

Aperitivo

OLIVES V GF 4.5	DOUGH BITES V REG 5 / LG 7	GARLIC BREAD V 6.9
Nocellara olives. The best	Bites of baked dough served with garlic or chilli dipping oil	Garlic, extra virgin olive oil & fresh rosemary
		With mozzarella V 7.9
		With balsamic & tomato V 7.5

Antipasti

ANTIPASTI CARNI 14.5	BURRATA 9
Burrata, selection of cold cuts, rocket & cherry tomatoes, homemade walnut pesto, balsamic glaze, served with homemade ciabatta	A soft centred, cream infused mozzarella, drizzled with balsamic glaze, on a bed of fresh tomato & rocket, with home baked ciabatta on the side
ANTIPASTI VERDURE 13.8	BRUSCHETTA SEE SPECIALS
Burrata, roasted aubergine, courgette & artichoke seasoned with garlic, parsley & black pepper. Served with homemade walnut pesto & homemade ciabatta	Toasted homemade ciabatta with bufala mozzarella & rocket Check out this month's specials

Neapolitan Pizza

MARINARA V 10.2
San Marzano D.O.P. tomatoes, garlic, oregano, basil & extra virgin olive oil
MARGHERITA V 11.5
San Marzano D.O.P. tomatoes, fior di latte, parmesan, fresh basil & extra virgin olive oil <i>Chef's tip</i> - switch to bufala mozzarella +1.5
PEPPERONI DOPPIO 14.8
San Marzano D.O.P. tomatoes, fior di latte, pepperoni & spianata salami <i>Chef's tip</i> - add hot honey +1.5
PESTO ROYALE V 15.2
Homemade walnut pesto, fior di latte, fresh chillies, red onion, artichoke, Portobello mushrooms roasted in truffle oil & extra virgin olive oil <i>Chef's tip</i> - add stracciatella +2.5
DIAVOLA 15.5
San Marzano D.O.P. tomatoes, fior di latte, nduja, fennel salami & chillies <i>Chef's tip</i> - add stracciatella +2.5
FUNGHI V 12.8
San Marzano D.O.P. tomatoes, fior di latte, Portobello mushrooms roasted in truffle oil & extra virgin olive oil <i>Chef's tip</i> - add nduja +2.5
ORTOLANA V 13.6
San Marzano D.O.P. tomatoes, fior di latte, roasted aubergine, roasted courgette & roasted artichoke seasoned with garlic, parsley & black pepper <i>Chef's tip</i> - add chillies +1.5
TONNO 14.8
San Marzano D.O.P. tomatoes, fior di latte, tuna, oregano, red onions & fresh basil <i>Chef's tip</i> - add chillies +1.5
MELANZANE V 13.2
San Marzano D.O.P. tomatoes, fior di latte, fried aubergine, fresh basil & finished with a fresh basil dressing <i>Chef's tip</i> - add artichoke +1.5

Add Toppings

CHEESE	MEATS 3	VEG 2
Fior di Latte 2.5	Ham • Fennel Salami •	Fried Aubergine • Rocket •
Bufala 3	Nduja • Spianata •	Mushrooms • Olives •
Stracciatella 3	Pepperoni • Tuna	Artichoke • Courgette •
Burrata 5.5		Roasted Onions • Chillies

Try A Different Base

Switch to a Gluten Free base 1
Switch from San Marzano to our walnut pesto sauce 1

PROOVE
Dough

Our dough is made on-site daily using the finest 00-grade flour then long proofed at a controlled temperature for a minimum of 24 hours. Once ready, it's given the 'Neapolitan Slap' (yes really - Google it), then topped with the finest ingredients & cooked to perfection in our Neapolitan ovens.

Just like our favourite foodie spots in Naples, each dish is served as soon as it's ready to ensure it's super fresh. This means that some dishes may arrive at different times, so just tuck in as soon as you can & enjoy.

Salads

RUCOLA V GF 4.9
Fresh rocket with parmesan shavings, finished with extra virgin olive oil & balsamic vinegar
GIARDINO V GF 5
Seasonal salad & olives, finished with our very own Proove dressing
CAPRESE GF 6.9
Bufala mozzarella & fresh tomatoes topped with extra virgin olive oil & fresh basil

House Dips 1.5 each or 3 for 4


- HOT HONEY**
- HOUSE AIOLI WITH PARSLEY & GARLIC**
- NDUJA AIOLI**

Lunch Menu

Panuzzo from **6.8**

10" pizza, side & drink from **12.9**

Weekdays 12-5pm



V - Vegetarian. GF - Gluten Free. Vegan Menu Available
Please let our team know if you have any allergies, or dietary requirements. Our dishes are homemade in our busy kitchens, so unfortunately, we can't guarantee they'll be 100% free of allergens or contaminants



