



LUNCH


FALL 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

Beef Bulgogi   | 19.95 |
marinated striploin / kelp noodle / cucumber / enoki mushroom / shiso leaf / broccolini / pickled carrot / daikon radish / creamy roasted peanut dressing


Tuna Poke  | 20.95 |
sustainable yellow fin tuna / wakame / sesame / avocado / steamed rice / cucumber / radish / carrot / daikon / spicy sambal mayo


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

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

Chicken Tinga Bowl  | 20.95 |
grilled chipotle chicken / black beans + corn / cotija cheese / guacamole / quinoa / charred poblano vinaigrette

Mac + Cheese  | 18.95 |
squeaky Millbank cheese curds / Grana Padano / herbed breadcrumbs
+ double smoked bacon 2.50
+ mushroom ragout 2.50
+ grilled chicken 7.95

Proof Signature Burger | 18.95 |
local beef / Millbank old cheddar / double smoked bacon / roasted garlic aioli

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



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  Keto  Vegan

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

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

Lamb Spiedini **GF** | 17.95 |

grilled Ontario lamb skewers / pickled onions + cucumber / tahini labneh / fried rosemary / chili salt

Grilled Calamari | 14.95 |

West Coast Humboldt squid / chili salt + pepper / amatriciana sauce / fried herbs / butter naan

Chicharrones + Dip **GF** **K** | 14.95 |

puffed pork crackling / avocado salsa verde / Guernsey crema / pickled tomatoes / pepperoncini peppers / cotija cheese + cilantro

Crispy Vegan Bao **V** | 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

Cod Fritters **GF** | 15.95 |

East Coast sustainable cod cheeks / gluten free panko + herb crunch / harissa infused kewpie mayo / shiso leaves

Harvest Soup | 8.95 |

Chef inspired / farm driven

CHEF'S PLATES

Mediterranean Chicken | 22.95 |

herb marinated chicken breast / chickpea + vegetable tagine / roasted feta crumble

Duck Wings + Fries **GF** | 18.95 |

confit duck wings / Za'atar spice / local blue cheese for dipping / hand cut thrice cooked fries

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

HAND HELDS

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

Proof's Smoked Meat | 18.95 |

house smoked brisket / dark rye / Russian aioli / sauerkraut / gruyère cheese / triple crunch mustard

Smoky Whiskey Vegan Burger **V** | 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

SIDE

+ caesar 2.50

UPGRADES

+ Woolwich greens 2.50

+ sweet potato fries 2.50