



THE ORIGIN

Too Nosh 	14.95	Onion Bhajis  	14.95
Slow roasted tomato + fragrant spices / warm naan / heirloom vegetable bites		Garam masala batter + fried / sweet onion fritters / spiced yogurt	
Shichimi Togarashi Squid 	15.95	Proof's In The Bowl  	10.95
West coast Humboldt / edamame stir fry / wasabi + lime aioli		Our famous thrice cooked or mixed root vegetables fries / roasted garlic aioli <i>+ Make them posh with truffle parmesan \$3</i>	
Chaga + Forest Mushroom Soup  	10.95	Charcuterie Board For Two	35
Locally foraged / essence of truffle		Local artisanal produced / house crafted pickles / preserves / demi baguette	
Bougie Shrimp Cocktail	17.95	Cheese Board For Two 	35
Panko fried jumbo shrimp / boozy bloody Mary sauce / spiced lemon		Local + worldly produced / warm marinated olives / preserves / crackers	
Confit Chicken Wings 	17.95	Best Of Both For Two	50
1 lb / threaded carrot + celery / buttermilk ranch / choice of sauce Tonkatsu garlic or Slow Burn BBQ		A collaboration of artisanal charcuterie + cheese / assortment of garnish / demi baguette / crackers	
Popping Pork Rinds 	15.95	Petite Caesar Salad	10.95
Proof's signature spice / burnt jalapeño salsa / cilantro + lime crema		Quantum Side Salad	9.95

THE MIXING THEORY

Proof Caesar + Spicy Chicken	20.95
Char grilled peri peri chicken / local romaine duo / smoked bacon lardons / house baked croutons / Grana Padano / white anchovy + roasted garlic dressing	
Quantum Salad + Garlic Shrimp	22.95
Mixed butter greens / threaded carrots / Elmira cherry tomatoes / watermelon radish / sweet + pickled onion + cucumber / Kozlick's maple mustard vinaigrette	
Jerk Jackfruit Bowl  	21.95
Pulled Jamaican style jackfruit / Caribbean black bean + corn / spicy rice pilaf	
Butter Chicken Curry	21.95
Mild fragrant tomato cream sauce / basmati rice pilaf / mango chutney / butter garlic naan	
Mac + Cheese Crunch	19.95
Squeaky local cheese curds / aged cheddar white sauce / Dorito crunch <i>+ double smoked bacon \$2.95 + forest mushroom mix \$2.95 + peri peri chicken thigh \$7.95</i>	

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.

THE STACKED EQUATION

Proof Signature Burger	19.95
Eby Manor produced Guernsey beef + cheddar / double smoked bacon / roasted garlic aioli / potato roll	
Smoky Whiskey Vegan Burger 🌱	18.95
House made plant-based blend featuring Beyond Meat / Forty Creek BBQ sauce / cashew cheese / pretzel roll	

All handhelds can be served on a gluten-free bun or lettuce wrap. Handhelds are served with hand cut thrice cooked Yukon Gold fries.

+ Substitute Proof Caesar or Quantum salad \$3.95

Steak + Truffle Burger	20.95
Local Guernsey beef / wild mushroom duxelles / Truffle Mountain oak gouda / crispy onion strings / roasted garlic aioli / potato roll	
Portuguese Spicy Chicken Sandwich	18.95
Peri peri marinated chicken thigh / char grilled / butter lettuce / beef steak tomato / yogurt crema	

PROBLEM SOLVED

Cider Brined Chicken Supreme GF	27.95
Butter roasted + crispy skin / Wellesley apple butter / cheesy scallop potato	
Southdown Heritage Lamb Noisette GF	38.95
Beverly Creek Farm / HMA certified / torn herb marinade / Adirondack blue potato + sweet corn succotash / mint pesto	
Pickarel + Chips GF	22.95
Lake Erie caught / crispy batter / malted chips / heirloom vegetable slaw / caper tartar + lemon	
10 oz. Beef Striploin GF	44.95
Exclusive Blackview Farm / rotational grazing technique / cheesy scallop potato / today's vegetables / House of Proof sauce	
+ garlicky shrimp \$9.95 + truffle forest mushroom ragout \$7.95	
+ ultimate steak topper / caramelized onion / horseradish / blue cheese + panko crumble \$4.95	
Coastal Risotto GF	26.95
Pacific white shrimp / bay scallops / Cape d'Or salmon / saffron arborio rice / brown butter + lobster stock	
Duck Confit GF	27.95
Thyme + juniper confit duck leg / crispy skin / apple celeriac remoulade salad / Slow Burn dipping sauce	
Grilled Atlantic Salmon GF	29.95
Sustainably caught / warm German potato salad / sea buckthorn berry relish	

FINAL ANSWER

Niagara Peaches + Cream	10.95	Half Baked V GF	10.95
Ice wine stewed peaches / plump cranberries / old fashion oats + pecan crumb / Four All vanilla ice cream		Warm chocolate + walnut brownie / coco caramel chip vegan ice cream / sponge toffee crunch	
Classic Crème Brûlée	10.95	2 Scoops Four All Ice Cream + Sorbet	5.95
Honey custard / turbinado sugar crust			



ocean wise. A SUSTAINABLE CHOICE

MENU BY EXECUTIVE CHEF JERITT RANEY

Q Water is offered at \$2.95 per person
One dollar of which goes to the Great Lakes Challenge