Allergen Menu
Scan the QR code to view our allergen menu



PROOVE DRINKS

Beers

PROOVE PALE 4.1% VG GF 440ML 5.9
MENABREA 4.8% 330ML 4.9 / 660ML 7.9
MENABREA 0.0 0% 330ML 4.5

Cider

THISTLY CROSS 4.4% 6.2
THISTLY CROSS
ELDERFLOWER 3.4% 6.2

Cocktails

ESPRESSO MARTINI 9.5
Bittersweet favourite. The perfect start or end to a meal
ITALIAN SPRITZ 9.5
Classic Italian tippie. Choose Aperol or Limoncello
MOJITO 9.9
Unbelievably refreshing. Rum & mint: a perfect pairing

Wine

Red 175ML / 250ML / BOTTLE

VINEA MERLOT VENETO 7.4 / 9.8 / 28
A full-bodied ruby red, easy drinking wine. Has a pleasantly fruity profile & raspberry notes 12%
JANARE AGLIANICO 8.2 / 11.4 / 31
This silky specimen comes from Campania, the home of pizza, Bursting with fruit, a glass of this pairs perfectly with any pizza. Tip - open, pour and leave for 10 mins if you can!

White 175ML / 250ML / BOTTLE

LEVORATO SAUVIGNON BLANC 7.4 / 9.8 / 28
More Sancerre than Malborough, this is a clean + zesty delight 12%
VINEA PINOT GRIGIO 8.2 / 11.4 / 31
Dry & refreshing with apple aromas, a touch of skin contact 12%

Soft Drinks & Mixers

COCA COLA 3.5
Original • Diet Coke • Coke Zero
APPLETISER 3.5
SAN PELLEGRINO 3.5
Lemon • Orange • Blood Orange
SCHWEPES 2.3
Tonic • Skinny Tonic • Elderflower Tonic • Lemonade • Soda Water • Ginger Beer • Ginger Ale
FRUIT JUICE 3.5
Orange • Pineapple • Apple • Cranberry • Mango
ACQUA PANNA STILL WATER 750ML 4.2
SAN PELLEGRINO SPARKLING WATER 750ML 4.2

Vodka

JJ WHITLEY ARTISAN 38% 7.4
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Bourbon & Whiskey

WOODFORD RESERVE BOURBON 40% 8
JOHNNIE WALKER BLACK LABEL 40% 7.9

Rum

HAVANA CLUB 3 YEAR WHITE 40% 6.9
KRAKEN BLACK SPICED 40% 7.2

NEGRONI 9.5

An Italian favourite. Choose Classic or Sbagliato

CUBAN 9.9

Spiced rum, lime & mint, topped with Prosecco

PSM 9.9

A sweet, aromatic crowd pleaser with vodka & passion fruit. Served with a shot of Prosecco

OLD FASHIONED 9.9

Smokey Bourbon with sugar syrup, bitters & a twist of citrus. A fave

Gin

JJ WHITLEY LONDON DRY 38% 7.1
MALFY 41% 7.7
Original • Lemon • Pink Grapefruit • Blood Orange

Liqueurs & Shots

BAILEYS 17% 3
FRANGELICO 20% 3.8
DISARONNO 28% 3.8
LIMONCELLO 27% 4
PATRON SILVER TEQUILA 40% 5.5

Mocktails

APPLE & GINGER FIZZ 5.5
MANGO & PASSIONFRUIT COLLINS 5.5
MINT & RASPBERRY COOLER 5.5
TUTTI FRUTTI 5.5

Happy Hour
2-4-1
COCKTAILS
everyday 4-8 pm

Fizz & Rosé

PROSECCO DOC VILLA LOREN
EXTRA DRY 125ML 5.7 / BOTTLE 34
Vibrant with notes of apple & melon. Easy drinking with lots of bubbles & crisp finish 11%
175ML / 250ML / BOTTLE

VINEA PINOT GRIGIO PUGLIA BLUSH 7.4 / 9.8 / 28
Light pink in colour, this rose is floral on the nose with raspberry & blackcurrant notes 12%

All day Bottomless

Choose any pizza from our menu & free flowing drinks

Drinks include Prosecco, Bellinis, Mimosas, house wines, beer & soft drinks

All Day, Every day!
1.5 hr time slots

T&C's apply

Hot Drinks

Dairy free alternatives available

AMERICANO 4
ESPRESSO 3/3.5
LATTE 4.2
MACCHIATO 3.2/3.7
CAPPUCCINO 4.2
FLAT WHITE 4

TEA 3.2

Breakfast • Earl Grey • Green Tea • Peppermint • Blackberry & Raspberry

HOT CHOCOLATE 3.8

DELUX Contains Nutella **4.8**

Become a Proovie

Sign up & receive a 10% discount voucher

100 points = free pizza

Scan here to join

