

# Aperitivo

**OLIVES** V GF ..... 4  
Nocellara olives. The best

**DOUGH BITES** V ..... REG 4.5 / LG 6.5  
Bites of baked dough served with garlic or chilli dipping oil

**GARLIC BREAD** V ..... 5.8  
Garlic, extra virgin olive oil & fresh rosemary  
With mozzarella V ..... 7  
With balsamic & tomato V ..... 6.5

# Antipasti

**ANTIPASTI CARNI** ..... 13.1  
Burrata, selection of cold cuts, rocket & cherry tomatoes, homemade walnut pesto, balsamic glaze, served with homemade ciabatta

**ANTIPASTI VERDURE** ..... 12  
Burrata, roasted aubergine, courgette & artichoke seasoned with garlic, parsley & black pepper. Served with homemade walnut pesto & homemade ciabatta

**BURRATA** ..... 7  
A soft centred, cream infused mozzarella, drizzled with balsamic glaze, on a bed of fresh tomato & rocket, with home baked ciabatta on the side

**BRUSCHETTA** ..... **SEE SPECIALS**  
Toasted homemade ciabatta with bufala mozzarella & rocket  
**Check out this month's specials**

# Neapolitan Pizza

**MARINARA** V ..... 9.4  
San Marzano D.O.P. tomatoes, garlic, oregano, basil & extra virgin olive oil

**MARGHERITA** V ..... 10.8  
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** ..... 13.9  
San Marzano D.O.P. tomatoes, fior di latte, pepperoni & spianata salami  
*Chef's tip* - add hot honey +1.5

**PESTO ROYALE** V ..... 14.7  
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** ..... 14.6  
San Marzano D.O.P. tomatoes, fior di latte, nduja, fennel salami & chillies  
*Chef's tip* - add stracciatella +2.5

**FUNGHI** V ..... 12.3  
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 ..... 11.9  
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** ..... 14.3  
San Marzano D.O.P. tomatoes, fior di latte, tuna, oregano, red onions & fresh basil  
*Chef's tip* - add chillies +1.5

**MELANZANE** ..... 11.9  
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

|                         |                        |                            |
|-------------------------|------------------------|----------------------------|
| <b>CHEESE</b>           | <b>MEATS</b> ..... 2.5 | <b>VEG</b> ..... 1.5       |
| Fior di Latte ..... 2   | Ham • Fennel Salami •  | Fried Aubergine • Olives • |
| Bufala ..... 2.5        | Nduja • Spianata •     | Mushrooms • Rocket •       |
| Stracciatella ..... 2.5 | Pepperoni • Tuna       | Artichoke • Courgette •    |
| Burrata ..... 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 proved 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 ..... 4.2  
Fresh rocket with parmesan shavings, finished with extra virgin olive oil & balsamic vinegar

**GIARDINO** V GF ..... 4.5  
Seasonal salad & olives, finished with our very own Proove dressing

**CAPRESE** GF ..... 6.3  
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

Panini from 5.5  
10" pizza, side & drink from 11.9  
Weekdays 12-3pm



**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

- PROOVE PALE** 4.1% VG GF ..... 440ML **5.9**
- MENABREA** 4.8% ..... 330ML **4.9** / 660ML **7.9**
- MENABREA 0.0** 0% ..... 330ML **4.2**

## Cider

330ml

- THISTLY CROSS** 4.4% ..... **5.9**
- THISTLY CROSS ELDERFLOWER** 3.4% ..... **5.9**

## 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**

## 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

- 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

## Mocktails

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

**Happy Hour**  
Weekdays 4 - 6.30pm  
20% off wines, Cocktails 2-4-15, Proove Pale 5

## Wine

### Red

175ML / 250ML / BOTTLE

- LUIGI LEONARDO SANGIOVESE** ..... **5.9 / 7.7 / 22.5**  
Full & Fruity, with undertones of soft red fruits. Harmoniously smooth 12.5%
- VINEA MERLOT VENETO** ..... **6.8 / 9 / 26**  
A full-bodied ruby red, easy drinking wine. Has a pleasantly fruity profile & raspberry notes 12%
- SUSUMANIELLO SERRE SALENTO** ..... **8.6 / 12 / 34**  
Elegant & rich, with dark fruits & a hint of smokiness  
Ruby red & silky smooth 13.5%

### White

175ML / 250ML / BOTTLE

- LUIGI LEONARDO CHARDONNAY-TREBBIANO** ..... **5.9 / 7.7 / 22.5**  
Clean & bright with Trebbiano dominating the palate 12.5%
- INTRIGO SAUVIGNON BLANC** ..... **7 / 9.5 / 27.5**  
More Sancerre than Malborough, this is a clean & zesty delight 12%
- PINOT GRIGIO I GA** ..... **7.6 / 10.5 / 29.5**  
Dry & light bodied with fresh kiwi undertones & a touch of skin contact 12%
- GAVI CA' BIANCA** ..... **8.6 / 12 / 34**  
This great Piedmont white displays a pale-yellow hue with greenish highlights. It's dry, delicate aromas combine with floral notes for a full flavour in the mouth 12.5%

## Fizz & Rosé

### PROSECCO DOC VILLA LOREN

- EXTRA DRY** ..... 125ML **5.6** / BOTTLE **33**  
Vibrant with notes of apple & melon. Easy drinking with lots of bubbles & crisp finish 11%

- CAMPO DEL PASSO PROSECCO ROSATO** ..... BOTTLE **36.5**  
Fruity & soft, with a delightful sparkle 11%

175ML / 250ML / BOTTLE

- VINEA PINOT GRIGIO PUGLIA BLUSH** ..... **6.8 / 9 / 26**  
Light pink in colour, this rose is floral on the nose with raspberry & blackcurrant notes 12%
- BARDOLINO ROSE LA QUERCIA** ..... **8.3 / 10.9 / 32**  
A fabulous, dry & crisp Rosé from northern Italy 12%

## Soft Drinks & Mixers

- COCA COLA** ..... **3.3**  
Original • Diet Coke • Coke Zero
- APPLETISER** ..... **3.3**
- SAN PELLEGRINO** ..... **3.3**  
Lemon • Orange • Blood Orange
- SCHWEPES** ..... **2**  
Tonic • Skinny Tonic • Elderflower Tonic • Lemonade • Soda Water • Ginger Beer • Ginger Ale
- FIUGGI STILL WATER** 50CL ..... **4.2**
- FIUGGI SPARKLING WATER** 50CL ..... **4.2**
- FRUIT JUICE** ..... **3.2**  
Orange • Pineapple • Apple • Cranberry • Mango

## Milkshakes

5.5

Made with the finest Italian Gelato & topped with whipped cream

Ask your server about special flavours; Vanilla • Strawberry • Chocolate • Hazelnut

## Hot Drinks

Dairy free alternatives available

- AMERICANO** ..... **3.4** **ESPRESSO** ..... **2.6/3.1**
- LATTE** ..... **3.5** **MACCHIATO** ..... **2.6/3.1**
- CAPPUCCINO** ..... **3.5** **FLAT WHITE** ..... **3.6**
- TEA** ..... **2.7**  
Breakfast • Earl Grey • Green Tea • Peppermint • Blackberry & Raspberry
- HOT CHOCOLATE** ..... **3.4**
- DELUX** Contains Nutella ..... **4.6**

**All day Bottomless Lunch 33**  
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

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100 points = free pizza  
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