










## THE ORIGIN

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<b>The Nosh</b> 	14.95	<b>Onion Bhajis</b>  	14.95
Tahini hummus / basil + honey whipped ricotta / marinated olives / grilled naan		Garam masala batter + fried / sweet onion fritters / spiced yogurt	
<b>Grilled Calamari</b> 	15.95	<b>Hand Cut Mixed Root Vegetable Fries</b>  	10.95
Tomato caper salsa / herb marinated / rosemary focaccia		Thrice cooked / roasted garlic aioli <i>+ Add truffle parmesan \$3</i>	
<b>Wild Chaga Mushroom Soup</b>  	10.95	<b>Charcuterie Board For Two</b>	34.95
Locally foraged / essence of truffle / herbs		Local artisanal produced / house crafted pickles / preserves / demi baguette	
<b>Crispy Shrimp Cocktail</b>	17.95	<b>Cheese Board For Two</b>	34.95
Panko fried jumbo shrimp / boozy bloody Mary sauce / spiced lemon		Local + worldly produced / warm marinated olives / preserves / demi baguette	
<b>Confit Chicken Wings</b> 	17.95	<b>Best Of Both For Two</b>	49.95
1 lb / threaded carrot + celery / buttermilk ranch / choice of sauce - Tonkatsu garlic with peanuts or Slow Burn hot sauce		A collaboration of artisanal charcuterie + cheese / pickles + preserves / demi baguette	

## THE MIXING THEORY

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*Add ons + Grilled 4 oz. chicken breast \$7.95 + Grilled salmon \$12.95 + Sautéed shrimp \$9.95*

<b>Proof Caesar</b>	appetizer \$10.95 / entrée \$14.95
Local romaine duo / double smoked bacon lardons / house baked croutons / Grana Padano / white anchovy + roasted garlic dressing	
<b>Quantum Salad</b>  	appetizer \$9.95 / entrée \$13.95
Mixed butter greens / threaded carrots / Elmira cherry tomatoes / watermelon radish / sweet + pickled onion + cucumber / Kozlik's maple mustard vinaigrette	
<b>Fiesta Bowl</b>  	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	
<b>Roasted Cauliflower + Chickpea Curry</b>  	19.95
Tahini + lemon roasted cauliflower / chickpeas / basmati rice / papadum / lime / cilantro	
<b>Butter Chicken Curry</b>	21.95
Mild fragrant tomato cream sauce / basmati rice pilaf / mango chutney / butter garlic naan	
<b>Mac + Cheese Crunch</b> 	19.95
Squeaky local cheese curds / aged cheddar white sauce / Dorito crunch <i>+ Double smoked bacon \$2.95 + Forest mushroom mix \$2.95 + Grilled chicken breast \$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

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<b>Proof Signature Burger</b>	19.95
Eby Manor produced Guernsey beef + cheddar / double smoked bacon / roasted garlic aioli / potato roll	
<b>Smoky Whiskey Vegan Burger</b> 🌱	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

<b>Steak + Truffle Burger</b>	20.95
Local Guernsey beef / wild mushroom duxelles / Mountainoak truffle gouda / crispy onion strings / roasted garlic aioli / potato roll	
<b>Portuguese Chicken Sandwich</b>	18.95
Choose between marinated chicken breast or chicken thigh / butter lettuce / beefsteak tomato / yogurt crema	

## PROBLEM SOLVED

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<b>Cider Brined Chicken Supreme</b> 🍷	27.95
Butter roasted + crispy skin / Wellesley apple butter / truffle potato mousseline	
<b>Vindaloo Braised Lamb Shank</b> 🍷	35.95
Slow braised lamb shank / basmati rice / cucumber mint raita / pickled onions	
<b>Pickrel + Chips</b> 🍷	22.95
Lake Erie caught / crispy batter / malted chips / heirloom vegetable slaw / caper tartar + lemon	
<b>10 oz. Beef Striploin</b>	44.95
Beverly Creek Farm / HMA certified / truffle potato mousseline / seasonal vegetables / red wine jus	
+ Garlic shrimp \$9.95 + Truffle forest mushroom ragout \$7.95	
+ Steak topper / caramelized onion / horseradish / blue cheese / panko crumble \$4.95 + Veal jus \$2.95	
<b>7 oz. Bacon Wrapped Tenderloin</b>	48.95
Beverly Creek Farm / double smoked bacon wrapped / truffle potato mousseline / seasonal vegetable / red wine jus	
+ Garlic shrimp \$9.95 + Truffle forest mushroom ragout \$7.95	
+ Steak topper / caramelized onion / horseradish / blue cheese / panko crumble \$4.95 + Veal jus \$2.95	
<b>Coastal Risotto</b> 🍷	26.95
Pacific white shrimp / bay scallops / Cape d'Or salmon / saffron arborio rice / brown butter + lobster stock	
<b>Wild Mushroom Ravioli</b> 🍷	21.95
Wild + tame mushroom filling / pan roasted shaved asparagus / truffled cauliflower soubise sauce / aged Lindsay goat cheese	
<b>Grilled Atlantic Salmon</b>	31.95
Sustainably caught / preserved lemon cream / wilted kale / caramelized onions / purple potatoes / cherry tomatoes	

## FINAL ANSWER

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<b>Cheesecake</b>	10.95	<b>Turtle Torte</b>	10.95
Locally made / New York style / boozy berries		Dark chocolate / dulce de leche / roasted walnuts / fresh berries	
<b>Classic Crème Brûlée</b>	10.95	<b>2 Scoops Four All Ice Cream + Sorbet</b>	5.95
Honey custard / turbinado sugar crust			



Ocean Wise. A SUSTAINABLE CHOICE

MENU BY EXECUTIVE CHEF RYAN REID

Q Water is offered at \$2.95 per person

One dollar of which goes to the Great Lakes Challenge