

ANTIPASTI

MIXED OLIVES with toasted focaccia, 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, €6 & BALSAMIC DRESSING

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

Handmade flatbread covered with oven roasted tomatoes, grilled peppers, rocket, parmensan, 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

PIG & FIG FLATBREAD

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, caramelised onions, smoked scamorza cheese, with rocket, parmesan & chilli oil MK/G/S

CRISPY CHICKEN WINGS €10.5 IN FRANK'S HOT SAUCE

Served with homemade garlic mayo dip E/S

CRISPY CHICKEN WINGS €10.5 IN HOMEMADE BOURBON BBQ SAUCE

Served with homemade garlic mayo dip

COMBO SHARING BOARD €23

Parma ham, fennel salami, smoked Scamorza, gorgonzola, focaccia, relish, & caramelised red onion G/MK/SP

All our beef is 100% Irish

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

CLASSIC PIZZAS

MARGHERITA €9.9

Mozzarella, tomato sauce, & olive oil drizzle G/MK

PEPPERONI €11.5

Pepperoni, mozzarella, & tomato sauce

LOVE / HATE €11.5

Home roasted glazed ham, pineapple, mozzarella, & tomato sauce

SIGNATURE PIZZAS

HAM & MUSHROOM €12.5

Ham, mushrooms, oregano, mozzarella, & tomato sauce G / MK

BUFALINA

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 V

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

€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

€14.5

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

SIGNATURE PIZZAS

TTALY'S HOTTEST

€15.5

Pepperoni, spicy n'duja sausage, jalapenos, parmesan 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

€14.5 LASAGNE

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

SELECTION OF FOCACCIA €3.50

M/SP

SIDES

FRIES

With sea salt

SWEET POTATO FRIES €5.5 With sea salt

FANCY FRIES

With truffle oil, parmesan & sea salt MK/

CHEESY BACON FRIES Homemade cheese sauce MK/SP

SALADS

MISTA SALAD

€8.5

€11.5

€12.5

€3.50

Oven roasted tomatoes, pearl peppers, cos lettuce, rocket, & balsamic vinegar glaze

CAESAR SALAD

Chicken, bacon, cos lettuce, parmesan, croutons, & Caesar dressing

SP/G/E/S/MK/MD/SP

THE PROOF SALAD

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

M/SP

DIPS

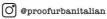
Garlic mayo E/S Bourbon BBQ sauce SP / MD €2 Frank's hot sauce €2 Sun-dried tomato pesto s/N €2 Vegan basil pesto s/N Ketchup







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



€5