

T O S T A R T



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 / grilled focaccia

Fried Halloumi + Crispy Root Veggies   | 14.95 |
Za'atar spiced / organic honey glazed
beets, sweet potatoes + parsnips /
roasted tomato jam

Harvest Bisque   | 9.95 |
locally harvested cellar vegetables /
winter leeks / truffle essence /
sweet fried kale

Beef Carpaccio | 17.95 |
striploin crudo / pickled red onions
+ honey mushrooms / baby mustard cress /
brown mustard crunch / Grana Padano /
grilled focaccia

Chicharrones + Dip  | 14.95 |
puffed pork crackling / avocado
green mole / Guernsey crema / pickled
tomatoes / pepperoncini peppers /
cotija cheese + cilantro

Crispy Vegan Tacos  | 14.95 |
3 tacos / marinated + fried tofu / white corn
tortilla / green mole / blistered jalapeno
salsa / pickled red onions / lime
+ vegan taco 4.95

Baja Fish Tacos | 15.95 |
3 tacos / crispy fried fish / white corn
tortilla / green mole / blistered jalapeno
salsa / pickled red onions / lime
+ taco 5.95

H E A R T Y S A L A D S + B O W L S

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

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 /
panko crunch / St. Jacobs maple
mustard vinaigrette

ADD SOME PROTEIN



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

Chicken Tinga Bowl  | 21.95 |
grilled chipotle chicken /
black beans + corn / fresh
tomato salsa / cotija cheese /
guacamole / quinoa / charred
pablano vinaigrette

Spicy Tofu Bowl   | 18.95 |
marinated firm tofu / wakame
salad / sesame / avocado /
steamed rice / cucumber /
radish / carrot / daikon /
spicy sambal

Tuna Poke  | 22.95 |
yellow fin tuna / wakame /
sesame / avocado / steamed
rice / cucumber / radish /
carrot / daikon / spicy
sambal mayo

H A N D H E L D S

Smokey 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 bahn mi slaw /
sweet pickles / Proof's signature milk bun

PROOF SIGNATURE BURGER

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

| 18.95 |

HAND HELDS ARE SERVED WITH HAND CUT THRICE COOKED YUKON GOLD FRITES.
SUBSTITUTE PROOF CAESAR OR NORFOLK COUNTY GREENS | 2.95 |

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

STEAK + GRILL

Showcasing Ontario's premium local farms, char-grilled and seasoned with Proof's signature steak rub.

Paired with seasonal roasted vegetables + choice of thrice cooked Yukon Gold fries, cheesy scalloped potato or ginger steamed rice.

Custom aged cuts, naturally raised and grass or corn finished.

SUBSTITUTE PROOF CAESAR OR NORFOLK COUNTY GREENS | 2.95 |

ADDITIONS



- sautéed wild + tame mushroom ragout 4.95
- garlic sautéed lemon shrimp 8.95
- gorgonzola butter 2.95

- 10 oz. New York Striploin GF | 38.95 |
40 day aged / AAA / red wine jus
- 7 oz. Center Cut Tenderloin GF | 41.95 |
40 day aged / AAA / bacon wrap / red wine jus
- 16 oz. Rib Steak GF | 49.95 |
40 day dry aged / bone-in / Beverly Creek raised / red wine jus
- 8 oz. Flat Iron GF | 32.95 |
28 day aged / prime cut / red wine jus
- 7 oz. Cape D'or Salmon GF | 28.95 |
Atlantic / sustainable / roasted tomato chutney
- 8 oz. Lamb Sirloin GF | 34.95 |
Beverly Creek / herb mustard marinade / minted jus
- 12 oz. Nagano Pork Chop GF | 29.95 |
Quebec heritage breed / apple wood smoked / house made apple butter

