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<b>The Nosh</b> 	14.95
Tahini hummus / basil + honey whipped ricotta / marinated olives / grilled naan	
<b>Wild Chaga Mushroom Soup</b>  	10.95
Locally foraged / essence of truffle / herbs	
<b>Onion Bhajis</b>  	14.95
Garam masala batter + fried / sweet onion fritters / spiced yogurt	
<b>Confit Chicken Wings</b> 	17.95
1 lb / threaded carrot + celery / buttermilk ranch / choice of sauce - Slow Burn hot sauce, Yakitori, or lemon pepper	
<b>Basket of Butter Biscuits</b> 	10.95
Five freshly baked + served warm / butter / house made preserves	
<b>Candied Salmon</b>	17.95
Maple cured + smoked salmon / chive crème fraîche / radish / pickled onion / crostini	

## BREAKING THE FAST

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<b>Get My Oats</b> 	14.95
Stewed old fashioned oats / dark chocolate + granola crumble / mixed berry compote	
<b>Bacon Benny</b>	19.95
Two poached hen eggs / double smoked bacon / buttery biscuit / classic hollandaise sauce / pan fried + herbed fingerling potatoes / fresh fruit	
<b>Salmon Benedict</b>	19.95
Two poached hen eggs / house smoked salmon / buttery biscuit / classic hollandaise sauce / pan fried + herbed fingerling potatoes / fresh fruit	
<b>Sourdough Baked French Toast</b> 	18.95
Bourbon vanilla bean custard / sweet cranberries / warm maple syrup / whipped cream + mixed berries / cocoa powder dust	
<b>Belgian Fruit Waffles</b> 	14.95
Two warm Belgian waffles / berry compote / Four All vanilla ice cream / whipped cream / warm maple syrup	
<b>Halloumi Breakfast Sandwich</b>	19.95
Fried egg / double smoked bacon / avocado / grilled halloumi / spicy aioli / lettuce + tomato / potato bun / fresh cut fries	
+ <i>Substitute Proof Caesar or Quantum Salad \$3.95</i>	
<b>3 Piece Breakfast Tacos</b>	17.95
Scrambled egg / chorizo crumble / avocado / spicy aioli / cilantro / pico de gallo / fresh fruit	

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.

 **Gluten Free**    **Vegetarian**    **Vegan**

 **OCEAN WISE. A SUSTAINABLE CHOICE**

**MENU BY EXECUTIVE CHEF RYAN REID**

# MORE THAN BRUNCH

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

**Proof Caesar** appetizer \$10.95 / entrée \$14.95  
Local romaine duo / double smoked bacon lardons / house baked croutons / Grana Padano / white anchovy + roasted garlic dressing

**Quantum Salad** 🌱 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

**Falafel Fritter Bowl** 🌱 21.95  
Crispy falafel fritter / Ontario tomato / tabouli / tzatziki / local greens / lemon / sumac / grilled pita

**Elote Mac + Cheese** 🌱 23.95  
Mornay sauce / cherry tomatoes / Ontario corn / spring onion / ancho chili powder panko  
+ Double smoked bacon \$2.95 + Forest mushroom mix \$2.95 + Grilled chicken breast \$7.95

**Proof Signature Burger** 20.95  
Local Guernsey beef / cheddar / double smoked bacon / roasted garlic aioli / potato roll / fresh cut fries

**Vegan Smash Burger** 🌱 19.95  
Two Impossible smashed patties / brioche bun / lettuce / tomato / onion / pickle / special sauce / cheddar cheeze / fresh cut fries

**Fish + Chips** 🌱 17.95  
Ocean Wise certified cod (1 piece) / crispy batter / malted chips / creamy slaw / caper tartar + lemon

+ Substitute Proof Caesar or Quantum Salad \$3.95

## MIMOSA MENU

<b>Classic Mimosa</b> 11.00 Orange juice / prosecco	<b>Lime Rickey Mimosa</b> 11.00 Bombay gin / lime juice / simple syrup / prosecco
<b>Proof Spritz</b> 11.00 Aperol / peach nectar / prosecco	<b>DIY Mimosa for 2-4 people</b> 58.00 Full bottle of prosecco / 2 x 9 oz. juice of choice (orange, grapefruit, apple, cranberry)
<b>Mango Mimosa</b> 11.00 Mango juice / prosecco	

## HOT + COLD DRINKS

### Coffee Bar

<b>Starbucks Pike Place Coffee</b> 3.95
<b>Espresso</b> 3.95
<b>Latte</b> 4.95
<b>Cappuccino</b> 4.95
<b>Mochaccino</b> 4.95
<b>Chai Tea Latte</b> 4.95
<b>Tazo Tea</b> 2.95 Chai / mint / chamomile / earl grey / English breakfast / green zen

### Bottle Drinks

<b>Naked Smoothie 450 ml</b> 6.95 Green / mango / strawberry banana
<b>Starbucks Frappuccino 450 ml</b> 5.95 Ask your server for today's selection
<b>Tropicana Orange Juice 355 ml</b> 3.95
<b>Kiju Organic Lemonade 355 ml</b> 3.95
<b>Sapsucker Local Sparking Water 355 ml</b> 3.50 Lime / lemon

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