

# 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 hummus / basil + honey whipped ricotta / marinated olives

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

**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 / Taco Fest 2018 Champ

**Tuna Tartar** | 16.95 |  
sustainable yellow fin / cucumber & celery coulis / preserved lemon / puffed capers / vinegar brined lattice chips

**Fried Chicken Bao** | 16.95 |  
steamed rice buns / sweet soya mayo / banhmi slaw / toasted peanuts + fresh lime

**Crispy Pork Belly** | 16.95 |  
Wellesly hard cider & maple gastrique / Kozlik's triple crunch mustard / dried apple

**Harvest Soup** | 8.95 |  
chef inspired / farm driven



# 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

**Woolwich Salad** | 14.95 |  
Woolwich County soft goat cheese / sous vide Ontario beets / baby arugula / pistachio / 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

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## Grilled Salmon

Cape d'Or Atlantic Salmon / shitake + bok choy / sesame / ponzu ginger sauce / sweet braised lotus root / crispy lotus chips

| 28.95 |

## Mediterranean Chicken

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

| 22.95 |

## Fish + Chips

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

| 20.95 |

## Ontario Lamb Shank

tomato basil beer braised lamb / Yukon Gold whipped potatoes + seasonal vegetables / preserved lemon gremolata

| 26.95 |

## Cauliflower Steak

Elmira tomato pomodoro / fresh buratta / panko crunch / microgreen shoots + leaves

| 20.95 |

## Rigatoni Trifecta

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

| 19.95 |

## Wild Mushroom Ravioli

tame mushroom filing/pan roasted asparagus shards/truffle cauliflower soubis

| 19.95 |

## Mac + Cheese

Thornloe cheese curds / grana pandano / herbed breadcrumbs

| 17.95 |

+ double smoked bacon 1.95

+ mushroom ragout 1.95

+ grilled chicken 7.95

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# BOWLS

## Chicken Tinga Bowl

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

| 18.95 |

## Butter Chicken Curry

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

| 19.95 |

## Tuna Poke

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

| 19.95 |

## Fattoush Bowl

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

| 17.95 |



Recommended by the Vancouver Aquarium as ocean-friendly

# STEAKS + CHOPS

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

10 oz. New York Striploin | 34.95 |

8 oz. Center Cut Tenderloin | 35.95 |

8 oz. Sirloin | 29.95 |

**Nagano Pork Schnitzel** | 32.95 |

Quebec heritage breed / red cabbage rotkohl / pomme puree / Kozlik's German mustard / sour cream and 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

**SERVED WITH SEASONAL VEGETABLES AND YOUR CHOICE OF THrice COOKED YUKON GOLD FRITES OR PAN ROASTED CREAMER POTATOES.**



*Our burgers are made from grass fed and naturally raised local 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 THrice COOKED YUKON GOLD FRITES OR A SIDE OF PROOF NORFOLK GREENS.**

**Proof Signature Burger** | 18.95 |

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

**The Reuben** | 17.95 |

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

**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 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.

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

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

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