






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

Ontario Vegan Corn Chowder   | 9.95 |
non-GMO Ontario corn / potato herb
panache / ancho pepper puffed corn

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



Masala Street Snack   | 13.95 |
chaat masala fried root chips + Proof frites /
sour chutney glaze / tahini yogurt drizzle /
salty cheese / cucumber + red pepper /
pomegranate molasses


Sweet + Smoky Tofu Wraps   | 14.95 |
smoked firm tofu / demerara + soy gastique /
atchara pickled slaw / green+ red leaf lettuce

Pork Belly Humba Sliders | 14.95 |
tender braised pork belly / sweet + sour
sticky glaze / atchara pickles / Proof black
pepper bun


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

Everyday Salad  
| 9.95 / appetizer | 13.95 / entrée |
local mixed greens / red cabbage/
sweet onion / pickled cucumber /
candied pepitas / watermelon
radish / kozlick's + maple mustard
vinaigrette

California Grilled Steak + Tomato  | 24.95 |
6oz California cut AAA striploin /
Chef's kiss heritage tomato salad /
pickled red onion / avocado / salted
capers / fresh torn herbs / crispy
onion bits / balsamic vinaigrette

Falafel Fattoush Salad  | 18.95 |
house-made chickpea falafel /
heirloom tomatoes / cucumber
+ pickled onion / baby romaine/
watermelon radish / za'tar spiced
pita / tahini yogurt dressing /
fresh mint / crispy fried chickpeas

Chicken Bun Cha Noodle Bowl  | 22.95 |
sweet chili grilled chicken breast /
marinated vermicelli noodle / pickled
honey mushrooms / carrot + bean
sprout / pea tendrils / daikon radish
slaw / coconut + peanut dressing /
lime / cilantro / crushed peanut

ADD SOME PROTEIN



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

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

Cider Brined Turkey Focaccia | 17.95 |
avocado + herbed cream cheese / cucumber ribbons / beefsteak
tomato / aged balsamic reduction / grilled thick-cut rosemary focaccia

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

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
EVERYDAY SALAD | 2.95 |**

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.

STEAK + GRILL


Showcasing unique + premium cuts from family farms across North America. Char-grilled and seasoned with Proof's signature steak rub.

All steaks are served with roasted seasonal vegetables + a choice of thrice cooked Yukon Gold fries, roasted parmesan creamer potatoes 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  | 46.95 |
Est. 8 Angus Iowa, USA / certified black angus Prime / 40 day aged / red wine jus

7 oz. Center Cut Tenderloin  | 44.95 |
Wellington County Premium / 40 day aged / AAA / bacon wrap / red wine jus

8oz. Denver Cut  | 38.95 |
Robbins Island Wagyu / center under blade / red wine jus

12 oz. Barnsley Lamb Chop  | 36.95 |
Beverly Creek, ON / deboned + rolled saddle / minted chimichurri

CHEF'S CUT

PERFECTLY GRILLED + INSPIRED

| Market Price | 


Ask your server for details


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


Pickeral + Chips  | 21.95 |
Lake Erie caught/ tempura batter / togarashi spice / crispy root fries / crunchy bah mi slaw / white miso + caper tartar

Roasted Atlantic Salmon  | 28.95 |
banana leaf parcel / Kerala lentil dahl / grilled cumin poppadom / rice pilaf / pickled onion + cucumber raita

Carolina BBQ Pork "Wings" | 22.95 |
sous-vide + grilled pork shank / sweet + tangy mustard BBQ sauce / wild mushrooms / fried spaetzle cabbage sauce



Cappelletti alla Vodka | 25.95 |
bay scallops + tiger shrimp / lobster bisque rosé / ricotta / torn basil

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 is an essential factor to complete the dining equation

DESSERT

Best in Show   | 9.95 |
peanut / chocolate ganache / sea salt caramel / drunk berries

Crème Brûlée   | 9.95 |
honey custard / turbinado sugar crust

Lemon Raspberry Layer Cake | 8.95 |
Roasted lemon curd / fresh raspberries / vanilla sponge / Chantilly cream

Q WATER IS OFFERED AT \$2.95 PER PERSON

+

One dollar of which goes to the Great Lakes Challenge