

LUNCH

1816 Chef's Charcuterie | 23.95 |
locally cured salumi assortment /
Canadian cheeses / house made
pickles + relishes / Kozlik's triple
crunch mustard / crostini

Gyoza | 13.95 |
Korean pork + kimchi gyoza /
edamame purée / nam jim

Crispy Calamari | 14.95 |
west coast Humboldt squid / spiced
cornmeal crust / fennel + preserved
lemon / creole tomato ragout

Soujuk Lamb Flatbreads | 15.95 |
braised spiced lamb / apricot lemon
chutney / mint + cilantro / pickled
red onion / labneh

Beef Carpaccio | 15.95 |
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 | 11.95 |
grilled naan / baba ghanoush / basil
+ honey whipped ricotta / warmed oil
poached olives

Harvest Soup | 8.95 |
chef inspired / farm driven

TO START



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

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

PROOF'S PETIT LUNCH | 15.95 |
harvest soup / Proof Norfolk greens /
grilled naan bread / baba ghanoush

CHEF'S PLATES



Rooster Bowl | 15.95 |

Norfolk greens / smoked tofu / quinoa / red + green cabbage / fennel / beets / sprouts / pickled cucumber / edamame / toasted peanuts / house made kimchi / scallions / sriracha chili dressing

Chicken Tinga Bowl | 18.95 |

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

Steak Frites | 26.95 |

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

Fish + Chips | 19.95 |

Pacific cod / beer batter / coleslaw

Mediterranean Chicken | 22.95 |

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

Green Dragon Curry | 19.95 |

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

Rigatoni Trifecta | 19.95 |

beef + lamb + pork Bolognese / garlic confit + mushroom / pomodoro

Mac + Cheese | 17.95 |

cheesy / creamy / comfy
+ crispy / double smoked bacon 1.95
+ cozy / mushroom ragout 1.95

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

The Lamb Burger | 16.95 |

Mountain Oak wild nettle gouda / pickled roasted red pepper / mushroom ragout / bourbon mustard

Proof Chicken Club | 17.95 |

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

HAND HELDS

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

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 THrice 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