

# DINE IN + TAKEOUT MENU

SUMMER 2020

## TO START

- The Nosh**  | 14.95 |  
tahini hummus / basil + honey whipped ricotta / marinated olives
- Grilled Calamari** | 15.95 |  
West Coast Humboldt squid / chili salt + pepper / puttanesca sauce / fried herbs / butter naan
- Chicharrones + Dip**  | 14.95 |  
puffed pork crackling / avocado green mole / Guernsey crema / pickled tomatoes / pepperoncini peppers / cotija cheese + cilantro
- Grilled Halloumi**   | 14.95 |  
pepper roasted Ontario strawberries / pea tendrils + herbs / sweet balsamic glaze
- Lamb Spiedini**  | 17.95 |  
grilled Ontario lamb skewers / pickled onions + cucumber / tahini labneh / fried rosemary / chili salt
- Elote Mexican Street Corn**   | 12.95 |  
miniature sweet corn / ancho pepper dust / ancho + cumin crema / chili oil drizzle
- Baja Fish Tacos** | 15.95 |  
crispy fried fish / (3) white corn tortilla / green mole / blistered jalapeño salsa / pickled red onions / lime
- Crispy Vegan Tacos**  | 14.95 |  
marinated + fried tofu / (3) white corn tortilla / green mole / blistered jalapeño salsa / pickled red onions / lime

## HEARTY SALADS + BOWLS



- Norfolk County Greens**   | 9.95 / appetizer | 13.95 / entrée |  
Norfolk butter blend lettuce / roasted local sweet corn / watermelon radish / pickled red onion / pumpkin + sunflower seeds / cucumber / citrus sous-vide beets / brown butter panko crunch / St. Jacobs maple mustard vinaigrette
- Proof Caesar** | 10.95 / appetizer | 14.95 / entrée |  
baby local romaine duo / double smoked bacon / house baked croutons / Grana Padano cheese / white anchovy + roasted garlic dressing
- Chicken Tinga Bowl**  | 21.95 |  
grilled chipotle chicken / black beans + corn / fresh tomato salsa / cotija cheese / guacamole / quinoa / charred poblano vinaigrette
- Spicy Tofu Bowl**   | 18.95 |  
marinated firm tofu / wakame salad / sesame / avocado / steamed rice / cucumber / radish / carrot / daikon / spicy sambal
- Tuna Poke Bowl**  | 22.95 |  
yellow fin tuna / wakame / sesame / avocado / steamed rice / cucumber / radish / carrot / daikon / spicy sambal mayo

+ grilled 4 oz. chicken breast 7.95    + grilled salmon 10.95    + garlic sautéed shrimp 8.95

## CHEF'S PLATES

- Grilled Salmon**  | 28.95 |  
sustainably caught grilled Atlantic salmon / citrus artichoke purée / haricot verts + shallot sauté / soft boiled egg / creamer potatoes  
Elmira's own cherry tomatoes / dried black olive crumble | 21.95 |
- Fish + Chips**  
Pacific rock fish / Beau's beer batter / coleslaw / Proof's signature tartar sauce | 25.95 |
- Cappelletti alla Vodka**  
bay scallops + tiger shrimp / lobster bisque rosé / ricotta / torn basil
- Beverly Creek Lamb** | 34.95 |  
herb marinated locally raised lamb sirloin / Ontario heirloom carrot mash / ancient farro grains / field peas + pea tendrils / sumac + mint
- BBQ Yucatan Pork Chop**  | 28.95 |  
brined + smoked 12 oz. Quebec heritage breed / black beans + pico de gallo / scented rice / avocado / sweet + sour citrus lacquer
- Cider Smoked Chicken**  | 25.95 |  
slow roasted 8 oz. supreme / roasted tart apple + broccoli sauté / baby creamer potatoes / maple carrot purée

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

# STEAKS

10 oz. New York Striploin  | 37.95 |

8 oz. Center Cut Tenderloin  | 39.95 |

SERVED WITH SEASONAL VEGETABLES AND YOUR CHOICE OF THrice COOKED YUKON GOLD FRITES OR PAN ROASTED CREAMER POTATOES.

**ADD ON**  
+ sautéed wild + tame mushroom ragout 4.95  
+ garlic sautéed lemon shrimp 8.95  
+ gorgonzola butter 2.95



HAND HELDS ARE SERVED WITH HAND CUT THrice COOKED YUKON GOLD FRITES.

All hand holds can be served on a gluten free bun or lettuce wrap.

**Substitute** + Proof Caesar 2.95  
+ Ontario Summer Salad 2.95

**Proof Signature Burger** | 18.95 |

local Guernsey beef / Eby Manor cheddar / double smoked bacon / Guernsey milk brioche bun / roasted garlic aioli

**Smoky Whiskey Vegan Burger**  | 17.95 |

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

**Spicy Fried Chicken Sandwich** | 17.95 |

gochujang BBQ sauce / crunchy bah mi slaw / sweet pickles / Proof's signature milk bun



## WEEKLY CHEF SPECIALS



**FRIDAY: Chef's Fish Feature**  
sustainably sourced / ask your server for details

**SATURDAY: Grill Night** | 34.95 |

1/4 rack slow and low Ontario BBQ ribs / piri piri 1/2 chicken / poblano butter scratch baked cornbread / roasted baby potatoes / crunchy + creamy coleslaw / smoky baked beans

# DESSERTS

**Best in Show**   | 9.95 |  
peanut + almond/ chocolate ganache / sea salt caramel / fudge

**Proof Cheesecake**   | 7.95 |  
vanilla Philly mousse / graham cracker crumble / seasonal fruit compote

**Classic Vanilla Bean Crème Brûlée**  | 8.95 |  
Turbinado caramelized sugar

*Dessert is an essential factor to complete the dining equation*

## COFFEE

**Espresso** | 3.95 |

**Latté** | 4.95 |

**Cappucino** | 4.95 |

## SPECIALTY COFFEE

**Baileys' Coffee** | 8.95 | **1.5 oz.**

**Spanish Coffee** | 8.95 |

**B52 Coffee** | 8.95 |



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