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CHEF'S PLATES

- Pan Seared Duck Breast | 28.95 |
maple syrup brined apple wood smoked Ontario magret / barley risotto "Forestière" / red wine jus
- Cider Brined Chicken | 26.95 |
slow roasted 8 oz. supreme / house made apple butter / honey glazed root vegetables / potato gratin
- Fish + Chips | 21.95 |
Pacific Rock Fish / Beau's beer batter / coleslaw / Proof's signature tartar sauce

- Vegan Jacked Pot Pie V | 22.95 |
smokey young jackfruit / vegetable bric-a-brac / coconut cream + mushroom sauce / herb phyllo crust
- Cappelletti alla Vodka | 25.95 |
bay scallops + tiger shrimp / lobster bisque rosé / ricotta / torn basil
- Mac + Cheese V | 19.95 |
squeaky local cheese curds / Grana Padano / herbed breadcrumbs
 - + double smoked bacon 2.50
 - + mushroom ragout 2.50
 - + grilled chicken 7.95

DESSERT

- Best in Show GF V | 9.95 |
peanut / chocolate ganache / sea salt caramel / drunk berries
- Crème Brûlée GF V | 9.95 |
honey custard / turbinado sugar crust
- I Don't Wanna Share V | 8.95 |
vanilla Philly mousse / graham cracker crumble / seasonal fruit compote

WEEKLY FEATURE NIGHTS

WINE Wednesday

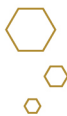
Discover wines at a price worth celebrating.

THURSDAY NIGHT PARTY

FEATURING
THE MAIN
MAN MARLON
+ 7.95 DJ COCKTAILS

FISH FRIDAY

SUSTAINABLY SOURCED
Ask your server for details



Saturday Grill

| 34.95 |
1/4 rack slow and low Ontario BBQ ribs / 1/2 piri piri chicken / poblano butter scratch bake cornbread / roasted baby potatoes / creamy coleslaw / smokey baked beans

LIBATIONS

proof 
KITCHEN / LOUNGE

PROOF SIGNATURE COCKTAILS

Melange a Trois - Aperol / Cazadores Blanco Tequila / Triple Sec / mango + orange + lemon / cinnamon syrup / chocolate bitters | 2 oz. / 11.95 |

Mull it Over - Barcardi spiced rum / Proof spice red wine / Cassis / St. Remy brandy / orange juice / soda | 1.5 oz. / 9.95 |

Proste - apple Schnapps / Gibson's Bold Whisky / Angostura bitters / lime juice / ginger beer / dehydrated apple | 1.5 oz. / 8.95 |

Peared Up - pear liqueur / Disaronno Amaretto / lemon simple / black walnut bitters | 1.5 oz. / 8.95 |

Make Mine a Tipple - Dubonnet / Campari / Jim Beam bourbon / Topsy cherries | 3 oz. / 11.95 |

