

# LUNCH

FALL / WINTER 2018 - 2019

## 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 / tahini hummus

### Butter Chicken Curry | 20.95 |

mild fragrant tomato cream sauce / basmati rice pilaf / mango chutney / buttered naan bread

### Tuna Poke | 19.95 |

sustainable yellow fin tuna / wakame / sesame / avocado / steamed rice / cucumber / radish / carrot / daikon / spicy sambal mayo

### 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

+ grilled chicken 7.95

| 18.95 |

### Proof Signature Burger

grassfed local beef / Thornloe old white cheddar / double smoked bacon / roasted garlic aioli / Proof frites

+

ENJOY A COFFEE  
+ COOKIE TO GO

# TO START

**1816 Chef's Charcuterie** | 24.95 |  
 locally cured salumi assortment /  
 Canadian cheeses / house made  
 pickles + relishes / Kozlik's triple crunch  
 mustard / crostini

**Proof Caesar** | 10.95 |  
 romaine duo / double smoked bacon /  
 house baked croutons / Grana Padano  
 cheese / white anchovy + roasted garlic  
 dressing

**Proof Norfolk Greens** | 8.95 |  
 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

**The Nosh** | 11.95 |  
 tahini hummus / basil + honey whipped  
 ricotta/marinated olives

**Crispy Calamari** | 13.95 |  
 West Coast Humboldt squid / spiced  
 cornmeal crust / crispy fennel / spicy  
 sambal aioli

**Award Winning Golden Tacos** | 14.95 |  
 slow cooked spiced lamb /pickled red onion +  
 eggplant / cilantro / lemon mint labneh

**Fried Chicken Bao** | 13.95 |  
 steamed rice buns / sweet soya mayo /  
 banh mi slaw / toasted peanuts + fresh lime

**Arancini** | 13.95 |  
 saffron infused arborio rice / bocconcini  
 cheese / Elmira pomodoro tomato sauce /  
 fine herbs / Grana Padano

**Harvest Soup** | 9.95 |  
 Chef inspired / farm driven

# CHEF'S PLATES

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

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

**Steak Frites** | 26.95 |  
 10 oz. 40-day aged New York striploin /  
 Proof frites / roasted garlic aioli

**FISH + CHIPS** | 20.95 |  
 Pacific Rock Fish / Beau's beer batter /  
 coleslaw / Proof's signature tartar sauce

**The Reuben** | 18.95 |  
 house smoked brisket / dark rye /  
 Russian aioli / sauerkraut / gruyere  
 cheese / triple crunch 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

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

Our burgers are made from grass fed and  
 naturally raised local beef and served on a  
 house baked milk bun with lettuce, tomato,  
 red onion and Strub's pickles



Recommended by the Vancouver Aquarium as ocean-friendly