

PATIO MENU





SUMMER 2020

TO START

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| <p>Chef's Charcuterie Platter 25.00
locally cured salumi assortment / 3 Canadian cheese selections / house made pickles + relishes / kozlik's triple crunch mustard / demi baguette</p> <p>Duck Wings 16.00
1 lb crispy fried duck wings / Za'atar spice / crunchy crudité / local blue cheese</p> <p>Olives + Dips  14.00
house made tahini hummus + basil honey whipped ricotta / marinated olives / soft naan bread</p> | <p>Arancini Rice Balls  15.00
(8) saffron infused arborio rice balls / bocconcini cheese / Elmira local pomodoro tomato sauce / fried herbs / Grana Padano</p> <p>Proof Greens   10.00
mixed greens / carrot / cucumber / red pepper / sweet pickled red onion / tomato / maple vinaigrette</p> <p>Proof Classic Caesar Salad 11.00
romaine duo / double smoked bacon / baked croutons / Grana Padano cheese / white anchovy + roasted garlic dressing</p> |
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| <p>Proof Signature Burger 18.95
local beef / Millbank old cheddar / double smoked bacon / roasted garlic aioli / pickled onion / Elmira tomatoes / leaf lettuce / fresh-cut fries</p> <p>Smoky Whiskey Vegan Burger  20.95
house made plant-based blend featuring Beyond Meat / Forty Creek BBQ sauce / caramelized onion vegan sheese / toasted pretzel bun / fresh-cut fries</p> <p>Ultimate Spicy Fried Chicken Sandwich 17.95
Gochujang BBQ sauce / crunchy bah mi slaw / sweet pickles / Proof's signature milk bun / fresh-cut fries</p> <p>Fresh Chicken Finger Dinner 17.95
breaded + fried chicken / forty creek BBQ sauce / coleslaw / fresh-cut fries</p> <p>2 Piece Fish + Chips 20.95
2 pieces of Pacific Rock Fish / Beau's beer batter / coleslaw / Proof's signature tartar sauce / fresh-cut fries</p> <p>Chicken Tinga Bowl  20.95
grilled chipotle chicken / black beans + corn / fresh tomato salsa / cotija cheese / guacamole / quinoa + shredded cabbage / charred poblano vinaigrette</p> <p>Tuna Poke Bowl  21.95
sustainable yellow fin tuna / wakame salad / sesame / avocado / steamed rice / cucumber / radish / carrot / daikon / spicy sambal mayo</p> <p>Spicy Tofu Poke Bowl    17.95
marinated firm tofu / wakame salad / sesame / avocado / steamed rice / cucumber / radish / carrot / daikon / spicy sambal mayo</p> <p>BBQ Half Chicken  23.95
Piri Piri chicken / ancient grain salad + plumped yellow raisins / fresh herbs / julienne carrot / radish + carrots / blanco balsamic vinaigrette / preserved lemon / baby arugula / tahini yogurt dip</p> | <p>NY Striploin Steak Frites + Mushroom Brandy Sauce 32.95
10 oz. New York Striploin steak / mushroom brandy sauce / fresh-cut fries / roasted garlic aioli</p> <p>Grilled Sustainable Salmon on Salad  26.95
7 oz. Cape D'or Salmon / Mizo chili glaze honey mushrooms / shaved fennel + celeriac salad / boiled egg (served cold)</p> <p>Lamb Barbacoa Tacos 17.95
slow roasted lamb / (3) white corn tortilla / green mole / blistered jalapeno salsa / black bean + corn rice / pickled red onions / lime</p> <p>Baja Fish Tacos 16.95
crispy fried fish / (3) white corn tortilla / green mole / blistered jalapeno salsa / black bean + corn rice / pickled red onions / lime</p> <p>Crispy Spicy Tofu Tacos   15.95
marinated + fried tofu / (3) white corn tortilla / green mole / blistered jalapeno salsa / black bean + corn rice / pickled red onions / lime</p> <p>Bruschetta Bucatini  16.95
bucatini noodles / tomato pomodoro / red peppers / zucchini / arugula / poblano peppers / garlic / e.v.o.o / parmesan</p> |
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PERFECT SIDES

- + Roasted Veggies 7.95
- + Roasted Baby Potatoes 10.00
- + 7 Ancient Grain Salad 12.00  
- + Fresh-Cut Fries 7.95
- + Creamy Crunchy Coleslaw 6.95  
- + German Style Potato Salad 7.95
- + Basmati Rice 6.95
- + Naan Bread 6.95

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