


ANTIPASTI

MIXED OLIVES with toasted focaccia,  €7.5
olive oil & balsamic dip G / SP

CHEESY GARLIC BREAD Sml €6
Handmade flatbread with fresh Lrg €9.5
garlic oil, & topped with mozzarella
G / MK

ROCKET, SHAVED PARMESAN, & BALSAMIC DRESSING €6
Fresh rocket, parmesan, & balsamic vinegar
glaze MK / SP

CAPRESE SALAD €9.5
Plum tomatoes, buffalo mozzarella, fresh basil,
sea salt, & olive oil drizzle MK /
Add pesto drizzle + €1

LITTLE ITALY FLATBREAD €9
Handmade flatbread covered with oven roasted
tomatoes, grilled peppers, rocket, parmesan,
ricotta, & pesto MK / G / N / S

BRUSCHETTA FLATBREAD €9.5
Garlic bread with mozzarella, freshly chopped
vine tomatoes, red onion, basil pesto, & fresh
basil G / S / MK / N
Add fresh buffalo mozzarella +€2.00

CHEESY NDUJA FLATBREAD €9.5
Handmade flatbread covered with with nduja,
fresh garlic oil, & mozzarella cheese G / MK

PIG & FIG FLATBREAD €9.5
Handmade flatbread covered with bacon, figs,
garlic, olive oil, & crumbled gorgonzola cheese
with rocket, parmesan MK / G

BIG SMOKE FLATBREAD €9.5
Handmade flatbread covered with n'duja, cara-
melised onions, smoked scamorza cheese, with
rocket, parmesan & chilli oil MK / G / S

**CRISPY CHICKEN WINGS
IN FRANK'S HOT SAUCE** €10.5
Served with homemade garlic mayo dip
E / S

**CRISPY CHICKEN WINGS
IN HOMEMADE BOURBON BBQ SAUCE** €10.5
Served with homemade garlic mayo dip
E / S / MD / SP

COMBO SHARING BOARD €23
Parma ham, fennel salami, smoked Scamorza,
gorgonzola, focaccia, relish, & caramelised red
onion G / MK / SP

PIZZAS

Our Romano style pizzas are made with 00 flour
for that signature thin and crispy base. We use
only the best natural ingredients that are full of
flavour.

CLASSIC PIZZAS

MARGHERITA €9.9
Mozzarella, tomato sauce, & olive oil drizzle
G / MK

PEPPERONI €11.5
Pepperoni, mozzarella, & tomato sauce
G / MK

LOVE / HATE €11.5
Home roasted glazed ham, pineapple,
mozzarella, & tomato sauce G / MK


SIGNATURE PIZZAS

HAM & MUSHROOM €12.5
Ham, mushrooms, oregano, mozzarella, &
tomato sauce G / MK

BUFALINA €12.5
Buffalo mozzarella, tomato sauce, fresh basil,
& olive oil drizzle G / MK

QUATTRO FORMAGGI €13
Mozzarella, smoked Scamorza, Gorgonzola,
parmesan, & tomato sauce G / MK

THE PROOF €14.5
Gorgonzola, butternut squash, caramelised
onion, rocket, parmesan, & bechamel sauce base
(no tomato sauce) G / MK / SP

MEDITERRANEAN  €14.5
Vegan cheese, oven roasted tomatoes, Kalamata
olives, grilled peppers, mushrooms, & vegan
basil pesto (no tomato sauce) G / N / S

DIAVOLA €14.5
N'duja, pearl peppers, mozzarella, & tomato
sauce G / MK

CHICKEN & SPINACH €14.5
Chicken, pearl peppers, spinach, mozzarella
cheese, tomato sauce, & sun-dried tomato pesto
G / MK / N / S

MEATY LEGEND €14.5
Pepperoni, bacon, fennel salami, mozzarella,
& tomato sauce G / MK

PARMA €14.5
Parma ham, mozzarella, rocket, parmesan,
tomato sauce, & olive oil drizzle G / MK

SIGNATURE PIZZAS

ITALY'S HOTTEST €15.5
Pepperoni, spicy n'duja sausage, jalapenos, par-
mesan cheese, mozzarella cheese, & tomato
sauce G / MK

THE LIBERTIES €14.5
Gorgonzola cheese, caramelised onions, spinach,
tomato sauce, mozzarella, & garlic oil
G / MK / SP

Gluten free pasta & pizza €2

PASTAS

MAC & CHEESE €10.5
Rigatoni pasta, homemade cheese sauce,
parmesan G / MK / SP

PASTA ALLA NORMA €12.5
Rigatoni pasta, San Marzano tomato sauce, fried
aubergine, garlic, fresh basil, & salted ricotta
cheese G / MK / CY

BOLOGNESE €13.5
With Irish beef, linguine pasta, & grated
parmesan, finished with fresh basil
G / MK / CY

BACON & MUSHROOM LINGUINE €13.5
With white wine cream sauce & linguine pasta,
topped with fresh basil G / MK / SP

RIGATONI ARRABBIATTA PASTA €14.5
Chicken, chilli flakes, & marinara sauce, topped
with fresh rocket, olive oil drizzle G / CY

LASAGNE €14.5
With Irish beef, bechamel sauce, marinara
sauce, mozzarella, & fresh basil
G / MK / CY / SP

SELECTION OF FOCACCIA €3.50
M / SP

SIDES


FRIES €5
With sea salt

SWEET POTATO FRIES €5.5
With sea salt

FANCY FRIES €7
With truffle oil, parmesan & sea salt MK /

CHEESY BACON FRIES €7
Homemade cheese sauce MK / SP

SALADS

MISTA SALAD  €8.5
Oven roasted tomatoes, pearl peppers, cos
lettuce, rocket, & balsamic vinegar glaze
SP /

CAESAR SALAD €11.5
Chicken, bacon, cos lettuce, parmesan,
croutons, & Caesar dressing
SP / G / E / S / MK / MD / SP

THE PROOF SALAD €12.5
Chicken, crumbled Gorgonzola cheese, rocket,
butternut squash, caramelised onion, & balsamic
vinegar glaze SP / MK

UPGRADE YOUR SALAD
Add bacon +€2 | Add chicken +€2.5

SELECTION OF FOCACCIA €3.50
M / SP

DIPS

Garlic mayo E / S €2
Bourbon BBQ sauce SP / MD €2
Frank's hot sauce €2
Sun-dried tomato pesto S / N €2
Vegan basil pesto S / N €2
Ketchup



All our beef is 100% Irish

Contains the following allergens

Gluten / G, Crustaceans / C, Eggs / E, Fish / F, Molluscs / M, Soybeans / S, Peanuts / P,
Nuts / N, Milk / MK, Celery / CY, Mustard / MD, Sesame Seeds / SS, Sulphites / SP, Lupin / L