

## 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>Braised Octopus Tacos - 3 Piece</b>	16.95
Tomato caper salsa / herb marinated / rosemary focaccia		Grilled pineapple / pickled jicama / spiced crème fraîche / chorizo oil / onion	
<b>Wild Chaga Mushroom Soup</b>  	10.95	<b>Greek Lamb Tacos - 3 Piece</b>	16.95
Locally foraged / essence of truffle / herbs		Braised lamb shoulder / mint / horiatiki salsa / feta cheese / tzatziki	
<b>Candied Salmon</b>	17.95	<b>Vegan Shifta Tacos - 3 Piece</b> 	15.95
Maple cured + smoked salmon / chive crème fraîche / radish / pickled onion / crostini		Chickpea Shifta / Kurdish salad / sumac / pomegranate molasses / mint	
<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			

## 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>Tomato Carpaccio</b> 	13.95
Verdi Garte heirloom tomatoes / crème fraîche / chimichurri / feta cheese / toasted pine nuts	
<b>Falafel Fritter Bowl</b> 	21.95
Crispy falafel fritter / Ontario tomato / tabouli / tzatziki / local greens / lemon / sumac / grilled naan	
<b>Salmon Poke Bowl</b>	25.95
Ocean Wise certified salmon poke / spicy aioli / Ketjap manis / coconut rice / Hiyashi wakame / avocado / edamame / cabbage / cucumber	

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

## THE STACKED EQUATION

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<b>Proof Signature Burger</b>	20.95
Local Guernsey beef / cheddar / double smoked bacon / roasted garlic aioli / potato roll	
<b>Vegan Smash Burger</b> 🌱	19.95
Two Impossible smashed patties / brioche bun / lettuce / tomato / onion / pickle / special sauce / cheddar cheese	

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>	21.95
Local Guernsey beef / wild mushroom duxelles / Mountainoak truffle gouda / crispy onion strings / roasted garlic aioli / potato roll	
<b>Korean Fried Chicken Sandwich</b>	19.95
Spicy Gochujang BBQ sauce / crispy chicken thigh / kimchi slaw / pickled onion / bao burger bun	

## PROBLEM SOLVED

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<b>Butter Chicken Curry</b>	21.95
Mild fragrant tomato cream sauce / coconut rice pilaf / mango chutney / butter garlic naan	
<b>Cider Brined Chicken Supreme</b> GF	27.95
Butter roasted + crispy skin / Wellesley apple butter / truffle potato mousseline / seasonal vegetables	
<b>Coastal Risotto</b> GF	27.95
Pacific white shrimp / bay scallops / Cape d'Or salmon / saffron arborio rice / brown butter + lobster stock	
<b>Elote Mac + Cheese</b> V	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	
<b>Fish + Chips</b> GF	23.95
Ocean Wise certified cod / crispy batter / malted chips / creamy slaw / caper tartar + lemon	
<b>Huli Huli Lamb Shank</b> GF	35.95
Braised lamb shank / coconut rice / grilled pineapple / Huli Huli sauce / pickled jicama slaw	
<b>Roasted Cauliflower + Chickpea Curry</b> 🌱	19.95
Tahini + lemon roasted cauliflower / chickpeas / coconut rice / papadum / lime / cilantro	
<b>Wild Mushroom Ravioli</b> V	23.95
Wild + tame mushroom filling / truffled forest mushrooms / pan roasted shaved asparagus / truffled cauliflower soubise sauce / aged Lindsay goat cheese	
<b>10 oz. Establish 8 Striploin Steak</b> GF	44.95
Certified Black Angus Beef / rotational grazing / 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	

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