

Aperitivo

OLIVES V GF 4.5
Nocellara olives. The best

DOUGH BITES V REG 5 / LG 7
Bites of baked dough served with garlic or chilli dipping oil

GARLIC BREAD V 6.9

Garlic, extra virgin olive oil & fresh rosemary

With mozzarella V 7.9

With balsamic & tomato V 7.5



PROOVE

Antipasti

ANTIPASTI CARNI 14.5

Burrata, selection of cold cuts, rocket & cherry tomatoes, homemade walnut pesto, balsamic glaze, served with homemade ciabatta

ANTIPASTI VERDURE 13.8

Burrata, roasted aubergine, courgette & artichoke seasoned with garlic, parsley & black pepper. Served with homemade walnut pesto & homemade ciabatta

BURRATA 9

A soft centred, cream infused mozzarella, drizzled with balsamic glaze, on a bed of fresh tomato & rocket, with home baked ciabatta on the side

BEEF & PARMESAN MEATBALLS 8.5

Handmade beef & parmesan meatballs, served with beef ragu, topped with fior di latte, finished in our pizza oven

BREADED BOCONCINI & PEPPERONATA 8

Deep fried baby mozzarella balls, served with red wine vinegar confit peppers & onions, hot honey

BRUSCHETTA SEE SPECIALS

Toasted homemade ciabatta with bufala mozzarella & rocket

Check out this month's specials

ARANCINI SEE SPECIALS

Creamy risotto balls packed with parmesan, hand-rolled in panko breadcrumbs & fried to a perfect crunch. A classic Sicilian street food

Check out this month's specials

Neapolitan Pizza

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.

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

Chef's tip - switch to bufala mozzarella +1.5

PEPPERONI DOPPIO 14.8

San Marzano D.O.P. tomatoes, fior di latte, pepperoni & spianata salami

Chef's tip - 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

Chef's tip - add stracciatella +2.5

DIAVOLA 15.5

San Marzano D.O.P. tomatoes, fior di latte, nduja, fennel salami & chillies

Chef's tip - add stracciatella +2.5

FUNGHI V 12.9

San Marzano D.O.P. tomatoes, fior di latte, Portobello mushrooms roasted in truffle oil & extra virgin olive oil

Chef's tip - 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

Chef's tip - add chillies +1.5

TONNO 14.8

San Marzano D.O.P. tomatoes, fior di latte, tuna, oregano, red onions & fresh basil

Chef's tip - add chillies +1.5

MELANZANE 13.2

San Marzano D.O.P. tomatoes, fior di latte, fried aubergine, fresh basil, finished with a fresh basil dressing

Chef's tip - 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

Pasta

FENNEL SAUSAGE RIGATONI 14

Slow cooked fennel sausage ragu, parmesan & basil

BEEF BOLOGNAISE TAGLIATELLE 14

Slow cooked beef & red wine bolognese, parmesan & basil

TIGER PRAWN TAGLIATELLE 17

Seared tiger prawns, chilli, lemon & garlic. Finished with parmesan & parsley

BEEF LASAGNE 16

Our slow cooked beef & red wine bolognese, layered pasta sheets, topped with parmesan & thyme bechamel, finished in our pizza oven. Served with seasoned fries & house salad.

Sides

ITALIAN FRIES V 5

ROMAN FRIES WITH PARMESAN

& TRUFFLE OIL V 6.5

NEAPOLITAN FRIES WITH GARLIC & PARSLEY 6

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

PANZANELLA SALAD 11.6

Seasoned vine tomatoes, pitted olives, marinated anchovies, fresh basil, oregano & grana padano cheese, tossed with our homemade bread & dressed in a red wine vinegar dressing

CAESAR SALAD 12.4

Little gem lettuce, marinated anchovies, garlic & thyme baked croutons & shaved parmesan, dressed heavily in our Caesar dressing.

House Dips 2 each or 3 for 5

HOUSE AIOLI WITH PARSLEY & GARLIC

NDUJA AIOLI

HOT HONEY

Lunch Menu

Paunuzzo from 6.8

10" pizza, side & drink from 12.9

Weekdays 12-5 pm



Allergen Menu

Scan the QR code to view our allergen menu

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



PROOVE DRINKS

Beers

	draught 0.5 / pint	
PROOVE PALE 4.1% VG GF	3.5 / 6.3	
MENABREA 4.8%	3.8 / 6.8	bottle
MENABREA 0.0 0%	330ML 4.5	

Cider

	330ml	
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

Includes mixer

JJ WHITLEY ARTISAN 38% 7.4

Bourbon & Whiskey

Includes mixer

WOODFORD RESERVE BOURBON 40% 8

JOHNNIE WALKER BLACK LABEL 40% 7.9

Rum

Includes mixer

HAVANA CLUB 3 YEAR WHITE 40% 6.9

KRAKEN BLACK SPICED 40% 7.2

Gin

Includes mixer

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