

LUNCH

40 MINUTE EXPRESS LUNCH

Chicken Caesar Salad | 18.95 |
romaine duo / grilled chicken breast / double smoked
bacon / house baked croutons / Grana Padano
cheese / white anchovy + roasted garlic dressing

Norfolk County Salmon | 20.95 |
Norfolk County butter greens + baby kale / grilled
salmon / house baked croutons / spiced sunflower
seeds / watermelon radish / heirloom cherry
tomatoes / quick pickled onion + cucumber /
Elmira maple mustard vinaigrette

The Club | 18.95 |
multi-grain croissant / grilled marinated chicken
breast / double smoked bacon / melted brie /
avocado smash / Proof frites

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

PROOF PETIT LUNCH | 16.95 |
harvest soup / Proof Norfolk greens /
grilled naan bread / cauliflower hummus

Green Dragon Curry | 20.95 |
Thai marinated chicken / smoked tofu /
coconut green curry / peanuts / lemongrass
scented jasmine rice

Tofu 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

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

Proof Signature Burger | 18.95 |
Norwich County beef / Thornloe old
white cheddar / double smoked bacon /
roasted garlic aioli / Proof frites

+

**ENJOY A COFFEE
+ COOKIE TO GO**

T O S T A R T

1816 Chef's Charcuterie

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

| 24.95 |

Orchard Salad

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

| 10.95 |

Proof Caesar

romaine duo / double smoked bacon / house baked croutons / Grana Padano cheese / white anchovy + roasted garlic dressing

| 10.95 |

Proof Norfolk Greens

Norfolk County butter greens + baby kale / grilled salmon / house baked croutons / spiced sunflower seeds / watermelon radish / heirloom cherry tomatoes / quick pickled onion + cucumber / Elmira maple mustard vinaigrette

| 8.95 |

The Nosh

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

| 11.95 |

Gyoza

Korean pork and kimchi gyoza / edamame purée / nam jim

| 13.95 |

Crispy Calamari

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

| 16.95 |

Beef Carpaccio

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

| 16.95 |

Fried Chicken Bao

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

| 13.95 |

Warm Panko Goat Cheese

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

| 13.95 |

Harvest Soup

Chef inspired / farm driven

| 9.95 |

Sweet Potato Fries

maple + thyme aioli

| 7.95 |

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

CHEF'S PLATES



Braised Lamb Tacos

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

| 14.95 |

Summer Mediterranean Chicken

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

| 22.95 |

Rigatoni Trifecta

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

| 19.95 |

Steak Frites

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

| 26.95 |

FISH + CHIPS

| 20.95 |

Pacific Rock Fish / Elora beer batter / coleslaw / Proof's signature tartar sauce

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

HAND HELDS

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

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.



Recommended by the Vancouver Aquarium as ocean-friendly

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 ☿ water, which is ☿adrupe filtered tap water. ☿ Still is beautifully flavourless and somewhat silky. ☿ 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.*



Recommended by the Vancouver Aquarium as ocean-friendly

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