

# DINE IN + TAKEOUT MENU

SUMMER 2020

## TO START

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

## HEARTY SALADS + BOWLS



- |   |  |
|---|--|
| <p><b>Ontario Summer Salad</b>     9.95 / appetizer   13.95 / entrée  <br/>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</p> <p><b>Proof Caesar</b>   10.95 / appetizer   14.95 / entrée  <br/>baby local romaine duo / double smoked bacon / house baked croutons / Grana Padano cheese / white anchovy + roasted garlic dressing</p> | <p><b>Chicken Tinga Bowl</b>    21.95  <br/>grilled chipotle chicken / black beans + corn / fresh tomato salsa / cotija cheese / guacamole / quinoa / charred poblano vinaigrette</p> <p><b>Spicy Tofu Bowl</b>     18.95  <br/>marinated firm tofu / wakame salad / sesame / avocado / steamed rice / cucumber / radish / carrot / daikon / spicy sambal</p> <p><b>Tuna Poke Bowl</b>    22.95  <br/>yellow fin tuna / wakame / sesame / avocado / steamed rice / cucumber / radish / carrot / daikon / spicy sambal mayo</p> |
|---|--|

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

## CHEF'S PLATES

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

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: Fish Fry Friday** | 27.95 |



fried Lake Erie pickerel / German potato salad / creamy crunchy coleslaw / lemon / roast corn / soft roll

**SATURDAY: Your Saturday Night Cookout** | 34.95 |

1/2 rack slow cooked Ontario BBQ ribs / piri piri BBQ chicken combo / cornbread / roasted baby potatoes / creamy crunchy coleslaw / forty creek BBQ sauce / smoky 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 |



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