



# TO START






**1816 Chef's Charcuterie** | 24.95 |  
locally cured salumi assortment / Canadian cheese selections / house made pickles + relishes / brandy chicken mousseline / Kozlik's triple crunch mustard / crostini

**The Nosh**  | 12.95 |  
tahini hummus / basil + honey whipped ricotta / marinated olives


**Cod Fritters**  | 15.95 |  
East Coast sustainable cod cheeks / gluten free panko + herb crunch / harissa infused kewpie mayo / shiso leaves


**Grilled Calamari** | 14.95 |  
West Coast Humboldt squid / chili salt + pepper / amatriciana sauce / fried herbs / butter naan

**Chicharrones + Dip**   | 14.95 |  
puffed pork crackling / avocado salsa verde / Guernsey crema / pickled tomatoes / peperoncini peppers / cotija cheese + cilantro

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

**Fried Chicken Bao** | 15.95 |  
gochujang fried chicken / sweet soya aioli / bahn mi pickled slaw / crushed peanuts  
+ chicken bao 5.25

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


**Lamb Spiedini**  | 17.95 |  
grilled Ontario lamb skewers / pickled onions + cucumber / tahini labneh / fried rosemary / chili salt

**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

<b>Grilled Salmon</b> <span>GF</span> Cape d'Or Atlantic salmon / braised lentilles du Puy / vegetable trinity / gratin dauphinois / grainy mustard crème fraîche	28.95	<b>Tuscan Polenta</b> <span>GF</span> <span>✦</span> plant based sausage / wild mushroom polenta / spicy Elmira tomato ratatouille / crispy herbs / infused garlic oil	20.95
<b>Mediterranean Chicken</b> <span>GF</span> herb marinated chicken breast / chickpea + vegetable tagine / roasted feta crumble	22.95	<b>Pan Seared Duck Breast</b> maple brined + apple wood smoked / barley risotto "forestière" / red wine jus	26.95
<b>Fish + Chips</b> Pacific Rock Fish / Beau's beer batter / coleslaw / Proof's signature tartar sauce	20.95	<b>Trifecta Bolognese</b> beef + lamb + pork bolognese / garlic confit + mushroom / pomodoro	19.95
<b>Ontario Lamb Shank</b> Black Swan porter braise / chef's market vegetables / buttermilk whipped potatoes / crispy shallot gremolata	28.95	<b>Cappelletti alla Vodka</b> bay scallops + tiger shrimp / lobster bisque rosé / ricotta / torn basil	22.95
<b>Fogo Island Cod</b> <span>GF</span> sustainably caught cod / pink peppercorn crust / smoked bacon / riced cauliflower + broccolini / golden latte sauce	29.95	<b>Mac + Cheese</b> <span>V</span> squeaky Millbank cheese curds / Grana Padano / herbed breadcrumbs + double smoked bacon 2.50 + mushroom ragout 2.50 + grilled chicken 7.95	18.95

<b>BOWLS</b>	<b>Chicken Tinga Bowl</b> <span>GF</span> grilled chipotle chicken / black beans + corn / fresh tomato salsa / cotija cheese / guacamole / quinoa / charred pablano vinaigrette	20.95	<b>Beef Bulgogi</b> <span>GF</span> <span>K</span> marinated striploin / kelp noodle / cucumber / enoki mushroom / shiso leaf / broccolini / pickled carrot / daikon radish / creamy roasted peanut dressing	19.95
	<b>Butter Chicken Curry</b> aromatic tomato cream sauce / basmati rice pilaf / mango chutney / buttered naan bread	19.95	<b>Fattoush Bowl</b> <span>V</span> seasoned + golden chickpea falafel / baby gem leaves / heirloom cherry tomatoes / pickled onion + eggplant / cucumber / sumac vinaigrette / lemon mint labneh / fried pita chips	17.95
	<b>Tuna Poke</b> <span>GF</span> yellow fin tuna / wakame / sesame / avocado / steamed rice / cucumber / radish / carrot / daikon / spicy sambal mayo	20.95		

Please advise your server of any allergies or dietary restrictions prior to ordering. Proof is not a nut-free establishment.

# 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 |

Ontario Pork Schnitzel **GF** | 32.95 |

10 oz. Ontario pasture raised pork loin / rosemary spaetzle / German mustard + wild mushroom gravy / Proof's sauerkraut / grilled lemon

## CHEF'S CHOICE CUT

market price / locally sourced / house butchered



sautéed wild + tame mushroom ragout 4.95  
garlic sautéed lemon shrimp 8.95  
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 / Millbank old 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

**Smoky Whiskey Vegan Burger**  | 16.95 |

house made plant-based blend featuring Beyond Meat / Forty Creek BBQ sauce / caramelized onion vegan sheese / toasted pretzel bun

**The Daily Burger** | 19.95 |

small batch / chef inspired / delicious

**Italian Turkey Club** | 18.95 |

herb + garlic roasted turkey breast / apple wood smoked bacon / chili pepper smoked gouda / avocado salsa verde / pickled onion / Elmira tomatoes / arugula / 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

**K** Keto

 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 Qadruple 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.*



Since 2015, Proof Kitchen + Lounge has partnered with Ocean Wise, a Canadian program dedicated to ocean life sustainability. Every seafood and fish item on our menu is a sustainable, ocean friendly choice. Our goal is to contribute to the health of oceans and lakes for generations to come.

  
**ocean wise** A SUSTAINABLE CHOICE