

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 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.

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

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*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.


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  | 12.95 |
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  | 15.95 |
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 8.95



CHEF'S PLATES

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

| 33.95 |

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 Padano / herbed breadcrumbs

| 18.95 |

+ double smoked bacon 2.50

+ mushroom ragout 2.50

+ grilled chicken 7.95

BOWLS

Chicken Tinga Bowl **GF**

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

| 20.95 |

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

| 20.95 |

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** | 35.95 |

8 oz. Center Cut Tenderloin **GF** | 37.95 |

8 oz. Sirloin **GF** | 31.95 |

Smoked Nagano Pork **GF** | 29.95 |

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

+

sautéed wild + tame mushroom ragout 4.95
garlic sautéed lemon shrimp 8.95
gorgonzola butter 2.95

CHEF'S CHOICE CUT

market price / locally sourced / house butchered

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 2.50

UPGRADES + Woolwich greens 2.50

+ sweet potato fries 2.50

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

GF Gluten Free

V Vegetarian

 Vegan