




# TO START




**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

**Sustainable Calamari**  | 14.95 |  
West Coast Humboldt squid / spiced corn meal  
crust / crunchy fried zucchini / lemon aioli

**Tuna Tacos "The Contender"** | 16.95 |  
yellow fin tuna ceviche / pickled cucumber +  
mango slaw / sweet chili gastrique /  
toasted sesame  
+ taco 5.25

**Crispy Vegan Bao**  | 14.95 |  
gochujang marinated tofu / bahn mi slaw /  
toasted peanuts + fresh lime / steamed buns  
+ vegan bao 4.95

**Crispy Pork Bao** | 15.95 |  
crispy braised pork belly / maple hoisin aioli /  
pickled apple + fennel / steamed buns  
+ pork bao 5.25


**Duck Wings**  | 16.95 |  
confit duck wings / Za'atar spice /  
local blue cheese for dipping

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

# HEARTY SALADS

**Proof Norfolk Greens**  
| 8.95 / appetizer | 13.95 / entrée |  
Norfolk County butter greens / 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 sauteéd shrimp 7.95



# CHEF'S PLATES

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## Grilled Salmon **GF**

Cape d'Or Atlantic Salmon / vegetable fried rice / crispy lotus chips / citrus gremolata

| 28.95 |

## Mediterranean Chicken **GF**

herb marinated chicken breast / chickpea + vegetable tagine / roasted feta crumble

| 22.95 |

## Fish + Chips

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

| 20.95 |

## T-Bone Lamb Chop

grilled herb marinated lamb saddle / corn + sweet pea couscous / mint chimichurri

| 32.95 |

## Tuscan Polenta **GF**

plant based sausage / wild mushroom polenta / spicy Elmira tomato ratatouille / crispy herbs / infused garlic oil

| 20.95 |

## Trifecta Bolognese

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

| 19.95 |

## Cappelletti alla Vodka

bay scallops + tiger shrimp / lobster bisque rosé / ricotta / torn basil

| 21.95 |

## Mac + Cheese **V**

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 **GF**

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

| 19.95 |

## Butter Chicken Curry

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

| 19.95 |

## Tuna Poke **GF**

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

| 19.95 |

## Fattoush Bowl **V**

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

| 17.95 |

# STEAKS + CHOPS

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

10 oz. New York Striploin **GF** | 34.95 |

8 oz. Center Cut Tenderloin **GF** | 35.95 |

8 oz. Sirloin **GF** | 29.95 |

Smoked Nagano Pork **GF** | 29.95 |

12 oz. Quebec heritage breed pork chop / apple wood smoke / red cabbage rotkohl / whipped creamy potatoes / maple gastrique

## 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.*

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

All hand holds can be served on a gluten free bun or lettuce wrap.

**Proof Signature Burger** | 18.95 |

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

**Proof's Smoked Meat** | 18.95 |

house smoked brisket / dark rye / Russian aioli / sauerkraut / gruyère cheese / triple crunch mustard

**BBQV Sausage + Bun**  | 15.95 |

plant based vegan sausage / German mustard / local corn relish / green onions / soft pretzel roll

**The Daily Burger** | 19.95 |

small batch / chef inspired / delicious

**Italian Turkey Club** | 18.95 |

grilled turkey / prosciutto / buffalo mozzarella / herb pesto aioli / baby arugula / tomato / French roll

**SIDE** + caesar 1.99

**UPGRADES** + Woolwich greens 1.99

+ sweet potato fries 1.99

Ask your server how to make your meal gluten free, vegetarian or vegan.

**GF** Gluten Free

**V** Vegetarian

 Vegan

# 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 Qaduple 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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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.