

# LUNCH

SPRING / SUMMER 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 / grilled salmon / house baked croutons / spiced sunflower seeds / watermelon radish / heirloom cherry tomatoes / quick pickled onion + cucumber / Elmira maple mustard vinaigrette

### Italian Turkey Club | 18.95 |

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

### Chicken Tinga Bowl | 20.95 |

grilled chipotle chicken / black beans + corn / cotija cheese / guacamole / quinoa / charred poblano vinaigrette

### PROOF PETIT LUNCH

| 16.95 |

harvest soup / Proof Norfolk greens / grilled naan bread / tahini hummus

**SIDE** + caesar 2.50  
**UPGRADES** + Woolwich greens 2.50

### Butter Chicken Curry | 19.95 |

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

### Tuna Poke | 20.95 |

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 | 18.95 |

Thornloe cheese curds / Grana Padano / herbed breadcrumbs

+ double smoked bacon 2.50

+ mushroom ragout 2.50

+ grilled chicken 7.95

### Proof Signature Burger | 18.95 |

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

+

ENJOY A COFFEE  
+ COOKIE TO GO

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.

 Gluten Free  Vegetarian  Vegan

# 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** V | 8.95 |  
Norfolk County butter greens / house baked croutons / spiced sunflower seeds / watermelon radish / heirloom cherry tomatoes / quick pickled onion + cucumber / Elmira maple mustard vinaigrette
- The Nosh** V | 12.95 |  
tahini hummus / basil + honey whipped ricotta / marinated olives
- Harvest Soup** | 8.95 |  
Chef inspired / farm driven

- Sustainable Calamari** GF | 15.95 |  
West Coast Humboldt squid / spiced cornmeal 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** V | 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
- Arancini** V | 13.95 |  
saffron infused arborio rice / bocconcini cheese / Elmira pomodoro tomato sauce / fine herbs / Grana Padano

# CHEF'S PLATES

- Mediterranean Chicken** | 22.95 |  
herb marinated chicken breast / chickpea + vegetable tagine / roasted feta crumble
- Duck Wings + Fries** GF | 19.95 |  
confit duck wings / Za'atar spice / local blue cheese for dipping / hand cut thrice cooked frites
- Steak Frites** GF | 23.95 |  
6 oz. 40-day aged California cut striploin / Proof frites / roasted garlic aioli

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

- 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
- The Daily Burger** | 19.95 |  
small batch / Chef inspired / delicious

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

Hand helds can be served on a gluten free bun or lettuce wrap

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



Recommended by the Vancouver Aquarium as ocean-friendly

GF Gluten Free V Vegetarian 🌱 Vegan