

T O S T A R T

1816 Chef's Charcuterie | 24.95 |

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

The Nosh | 11.95 |

tahini cauliflower hummus / basil + honey whipped ricotta / sweet red pepper harissa / mini pita + root vegetable chips

Gyoza | 13.95 |

Korean pork and kimchi gyoza / edamame purée / nam jim

Crispy Calamari | 14.95 |

West Coast Humboldt squid / spiced cornmeal crust / crispy fennel / spicy sambal aioli

Braised Lamb Tacos | 14.95 |

slow cooked spiced lamb / pickled red onion + eggplant / cilantro / lemon mint labneh

Beef Carpaccio | 16.95 |

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

Warm Panko Goat Cheese | 13.95 |

Woolwich County soft goat cheese / sous vide Ontario beets / baby arugula / pistachio crunch / balsamic reduction

Harvest Soup | 9.95 |

Chef inspired / farm driven

Sweet Potato Fries | 7.95 |

maple + thyme aioli



H E A R T Y S A L A D S

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 | 10.95 | appetizer | 14.95 | entrée
romaine duo / double smoked bacon / house baked croutons / Grana Padano cheese / white anchovy + roasted garlic dressing

Orchard Salad | 10.95 | 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 4 oz. chicken breast 7.95
- + grilled salmon 10.95
- + grilled smoked tofu 4.95
- + garlic sautéed shrimp 7.95



CHEF'S PLATES

Grilled Wild Pacific Salmon | 28.95 |
fennel pollen / kohlrabi + celeriac remoulade /
grilled local asparagus / charred citrus + black
olive tapenade

Summer Mediterranean Chicken | 22.95 |
grilled marinated chicken breast / summer herb
pesto / baby arugula / 7 ancient grains / crispy
chickpeas / plumped citrus currants / fresh
pomegranate + molasses

Fish + Chips | 20.95 |
Pacific Rock Fish / Elora beer batter /
coleslaw / Proof's signature tartar sauce

Peking Duck | 27.95 |
roasted Québec duck breast / broccolini +
bok choy fried rice / sunny duck egg /
crispy noodles

Ontario Lamb Shank | 26.95 |
tomato basil beer braised lamb / Yukon Gold
whipped potatoes + seasonal vegetables /
preserved lemon gremolata

Heritage Pork Belly Marsala | 23.95 |
sweet wine braised Ontario pork / wild + tame
mushrooms / cipollini onions / grilled lemon
broccolini / roasted creamer potatoes

Cauliflower Steak | 20.95 |
Elmira tomato pomodoro / fresh buratta /
panko crunch / microgreen shoots + leaves

Rigatoni Trifecta | 19.95 |
beef + lamb + pork bolognese / garlic confit +
mushroom / pomodoro

Wild Mushroom Ravioli | 19.95 |
tame mushroom filling / pan roasted asparagus
shards / truffle cauliflower soubise

Mac + Cheese | 17.95 |
Thornloe cheese curds / grana pandano /
herbed breadcrumbs
+ double smoked bacon 1.95
+ mushroom ragout 1.95

BOWLS **Chicken Tinga Bowl** | 18.95 |
grilled chipotle chicken / black beans +
corn / fresh tomato salsa / cotija
cheese / guacamole / quinoa / charred
pablano vinaigrette

Green Dragon Curry | 19.95 |
Thai marinated chicken / smoked
tofu / coconut green curry / peanuts /
lemongrass scented jasmine rice

Rooster Bowl | 17.95 |
Norfolk greens / grilled smoked tofu /
quinoa / red + green cabbage / fennel /
beets / sprouts / pickled cucumber / edamame /
toasted peanuts / house made kimchi / scallions /
sriracha chili dressing

Fattoush Bowl | 17.95 |
seasoned + golden chickpea falafel / baby gem
leaves / heirloom cherry tomatoes / pickled
onion + eggplant / cucumber / sumac vinaigrette /
lemon mint labneh / fried pita chips



Recommended by the Vancouver Aquarium as ocean-friendly

STEAKS + CHOPS

Served with seasonal vegetables and your choice of thrice cooked Yukon Gold frites or pan roasted creamer potatoes.

10 oz. New York Striploin | 34.95 |

8 oz. Center Cut Tenderloin | 35.95 |

8 oz. Sirloin | 29.95 |

Proof steaks are Canadian raised beef, aged 40 days or more to ensure tenderness and intense flavour.

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 | 18.95 |

Norwich County beef / Thornloe old white cheddar / double smoked bacon / roasted garlic aioli

The Lamb Burger | 18.95 |

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 | 19.95 |

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

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 Quadruple filtered tap water. Q Still is beautifully flavourless and somewhat silky. Q Sparkling is carbonated in 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 has eliminated the use 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
Great Lakes Challenge.*



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