

ANTIPASTI

FRIES Fries & sea salt	4
SWEET POTATO FRIES Sweet potato fries & sea salt	4.5
CHICKEN WINGS IN FRANK'S HOT SAUCE Crispy fried chicken wings, honey-Frank's hot sauce, & homemade garlic mayo dip E / S	9.5
CHICKEN WINGS IN HOMEMADE BOURBON BBQ SAUCE Crispy fried chicken wings, sticky bourbon BBQ sauce, & homemade garlic mayo dip E / S / MD / SP	9.5

PIZZAS

MARGHERITA Mozzarella, tomato sauce, fresh basil, & olive oil drizzle G / MK	8.5
PEPPERONI Pepperoni, mozzarella, & tomato sauce G / MK	9.5
LOVE/HATE Home roast ham, pineapple, mozzarella, & tomato sauce G / MK	9.5
REGINA Ham, mushrooms, oregano, mozzarella, & bechamel sauce G / MK	11
CAPRESE Buffalo mozzarella, oven roasted tomatoes, rocket, basil, parmesan, olive oil drizzle, & tomato sauce G / MK	11
DIAVOLA N'duja, pearl peppers, mozzarella, & tomato sauce G / MK	11.5
QUATTRO FORMAGGI Mozzarella, smoked Scamorza, Gorgonzola, Parmesan, & tomato sauce G / MK	12
CHICKEN & SPINACH Chicken, pearl peppers, spinach, mozzarella cheese, tomato sauce, & sun-dried tomato pesto G / MK / N	12
MEATY LEGEND Pepperoni, bacon, fennel salami, mozzarella, & tomato sauce G / MK	12
PARMA Parma ham, mozzarella, rocket, parmesan, tomato sauce, & olive oil drizzle G / MK	13
add N'duja MK / G / S	2

PASTAS

MAC & CHEESE Rigatoni, cheese sauce, & parmesan MK / G / CY / S	9
BACON & MUSHROOM LINGUINE Bacon, mushrooms, white wine cream sauce, & linguine MK / G / S	11
LASAGNA Irish beef lasagna, bechamel sauce, marinara sauce, & mozzarella served with small salad MK / G / CY / S	11
add N'duja MK / G / S	2
Gluten Free Pasta	2

FLAT BREADS

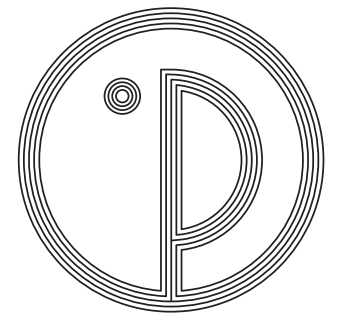
LITTLE ITALY Our dough rolled thin and covered with oven roasted tomatoes, grilled peppers, rocket, ricotta, & pesto G / MK / N	7
PIG & FIG Our dough rolled thin and covered with bacon, figs, garlic, olive oil, & crumbled Gorgonzola cheese G / MK	7.5
BIG SMOKE Our dough rolled thin and covered with n'duja, caramelised onions, smoked Scamorza cheese, & chili oil G / MK / E / S	8

SANDWICHES

TRICOLORE Oven roasted tomatoes, buffalo mozzarella, rocket, homemade pesto, fresh basil, & sea salt on focaccia G / MK / N / SP	6.5
D8 Home roast glazed ham, smoked scamorza cheese, rocket, & homemade relish on ciabatta G / MK / SP	7
NAPOLI Fennel salami, ricotta, rocket, & salsa verde on focaccia G / MK / SP	7.5
GLADIATOR Spicy salami, Parma ham, fennel salami, plum tomato, rocket, & lemon rosemary aioli on ciabatta G / MK / E / S	8
URBAN ITALIAN Spicy salami, buffalo mozzarella, baby spinach, & sun-dried tomato pesto on ciabatta G / MK / N	8

SALADS

MISTA Oven roasted tomatoes, pearl peppers, cos lettuce, rocket, & balsamic vinaigrette SP	7
add bacon	2
chicken	2.5
CAPRESE Plum tomatoes, buffalo mozzarella, basil, sea salt, & olive oil drizzle MK	8
CAESAR Chicken, bacon, cos lettuce, Parmesan, croutons, & Caesar dressing G / E / S / MK / MD / SP	10
THE PROOF SALAD Chicken, crumbled Gorgonzola cheese, rocket, butternut squash, caramelised onion, & balsamic dressing MK / SP	10.5
ADD DIPS	
GARLIC MAYO E / S	2
HERBY OLIVE OIL	2
VEGAN BASIL PESTO S / N	2
SUN-DRIED TOMATO PESTO MK / N	2
BOURBON BBQ SAUCE / SP /	2
FRANK'S HOT SAUCE	2



PROOF
URBAN ITALIAN

PASTAS + SANDWICHES + FLATBREADS + ANTI PASTI + SALADS

PIZZA

Freshly crafted daily by our pizza chefs, our pizza dough is made using the finest '00' flour. Our secret recipe Proof tomato sauce is made using San Marzano tomatoes originating from Italy.

proof-pizza.com @proofpizza

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
All our beef is 100% Irish.