




# T O S T A R T





**The Nosh**  | 14.95 |  
tahini hummus / basil + honey  
whipped ricotta / marinated olives


**Soy Citrus Calamari** | 15.95 |  
grilled West Coast Humboldt squid /  
sweet soy glaze / garlic chive oil /  
puffed rice noodle / lime

**Grilled Halloumi + Arugula**   | 14.95 |  
candied pecans / pomegranate seeds /  
preserved lemon / pea shoot + arugula

**Vegetable + Leek Velouté**   | 9.95 |  
locally harvested vegetables /  
truffle essence / sweet fried kale

**Beef Carpaccio** | 17.95 |  
striploin crudo / pickled red onions /  
puffed capers / baby mustard cress /  
brown mustard crunch / truffle  
Mountainoak Gouda / grilled focaccia



**Crispy Root Veggie Chaat**   | 13.95 |  
chaat masala dusted Proof root + french  
fries / sour chutney glaze / tahini yogurt  
drizzle / salty cheese / cucumber + red  
pepper / pomegranate molasses

**Crispy Vegan Tacos**  | 14.95 |  
3 tacos / marinated + fried tofu / white corn  
tortilla / green mole / blistered jalapeño  
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 jalapeño  
salsa / pickled red onions / lime  
+ taco 5.95

# P O W E R 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

**Hot Honey Tempura Fried Chicken Sandwich** | 17.95 |  
buttermilk fried chicken / gluten-free tempura / crunchy lettuce /  
sweet pickles / hot + honey aioli / Proof's signature milk brioche bun

**Steak + Truffle Burger** | 18.95 |  
local Guernsey beef / wild mushroom duxelle / truffle  
Mountainoak Gouda / crispy onion strings / roasted garlic aioli /  
Proof's signature milk brioche bun

## PROOF SIGNATURE BURGER

local Guernsey beef / Eby Manor  
cheddar / double-smoked bacon /  
roasted garlic aioli / Proof's  
signature milk brioche bun

| 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.

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

# STEAK + GRILL


Showcasing unique + premium cuts from family farms across North America. 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**  | 45.95 |  
Est. 8 Angus Iowa, USA / certified black angus Prime / 40 day aged / red wine jus

**7 oz. Center Cut Tenderloin**  | 41.95 |  
Wellington County Premium / 40 day aged / AAA / bacon wrap / red wine jus

**9oz. Smoked Short Rib Tomahawk**  | 30.95 |  
St. Helens, ON / AAA / cherry wood smoked / pomegranate molasses glaze

**8oz. Denver Cut**  | 34.95 |  
Robbins Island Wagyu / center under blade / red wine jus

**7 oz. Cape D'or Salmon**  | 28.95 |  
Atlantic / sustainable / roasted tomato chutney

**12 oz. Barnsley Lamb Chop**  | 38.95 |  
Beverly Creek, ON / deboned + rolled saddle / minted chimichurri

**12 oz. Nagano Pork Chop**  | 29.95 |  
Quebec heritage breed / apple wood smoked / house-made apple butter

BUTCHER'S BLOCK

## CHEF'S PLATES

**Pan Seared Duck Breast** | 28.95 |

maple syrup brined apple wood smoked Ontario magret / barley risotto "Forestière" / red wine jus

**Moroccan Chicken**  | 26.95 |


marinated + grilled chicken breast / stuffed roasted aubergine / fried herbs / tahini yogurt drizzle / salty grilled cheese

**Fish + Chips** | 21.95 |

Pacific Rock Fish / Beau's beer batter / coleslaw / Proof's signature tartar sauce

**Cappelletti alla Vodka** | 25.95 |

bay scallops + tiger shrimp / lobster bisque rosé / ricotta / torn basil

**Vegan Jacked Pot Pie**  | 22.95 |

smokey young jackfruit / vegetable bric-a-brac / coconut cream + mushroom sauce / herb phyllo crust

**Stuffed Aubergine Tagine**   | 24.95 |

lentil + vegetables / charred + smoked aubergine / ras el hanout / spiced fried chickpeas / cashew vegan sheeze / steamed rice / pomegranate + mint / garlic chive oil

**Mac + Cheese**  | 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**   | 9.95 |

peanut / chocolate ganache / sea salt caramel / drunk berries

**Crème Brûlée**   | 9.95 |

honey custard / turbinado sugar crust

**I Don't Wanna Share**  | 8.95 |

vanilla Philly mousse / graham cracker crumble / seasonal fruit compote

## WEEKLY FEATURE NIGHTS

**WINE**  
*Wednesday*

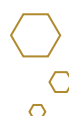
Discover wines at a price worth celebrating

**THURSDAY NIGHT PARTY**

FEATURING  
**THE MAIN MAN MARLON**  
+ 7.95 DJ COCKTAILS

**FISH FRIDAY**

**SUSTAINABLY SOURCED**  
Ask your server for details



*Saturday*  
**CHEF'S CUT**

**GRILL INSPIRED**  
Ask your server for details