

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

ANTIPASTI VERDURE 12.5
Burrata, roasted aubergine, courgette & artichoke seasoned with garlic, parsley & black pepper. Served with homemade walnut pesto & 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

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

CROCCHÈ V SEE SPECIALS
Creamy mashed potato, oozing with cheese & wrapped in breadcrumbs. A classic Neapolitan street food
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 14.2
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 14.8
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 12.4
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 V 12.4
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 2.5	VEG 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.

Sides

ITALIAN FRIES V 4.5
ROMAN FRIES WITH PARMESAN & TRUFFLE OIL V 5.9
NEAPOLITAN FRIES WITH GARLIC & PARSLEY 5.5

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





PROOVE DRINKS

Draught Beer	half / pint	
PROOVE PALE GF 4.1%		3.5 / 6.3
MENABREA 4.8%		3.9 / 6.8

Bottled Beer	330ml	
MENABREA 0.0 0%		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

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

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%		

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%		

Soft Drinks & Mixers

COCA COLA	3.5
Original • Diet Coke • Coke Zero	
APPLETISER	3.5
SAN PELLEGRINO	3.5
Lemon • Orange • Blood Orange	
SCHWEPPE	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

