



**proof**   
KITCHEN / LOUNGE



## **Beef Shifta Taco Kit**

**Eby Manor local beef, sumac onion, tomato pickle, micro-green + herb salad, minted yogurt, 8 flour tortillas**

Enjoy Proof's house-ground chuck brisket, tenderloin and lamb belly complemented by fragrant herbs, onion, zucchini, fire roasted red pepper, and tomato. Our beef is sourced from our friends at Eby Manor Farms and the lamb comes from Beverly Creek. Each shifta is gently spiced with a mix of cinnamon, nutmeg, clove, cumin + coriander. Then we have fried them up so they are crispy and delicious. You can heat in the microwave or oven, but we have eaten them cold and gone for seconds... Top each taco with the crunch of pickled onion and tomatoes and our petite salad of micro grown greens. Drizzle a touch of minted yogurt, crack open your Welly and go for it.

## **Vegan Chickpea Shifta Taco Kit**

**Spiced chickpea, sumac onion, tomato pickle, micro-green + herb salad, pomegranate molasses, 8 flour tortillas**

Dig into Proof's spiced chickpea shiftas, made with chickpeas, tomatoes, rice, zucchini, roasted red pepper, and tomato. We add onions + herbs and Proof's ras el hanout spice blend. Because it is delicious, we quick fry them so they get golden and crispy. You can heat them in the microwave or the oven at home, but we stand behind them right out of the box- they are that good. Top each taco with a crisp salad of sumac spiced tomato + onion, torn fresh mint + parsley and the sweet tang of gorgeous pomegranate reduction. Because you deserve it, pour your Welly into a frosty glass and devour your taco.