ONTARIO CRAFT BEER

DRAFT | 6.95 / 12 oz. | 8.99 / 17 oz. |

Lug Tread / Lagered Ale
Beaus Brewing Co.
Vankleek Hill, ON
ABV: 5.2% | IBU: 21

Steam Whistle / Pilsner
Steam Whistle Brewery
Toronto, ON
ABV: 6.5% | IBU: 64

Upside Down / IPA
Wellington Brewery
Guelph, ON
ABV: 6.8% | IBU: 58

Camerons / Ambear Ale
Camerons Brewing Company
Oakville, ON
ABV: 5% | IBU: 30

ROTATIONAL SWING TAP

Unlimited Flavour + Fun /
Limited Quantities

BOTTLES + CANS

Coors Light | 6.95 |
Canada, 330 ml
ABV: 4%

Budweiser | 6.95 |
Canada, 330 ml
ABV: 5%

Heineken | 7.95 |
Netherlands, 330 ml
ABV: 5%

Stella | 7.95 |
Belguim, 330 ml
ABV: 5%

Guinness | 9.95 |
Ireland, 440 ml
ABV: 4.2%

Helles Lager | 8.95 |
Guelph, ON, 473 ml
ABV: 4.5%

Express India Session Lager | 10.95 |
St. Thompson, ON 473 ml
ABV: 4.8%

Wellington County Brown Ale | 9.95 |
Guelph, ON, 473 ml
ABV: 5%

Muskoka Cream Ale | 10.95 |
Bracebridge, ON, 473 ml
ABV: 5%

 **Rood Apples** | 9.95 |
Lincoln, ON, 473ml
ABV: 6%

 **Pommies Farmhouse Cider** | 10.95 |
Caledon, ON, 473ml
ABV: 6%

LOW OR ZERO ALCOHOL

Partake IPA | 6.95 |
Ontario, 373 ml
ABV: 0.3%

Partake Blonde | 6.95 |
Ontario, 373 ml
ABV: 0.3%

Beck's Non Alcoholic | 6.95 |
Germany, 330 ml
ABV: 0.0%

Wonder Drink Kombucha | 7.95 |
Asian pear ginger, 250 ml
ABV: 0.0%

Téléfrançais! | 5.95 |
lime / ginger beer /
pineapple juice
ABV: 0.0%

5th Dimension | 5.95 |
grapefruit / Earl grey
syrup / tonic
ABV: 0.0%

ROSÉ

| 5 oz. / 8 oz. / bottle |

Rockway 9 Pink 2017 / Rockway Vineyards / Niagara, Ontario

| 8.75 / 14.75 / 44 |

SPARKLING

| 5 oz. / bottle |

Blanc de Blanc Sparkling Rose 2016 / Queenston Road Vineyard / St. David's Bench, Ontario

| 16.25 / 78 |

Prosecco Extra Dry Cuvee NV / San Martino Vineyards / Veneto, Italy

| 9.50 / 49 |

WHITE

| 5 oz. / 8 oz. / bottle |

Creekside Unoaked Chardonnay 2017 / Creekside Vineyards / Niagara, Ontario

| 8.25 / 13.50 / 41 |

Foxcroft Riesling 2017 / 2027 Cellars / Beamsville Bench, Ontario

| 9.75 / 15.75 / 49 |

Butternut Chardonnay 2017 / BNA Winery / California, USA

| 13 / 21.50 / 62 |

Santome Pinot Grigio 2016 / Tenuta Santome / Veneto, Italy

| 9.25 / 15.50 / 47 |

Woolshed Sauvignon Blanc 2019 / Wingara Wines / Victoria, Australia

| 10 / 16 / 50 |

RED

| 5 oz. / 8 oz. / bottle |

Pinot Noir 'Essentiel' 2017 / Les Jamelles / Languedoc, France

| 10 / 16 / 50 |

AG Forty Seven Malbec 2018 / Bodega Argento / Mendoza, Argentina

| 8.75 / 14.75 / 44 |

Grayson Cellars Zinfandel 2017 / Grayson Cellars / Napa Valley, California

| 13.25 / 21.50 / 65 |

Tall Poppy Hillside Shiraz 2016 / Tall Poppy Vineyard / Langhorne Creek, Australia

| 11.75 / 18.75 / 55 |

Leaping Horse Merlot 2018 / Leaping Horse Vineyards / California, USA

| 9.75 / 15.50 / 47 |

Gnarled Vines Cabernet Sauvignon 2018 / Oak Ridge Vineyard / Lodi, California

| 11.25 / 18.50 / 56 |

Echeverria Cabernet Sauvignon 2017 / Echeverria Family Wines / Central Valley, Chile

| 9.75 / 15.50 / 47 |

McManis Petite Sirah 2017 / McManis Family Vineyards / Lori, California

| 13.25 / 21.50 / 65 |

Cross of Stone' Garnacha 2017 / Cruz de Piedra Wines / Calatayud, Spain

| 9.75 / 15.75 / 49 |

Rockway Rendezvous Baco Cab 2017 / Rockway Vineyards / St. Catherines, Ontario

| 8.25 / 13.50 / 41 |