



## TO START

### The Nosh V

tahini hummus / basil + honey  
whipped ricotta / marinated olives

| 15.95 |

### Masala Street Snack GF V

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

| 14.95 |

### Grilled Halloumi + Arugula GF V

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

| 14.95 |

### Charcuterie At Home

assorted artisanal cured meats + local  
cheeses / house-made pickles / Kozlik's  
mustard / rosemary focaccia crostini

| 21.95 |

## HEARTY SALADS + BOWLS

### Proof Caesar

| 14.95 |

baby local romaine duo /  
double-smoked bacon /  
house-baked croutons / Grana  
Padano cheese / white anchovy +  
roasted garlic dressing

### Fiesta Bowl GF V 🌱

| 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

### Chicken Tinga Bowl

| 21.95 |

tinga seasoned chicken /  
quinoa pilaf / cucumber /  
ancho spiced corn + black beans /  
blistered jalapeño salsa / crunchy  
vegetable slaw / avocado /  
crumbled salty feta

### Chicken Caesar Salad

| 18.95 |

Proof's signature Caesar  
salad / double-smoked  
bacon / grilled 4 oz. chicken  
breast

### Green Dragon Curry Bowl GF

| 22.95 |

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

## HANDHELDS

### Smoky Whiskey Vegan Burger 🌱

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

| 17.95 |

### Hot Honey Tempura Fried Chicken Sandwich

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

| 18.95 |

### Steak + Truffle Burger

local Guernsey beef / wild mushroom duxelles / truffle  
Mountainoak gouda / crispy onion strings / roasted garlic aioli /  
Proof's signature milk brioche bun

| 20.95 |

## 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 | 3.95 |**

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

## CHEF'S PLATES

### 8 oz. Coulotte Steak GF

New York style sirloin / certified angus  
beef / 40 day wet aged / chimichurri

| 40.95 |

### Dijon Glazed Salmon GF

Atlantic salmon / winter greens sauté /  
pan roasted confit fingerling potatoes /  
garlic + preserved lemon cream

| 29.95 |

### Karen's Favourite Chicken GF

cider brined chicken supreme / chai  
spice rub / house-made apple butter /  
confit fingerling potatoes / local  
seasonal vegetables

| 27.95 |

### Cappelletti alla Vodka

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

| 26.95 |

### Proper Pickerel + Chips GF

Lake Erie caught / crispy batter / malted  
chips / English style mushy pea / caper  
tartar + lemon

| 22.95 |

### Mac + Cheese V

squeaky local cheese curds / Grana  
Padano / herbed breadcrumbs

| 19.95 |

+ double-smoked bacon 2.95

+ mushroom ragout 2.95

+ grilled chicken 7.95

## DESSERT

**Proof's Peanut Butter Tart GF 🌱** | 9.95 |  
candy bar dreams / duo of chocolate + salted  
caramel / strawberry compote

**Warm Sticky Toffee Pudding V** | 9.95 |  
rich + boozy plum pudding / salted caramel  
sauce / Tunisian vanilla bean ice cream