

VALENTINE'S DAY FEATURES

The Pink Lady 2.5 oz. 16

Sloe gin / Bombay gin / Chambord liqueur / lemon juice / simple syrup / egg white

Prosecco Toast for Two 20

Two 4 oz. flutes of Antica Vigna Prosecco



Oysters – 1 Dozen 40

Le Petit Barachois PEI oysters / mignonette / horseradish / hot sauce / lemon

Fried Burrata Pomodoro V 21

Pomodoro sauce / panko breaded burrata / balsamic reduction / basil oil / fresh herbs / fresh focaccia

Duck Tacos 16

Chinese five-spice pulled duck / cucumber / fermented bean / hoisin glaze / green onions / cilantro

Halibut Aji Yaki 36

Marinated halibut / seared bok choy / Chukamen noodles / mirin / sesame oil / soy sauce / chili

Rack of Lamb GF half 45 / full 85

Lamb / duck fat fried fingerling potatoes / seared rapini / blackberry jus

The full rack of lamb is served family style

Three-Tier Chocolate Cake 13

House-made three-tiered chocolate cake / chocolate buttercream / chocolate-dipped strawberry

TO START

The Nosh V 15.50

Tahini hummus / basil + honey whipped ricotta / marinated olives / grilled naan

Chef's Daily Soup 11

Grilled Calamari 19.50

Tomato caper salsa / herb marinated / rosemary focaccia

Fish Tacos - 2 Piece 13.50

Ocean Wise cod / pico de gallo / poblano + pepita sauce / chili lime crème fraîche / cilantro

Vegan Korean Fried Tofu Tacos - 2 Piece 13

Gochujang marinated + fried tofu / pickled daikon + chili / Proof's slaw mix / cilantro

Greek Lamb Tacos - 2 Piece 13.50

Braised lamb shoulder / mint / horiatiki salsa / feta cheese / tzatziki

Add an additional taco for 5

SALADS + BOWLS

Proof Caesar appetizer 11 / entrée 16

Local romaine duo / house baked croutons / Grana Padano / white anchovy + roasted garlic dressing

Quantum Salad GF appetizer 10 / entrée 15

Mixed butter greens / threaded carrots / Elmira cherry tomatoes / watermelon radish / sweet pickled onion + cucumber / Kozlik's maple mustard vinaigrette

Wellesley Beet Salad V GF 18

Arugula / Wellesley Farms goat cheese / sous vide beets / pumpkin seeds / walnuts / red onion / honey Dijon vinaigrette

Falafel Fritter Salad V GF 21

Falafel fritter / local greens / corn / grape tomatoes / avocado / cucumber / feta / basil / tzatziki

Seared Steak Bowl GF 29

5 oz. Ponzu marinated beef striploin / cucumber / edamame / broccolini / basmati rice / radish / peanut sauce

- + Grilled 4 oz. chicken breast 8
- + Grilled salmon 13
- + Sautéed shrimp 10
- + Vegan salmon 10
- + Marinated gochujang tofu 8

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.

GF Gluten Free V Vegetarian 3 Vegan

 **OCEAN WISE.** A SUSTAINABLE CHOICE

MENU BY EXECUTIVE CHEF RYAN REID

HANDHELDS

Proof Signature Burger 23.50
Local Guernsey beef / cheddar / double smoked
bacon / roasted garlic aioli / lettuce / tomato / onion /
pickle / brioche bun

Steak + Truffle Burger 24
Local Guernsey beef / wild mushroom duxelles Mountain oak
truffle gouda / crispy onion strings / roasted garlic aioli /
brioche bun

*All handhelds can be served on a gluten free bun or lettuce
wrap. Handhelds are served with hand cut thrice cooked
Yukon Gold fries. Our burgers are made from grass
fed and naturally raised local beef.*

SUBSTITUTE SIDES

- + Proof Caesar 4
- + Quantum Salad 4

CHEF'S PLATES

Butter Chicken Curry 23
Mild fragrant tomato cream sauce / coconut rice pilaf / mango chutney / butter garlic naan

Fish + Chips  24.50
Two-piece Ocean Wise certified cod / crispy batter / malted chips / creamy slaw / caper tartar + lemon

Coastal Risotto  35
Pacific white shrimp / bay scallops / Ocean Wise certified salmon / saffron arborio rice / brown butter + lobster stock /
parmesan cheese

Lamb Ragu Pappardelle  29
Braised lamb shoulder / pappardelle / basil pesto / ricotta / pomodoro sauce / kale / fresh herbs

Wild Mushroom Ravioli  27
Wild + tame mushroom filling / truffled forest mushrooms / pan roasted shaved asparagus / truffled cauliflower soubise
sauce / aged Lindsay goat cheese

Roasted Cauliflower + Chickpea Curry   20
Tahini + lemon roasted cauliflower / chickpeas / coconut rice / papadum / lime / cilantro

Grilled Salmon + Forbidden Rice  35
7 oz. grilled salmon / chermoula sauce / chickpeas / walnuts / cardamom / cilantro / forbidden rice

THE GRILL

10 oz. Prime Wellington County Striploin  45
Certified Black Angus beef / rotational grazing / buttermilk pomme purée / seasonal vegetables / red wine jus

7 oz. Tenderloin  50
Local Beverly Creek Farm / HMA certified / buttermilk pomme purée / seasonal vegetables / red wine jus

- + Garlic shrimp 10
- + Truffle forest mushroom ragout 8
- + Red wine veal jus 3
- + Steak topper / caramelized onion / horseradish / blue cheese / panko crumble 5

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