radish / pomegranate seeds / candied pecans / shaved onion / blanco balsamic vinaigrette

**Rooster Bowl** | 15.95 | entrée  
Norfolk greens / quinoa / red + green cabbage / fennel / beets / sprouts / pickled cucumber / edamame / toasted peanuts / house made kimchi / scallions / sriracha chili dressing

- + grilled salmon 8.95
- + grilled smoked tofu 4.95
- + grilled 4 oz. chicken breast 7.95
- + tuna tataki 9.95



# CHEF'S PLATES

<b>Grilled Wild Pacific Salmon</b> fennel pollen / potato + kohlrabi galette / citrus brussels sprouts / balkan dill yogurt	28.95
<b>Peking Duck</b> roasted Québec duck breast / broccolini + bok choy fried rice / sunny duck egg / crispy noodles	26.95
<b>Fish + Chips</b> Pacific cod / beer batter / coleslaw	19.95
<b>Mediterranean Chicken</b> grilled herbed chicken breasts / crumbled feta / braised Italian vegetable + garbanzo bean	22.95
<b>Chicken Tinga Bowl</b> grilled chipotle chicken / black beans + corn / cotija cheese / guacamole / quinoa / charred pablano vinaigrette	18.95
<b>Green Dragon Curry</b> Thai marinated chicken / smoked tofu / coconut green curry / peanuts / lemongrass scented jasmine rice	19.95
<b>Rigatoni Trifecta</b> beef + lamb + pork bolognese / garlic confit + mushroom / pomodoro	19.95
<b>Wild Mushroom Ravioli</b> tame mushroom filling / pan roasted asparagus shards / truffle cauliflower soubise	19.95
<b>Mac + Cheese</b> cheesy / creamy / comfy + crispy / double smoked bacon 1.95 + cozy / mushroom ragout 1.95	17.95

# 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.

10 oz. New York Striploin	34.95
8 oz. Center Cut Tenderloin	35.95
8 oz. Sirloin	29.95

**Nagano Pork Schnitzel** | 32.95 |  
 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



*Our burgers are made from grass fed and naturally raised Norwich County beef.*

Burgers are 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** | 17.95 |  
 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 |  
 ancient grain + bean kofta / tomato onion jam / avocado smash / Woolwich farms goat cheese

**The Daily Burger** | 18.95 |  
 small batch / chef inspired / delicious

**Proof Chicken Club** | 17.95 |  
 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

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## 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.

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**Q WATER IS OFFERED AT \$2.95 PER PERSON.**

+ *One dollar of which goes to the Great Lakes Challenge.*

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Recommended by the Vancouver Aquarium as ocean-friendly

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