


BRUNCH


One Pan Wake Up | 17.95 |
two sunny fried eggs / sous vide pork belly / country breakfast sausage / fried tomato / chilli sauce / farmers toast

Bom Dia!  | 16.95 |
creamy yellow corn polenta / aged cheddar / two poached eggs / St. Jacobs caponata


Smoked Brisket Benedict | 18.95 |
Forty Creek whiskey BBQ sauce / caramelized onion + mushroom / savory baked danish / two poached eggs / scallion hollandaise



- + bacon 3.95
- + back bacon 4.95
- + sausage 4.95
- + side egg 2.50

Baked + Stuffed French Toast  | 17.95 |
traditional brioche / Eby ricotta / strawberry vanilla bean compote / maple candy crumble / the real deal maple syrup

Breakfast Goodness  | 16.95 |
creamy hummus / baby arugula / red quinoa / crushed pistachios / smoked tofu / pomegranates + molasses

Proof's Rancheros  | 18.95 |
two sunny fried eggs / plant based sausage / avocado smash / black bean pico / spiced tomato sauce / grilled tortillas

**PROOF'S \$5 BRUNCH
CAESARS + MIMOSAS**

BRUNCH SPARKLING EQUATIONS

| 7.95 / 4 oz. |

Choose an equation to top with sparkling wine

galliano + cherry

aperol + cranberry

ginger + pineapple

elderflower + blueberry

cassis + pomegranate

peach schnapps + mango



NO PROOF COCKTAILS | 6.95 |

Euclidean
watermelon juice / watermelon / mint / basil + lime / soda

Brouwer's Fixed Point
sweet matcha / cucumber / tonic

Sphere Eversion
cherry juice / grapefruit juice / vanilla syrup / grenadine / cherry bitters / soda / cotton candy

Blueberry π
blueberry juice / lemon juice / ginger beer / soda / cardamom bitters / blueberries

COFFEE COCKTAILS | 7.95 / 1 oz. |

Available iced or hot

Matcha Latte
Frangelico / sweet matcha / almond milk

Blue Earl
blueberry whiskey / earl grey tea / lemoncello

Loopy Coffee
apricot brandy / vodka / fruit loop syrup / espresso / Starbucks coffee / cream

Cookies + Coffee
Goldschlager / Baileys / butterscotch liqueur / Starbucks coffee / whipped cream

Please advise your server of any allergies or dietary restrictions prior to ordering. Proof is not a nut-free establishment. Ask your server how to make your meal gluten free, vegetarian or vegan.

LUNCH

SHAREABLES

- Tuna Tacos "The Contender"** | 16.95 | yellow fin tuna ceviche / pickled cucumber + mango slaw / sweet chili gastrique / toasted sesame + taco 5.25
- Duck Wings** **GF** | 16.95 | confit duck wings / Za'atar spice / local blue cheese for dipping
- The Nosh** **V** | 12.95 | tahini hummus / basil + honey whipped ricotta / marinated olives
- Sustainable Calamari** | 15.95 | West Coast Humboldt squid / spiced cornmeal crust / crunchy fried zucchini / lemon aioli
- 1816 Chef's Charcuterie** | 24.95 | locally cured salumi assortment / Canadian cheeses / house made pickles + relishes / Kozlik's triple crunch mustard / crostini
- Arancini** **V** | 13.95 | saffron infused Arborio rice / bocconcini cheese / Elmira pomodoro tomato sauce / fried herbs / Grana Padano
- Woolwich Salad** **V** | 14.95 | Woolwich County soft goat cheese / sous vide Ontario beets / baby arugula / pistachio / balsamic vinaigrette
- Proof Caesar** | 10.95 | romaine duo / double smoked bacon / house baked croutons / Grana Padano cheese / white anchovy + roasted garlic dressing
- Harvest Soup** | 8.95 | chef inspired / farm driven

HEARTY SALADS

- 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 / grilled salmon / house baked croutons / spiced sunflower seeds / watermelon radish / heirloom cherry tomatoes / quick pickled onion + cucumber / Elmira maple mustard vinaigrette
- Fattoush Bowl** **V** | 17.95 | seasoned + golden chickpea falafel / baby gem leaves / heirloom cherry tomatoes / pickled onion + eggplant / cucumber / sumac vinaigrette / lemon mint labneh / fried pita chips

HAND HELDS

- Proof Signature Burger** | 18.95 | local beef / Thornloe old white cheddar / double smoked bacon / roasted garlic aioli
- Italian Turkey Club** | 18.95 | grilled turkey / prosciutto / buffalo mozzarella / herb pesto aioli / baby arugula / tomato / French roll
- Proof's Smoked Meat** | 18.95 | house smoked brisket / dark rye / Russian aioli / sauerkraut / gruyère cheese / triple crunch mustard
- BBQV Sausage + Bun** **V** | 15.95 | plant based vegan sausage / German mustard / local corn relish / green onions / soft pretzel roll

BIG PLATES

- Tuna Poke** **GF** | 20.95 | yellow fin tuna / wakame / sesame / avocado / steamed rice / cucumber / radish / carrot / daikon / spicy sambal mayo
- Fish + Chips** | 20.95 | Pacific rock fish / Beau's beer batter / coleslaw / Proof's signature tartar sauce
- Steak Frites** **GF** | 23.95 | 6 oz. 40-day aged California cut striploin / Proof frites / roasted garlic aioli
- Mac + Cheese** **V** | 18.95 | Thornloe cheese curds / grana padano / herbed breadcrumbs
+ double smoked bacon 2.50
+ mushroom ragout 2.50
+ grilled chicken 7.95

SIDE UPGRADES + caesar 2.50 + Woolwich greens 2.50 + sweet potato fries 2.50