

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 6.2 Garlic, extra virgin olive oil & fresh rosemary With mozzarella V 7.8 With balsamic & tomato V 7.5
--	--	---

Antipasti

ANTIPASTI CARNI 13.6 Burrata, selection of cold cuts, rocket & cherry tomatoes, homemade walnut pesto, balsamic glaze, served with homemade ciabatta	BURRATA 7.9 A soft centred, cream infused mozzarella, drizzled with balsamic glaze, on a bed of fresh tomato & rocket, with home baked ciabatta on the side
ANTIPASTI VERDURE 12.5 Burrata, roasted aubergine, courgette & artichoke seasoned with garlic, parsley & black pepper. Served with homemade walnut pesto & homemade ciabatta	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 <i>Chef's tip</i> - switch to bufala mozzarella +1.5	PEPPERONI DOPPIO 14.2 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 14.7 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 14.8 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 12.4 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 14.3 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 12.4 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 2 Fior di Latte 2 Bufala 2.5 Stracciatella 2.5 Burrata 5	MEATS 2.5 Ham • Fennel Salami • Nduja • Spianata • Pepperoni • Tuna	VEG 1.5 Fried Aubergine • Olives • Mushrooms • Rocket • Artichoke • Courgette • 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

Panuzzo from **6.8**
10" pizza, side & drink from **12.9**
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

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

330ml

THISTLY CROSS 4.4%	6.2
THISTLY CROSS ELDERFLOWER 3.4%	6.2

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

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



Wine

Red

175ML / 250ML / BOTTLE

LUIGI LEONARDO SANGIOVESE	6.5 / 8.5 / 24
Full & Fruity, with undertones of soft red fruits. Harmoniously smooth 12.5%	
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!	
SUSUMANIELLO SERRE SALENTO	9.2 / 12.8 / 35
Elegant & rich, with dark fruits & a hint of smokiness Ruby red & silky smooth 13.5%	

White

175ML / 250ML / BOTTLE

LUIGI LEONARDO CHARDONNAY-TREBBIANO	6.5 / 8.5 / 24
Clean & bright with Trebbiano dominating the palate 12.5%	
INTRIGO SAUVIGNON BLANC	7.4 / 9.8 / 28
More Sancerre than Malborough, this is a clean & zesty delight 12%	
PINOT GRIGIO I GADI	8.2 / 11.4 / 31
Dry & light bodied with fresh kiwi undertones & a touch of skin contact 12%	
GAVI CA' BIANCA	9.2 / 12.8 / 35
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%	
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%	
BARDOLINO ROSE LA QUERCIA	8.6 / 11.2 / 33
This region is like the Cote de Provence of Italy. A fabulous, dry & crisp Rosé from Veneto with aromas of peach and blossom 12%	

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%	
CAMPO DEL PASSO PROSECCO ROSATO	BOTTLE 38
Fruity & soft, with a delightful sparkle 11%	

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	
FIUGGI STILL WATER 50CL	4.2
FIUGGI SPARKLING WATER 50CL	4.2
FRUIT JUICE	3.5
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	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		

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

Become a Proovie

Sign up & receive a 10% discount voucher

100 points = free pizza

Scan here to join

