


# 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



## ZERO PROOF \$4 MOCKTAILS

**VirGin + Tonic**  
.05% "Gin" / Crodino / tonic / lime wheel  
ABV 0.05%

**No-Groan-Eh**  
.05% "Gin" / .05%\* Glühwein / Mio / Peychaud's / orange wheel  
ABV 0.05%

**Elixir**  
elderflower soda / Earl Grey simple syrup / grapefruit / lime wheel / maldon salt  
ABV 0.0%

**Divine Temple Sparkler**  
Divine Temple white tea simple syrup / lemon juice / pineapple juice / soda charge / Luxardo cherry + dried papaya  
ABV 0.0%

**Free Spirit**  
pear nectar / pomegranate juice / ginger beer / pomegranate seeds  
ABV 0.0%

**Joanie and Chai-Tea**  
Chai tea syrup / Angostura bitters / cream / Cordino + Pepsi charge / Luxardo cherry  
ABV 0.0%

**Caramel Apple**  
cold pressed apple cider / maple caramel / ginger beer / lime juice / caramel + candied ginger  
ABV 0.0%

## COFFEE COCKTAILS ALL COFFEE COCKTAILS ARE AVAILABLE ICED OR HOT

**End Game** | 7.95 / 1 oz. |  
brown butter + sultana infused Flor de Cana / Frangelico / Demerara brown butter melt / cinnamon stir stick

**Have You Ever?** | 8.95 / 1.5 oz. |  
brandy / Domaine de Cantone ginger liqueur / coconut almond rooibos tea / orange wheel / coconut sugar rim

**Good Goddess I'm a Diva** | 8.95 / 1.5oz. |  
Godiva white chocolate liqueur / crème de cacao / Starbucks Pike Place coffee / whipped cream / sparkle sugar rim

**Sensation of Temptation** | 7.95 / 1 oz. |  
Bourbon / apple liqueur / apricot brandy / Cardamom bitters / maple syrup / apple cider / cinnamon stick + apple chip


**Espress Yourself Martini** | 9.95 / 2 oz. |  
Lukosowa vodka / Chambord raspberry liqueur / Kahlua / Italian espresso / chocolate bitters

**Boozy Bourbon Shake** | 11.95 / 3 oz. |  
Clifford Brewing Co. Porter / Jim Beam bourbon / Ancho Reyes chili liqueur / chocolate ice cream / Aztec chocolate bitters / whipped cream / cherry


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

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| <p><b>Chicharrones + Dip</b>     14.95  <br/>puffed pork crackling / avocado salsa verde / Guernsey crema / pickled tomatoes / pepperoncini peppers / cotija cheese + cilantro</p> | <p><b>Grilled Calamari</b>   14.95  <br/>West Coast Humboldt squid / chili salt + pepper / amatriciana sauce / fried herbs / butter naan</p>  | <p><b>Woolwich Salad</b>    14.95  <br/>Woolwich County soft goat cheese / sous vide Ontario beets / baby arugula / pistachio / balsamic vinaigrette</p> |
| <p><b>Duck Wings</b>    16.95  <br/>confit duck wings / Za'atar spice / local blue cheese for dipping</p>   | <p><b>1816 Chef's Charcuterie</b>   24.95  <br/>locally cured salumi assortment / Canadian cheese selections / house made pickles + relishes / brandy chicken mousseline / Kozlik's triple crunch mustard / crostini</p>                    | <p><b>Proof Caesar</b>   10.95  <br/>romaine duo / double smoked bacon / house baked croutons / Grana Padano cheese / white anchovy + roasted garlic dressing</p>   |
| <p><b>The Nosh</b>    12.95  <br/>tahini hummus / basil + honey whipped ricotta / marinated olives</p>  | <p><b>Cod Fritters</b>    15.95  <br/>East Coast sustainable cod cheeks / gluten free panko + herb crunch / harissa infused kewpie mayo / shiso leaves</p> | <p><b>Harvest Soup</b>   8.95  <br/>chef inspired / farm driven</p>   |
| <p><b>Lamb Spiedini</b>    17.95  <br/>grilled Ontario lamb skewers / pickled onions + cucumber / tahini labneh / fried rosemary / chili salt</p>  |   |   |

## HEARTY SALADS

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| <p><b>Chicken Caesar Salad</b>   18.95  <br/>romaine duo / grilled chicken breast / double smoked bacon / house baked croutons / Grana Padano cheese / white anchovy + roasted garlic dressing</p> | <p><b>Norfolk County Salmon</b>   20.95  <br/>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</p> | <p><b>Fattoush Bowl</b>    17.95  <br/>seasoned + golden chickpea falafel / baby gem leaves / heirloom cherry tomatoes / pickled onion + eggplant / cucumber / sumac vinaigrette / lemon mint labneh / fried pita chips</p> |
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## HAND HELDS

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| <p><b>Proof Signature Burger</b>   18.95  <br/>local beef / Millbank old cheddar / double smoked bacon / roasted garlic aioli</p>  |
| <p><b>Italian Turkey Club</b>   18.95  <br/>herb + garlic roasted turkey breast / apple wood smoked bacon / chili pepper smoked gouda / avocado salsa verde / pickled onion / Elmira tomatoes / arugula / French roll</p>  |
| <p><b>Proof's Smoked Meat</b>   18.95  <br/>house smoked brisket / dark rye / Russian aioli / sauerkraut / gruyère cheese / triple crunch mustard</p>  |
| <p><b>Smoky Whiskey Vegan Burger</b>    16.95  <br/>house made plant-based blend featuring Beyond Meat / Forty Creek BBQ sauce / caramelized onion vegan sheese / toasted pretzel bun</p> |

## BIG PLATES

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| <p><b>Beef Bulgogi</b>     19.95  <br/>marinated striploin / kelp noodle / cucumber / enoki mushroom / shiso leaf / broccolini / pickled carrot / daikon radish / creamy roasted peanut dressing</p> |
| <p><b>Fish + Chips</b>   20.95  <br/>Pacific rock fish / Beau's beer batter / coleslaw / Proof's signature tartar sauce</p>   |
| <p><b>Steak Frites</b>    23.95  <br/>6 oz. 40-day aged California cut striploin / Proof frites / roasted garlic aioli</p>  |
| <p><b>Mac + Cheese</b>    18.95  <br/>squeaky Millbank cheese curds / Grana Padano / herbed breadcrumbs<br/>+ double smoked bacon 2.50<br/>+ mushroom ragout 2.50<br/>+ grilled chicken 7.95</p>   |

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