

T O S T A R T



The Nosh  | 15.95 |

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

Tuscan Onion Soup   | 9.95 |

sweet + red onions / roasted vegetable broth /
black kale + smoked tomato gremolata

It's Not Chicken Bao   | 15.95 |

gochujang Gardein vegan chick'n / smoked
chili glaze / crunchy vegetable slaw / crushed
peanuts / cilantro
+ 1 Bao 4.95

Masala Street Snack   | 14.95 |

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

Grilled Halloumi + Arugula   | 14.95 |

candied pecans / pomegranate seeds /
preserved lemon / pea shoot + arugula

BBQ Pickerel Bao | 15.95 |

smoky BBQ pickerel belly / gochujang
BBQ sauce / crunchy vegetable slaw /
sesame seeds
+ 1 Bao 4.95

Beef Carpaccio | 18.95 |

striploin crudo / pickled red onions / marinated
mushrooms / puffed capers / baby mustard
cress / brown mustard crunch / truffle
Mountainoak gouda / grilled focaccia

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

Market Salad  

| 9.95 / appetizer | 13.95 / entrée |

local mixed greens / red cabbage /
sweet onion / pickled cucumber /
candied pepitas / watermelon
radish / Kozlik's + maple mustard
vinaigrette

Fiesta Bowl   

| 21.95 |

tinga roasted Gardein vegan chick'n /
quinoa pilaf /cucumber / ancho spiced
corn + black beans / blistered jalapeño
salsa / crunchy vegetable slaw /
avocado / smoked vegan sheeze

Green Dragon Curry Bowl 

| 22.95 |

lemongrass + ginger chicken / carrot /
bean sprout / bamboo shoots / coconut
green curry / steamed rice / cilantro /
peanuts / shrimp paste

**ADD SOME
PROTEIN**



- + grilled 4 oz. chicken breast 7.95
- + grilled salmon 11.95
- + garlic sautéed shrimp 9.95
- + gochujang Gardein
vegan chick'n 7.95
- + 8 oz. coulotte sirloin steak 18.95

H A N D H E L D S

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

Smoky Whiskey Vegan Burger 

| 17.95 |

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

Hot Honey Tempura Fried Chicken Sandwich

| 18.95 |

buttermilk fried chicken / gluten-free tempura / crunchy lettuce /
sweet pickles / hot + honey aioli / Proof's signature milk brioche bun

Steak + Truffle Burger

| 20.95 |

local Guernsey beef / wild mushroom duxelles / 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

| 19.95 |

**HANDHELDS ARE SERVED WITH HAND CUT
THRICE COOKED YUKON GOLD FRITES.**

**SUBSTITUTE PROOF CAESAR OR
MARKET SALAD | 3.95 |**

STEAK + GRILL

Showcasing unique + premium cuts from family farms across North America, we stop at nothing to provide the very best to our guests.

With certified Angus beef, grass-fed, pasture-finished Halal options, each choice cut is loaded with intense flavour.

Hand-cut and aged in-house for maximum tenderness and melt-in-your-mouth taste, our steak program presents a perfectly marbled, expertly grilled, and top-graded cut every time.

All steaks are served with our signature Proof hospitality!

SUBSTITUTE PROOF CAESAR OR MARKET SALAD | 3.95 |

MAKE IT EVEN BETTER



truffle + butter mushroom ragout 7.95
garlic sautéed lemon shrimp 9.95
ultimate steak topper 4.95
• caramelized onion / horseradish / blue cheese + panko crumble

12 oz. Dry Aged AAA New York Striploin ^{GF} | 46.95 |
aged in house 45 days / Beverly Creek pasture-raised / HMA certified / red wine jus

7 oz. Center Cut Tenderloin ^{GF} | 48.95 |
certified angus beef / grass-fed / double-smoked bacon wrap / red wine jus

8 oz. Coulotte Steak ^{GF} | 40.95 |
New York style sirloin / certified angus beef / 40 day wet aged / chimichurri

8 oz. Southdown Heritage Lamb Rack Chop ^{GF} | 44.95 |
Beverly Creek pasture-raised / HMA certified / rosemary + mint crust / red wine jus

CHEF'S CUT

PERFECTLY GRILLED + INSPIRED

| Market Price | ^{GF}

Ask your server for details

Steaks are char-grilled and seasoned with Proof's steak rub + a side of roasted seasonal vegetables + your choice of thrice cooked Yukon Gold frites, parmesan + herb confit fingerling potatoes or ginger steamed rice

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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

Karen's Favourite Chicken ^{GF} | 27.95 |
cider brined chicken supreme / chai spice rub / house-made apple butter / confit fingerling potatoes / local seasonal vegetables

Proper Pickerel + Chips ^{GF} | 22.95 |
Lake Erie caught / crispy batter / malted chips / English style mushy pea / caper tartar + lemon

Dijon Glazed Salmon ^{GF} | 29.95 |
Atlantic salmon / winter greens sauté / pan roasted confit fingerling potatoes / garlic + preserved lemon cream

Cappelletti alla Vodka | 26.95 |
bay scallops + tiger shrimp / lobster bisque rosé / ricotta / torn basil

Stuffed Aubergine Tagine ^{GF} ^V | 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 ^V | 19.95 |
squeaky local cheese curds / Grana Padano / herbed breadcrumbs
+ double-smoked bacon 2.95
+ mushroom ragout 2.95
+ grilled chicken 7.95

Q WATER IS OFFERED AT \$2.95 PER PERSON +

One dollar of which goes to the Great Lakes Challenge