

Set Menu

€32.50pp

Select 1 Lightbite
1 Main
& 1 Drink*

*House wine, or/ prosecco, or/ beer
Groups of 6 or more please
order set menu

Lightbites

SPECIAL ARANCINI €9.5
Ragu filled arancini, parmesan rocket salad,
served with garlic aioli
G / MK / CY / E / S

CHEESY GARLIC BREAD Sml €6.5 Lrg €9.95
Handmade flatbread with fresh
garlic oil, & topped with mozzarella
G / MK /

MIXED OLIVES & FOCACCIA €7.85
Served with olive oil & balsamic dip G / SP

CHICKEN WINGS - FRANK'S HOT SAUCE €11
Crispy fried chicken wings, honey, Frank's hot
sauce, & homemade garlic mayo dip
E / S

**CHICKEN WINGS - HOMEMADE
BOURBON BBQ SAUCE** €11
Crispy fried chicken wings, sticky bourbon bbq
sauce, & homemade garlic mayo dip
E / S / MD / SP

FRIES €5.25
Fries, & sea salt

FANCY FRIES €7.5
Fries, truffle oil, parmesan, & sea salt /MK

SWEET POTATO FRIES €5.75
Sweet potato fries, & sea salt

AS OUR KITCHEN IS OPEN WE CAN NOT
GUARENTEE A GLUTEN OR NUT FREE
ENVIRONMENT.

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

Flatbreads

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

SPECIAL CHEESY NDUJA FLATBREAD €8.5
Cheesy galric bread with nduja and mozzarella
cheese G / MK

LITTLE ITALY FLATBREAD €8
Our dough rolled thin and covered with oven
roasted tomatoes, grilled peppers, rocket,
ricotta & pesto MK / G / N / S

FIG & FIG FLATBREAD €8.5
Our dough rolled thin and covered with bacon,
figs, garlic, olive oil, & crumbled gorgonzola
cheese MK / G

BIG SMOKE FLATBREAD €8.5
Our dough rolled thin and covered with n'duja,
caramelised onions, smoked scarmorza cheese,
& chilli oil MK / G / E / S

Sharing Boards

MEATS & CHEESES €25
Smoked Scamorza, burrata, Parma ham, fennel
salami, bread, relish, & caramelised red onion
G / MK / SS / SP / N

Salads

CAPRESE SALAD €12.5
Plum tomatoes, buffalo mozzarella, basil, sea
salt, & olive oil drizzle MK /

CAESAR SALAD €12.5
Chicken, bacon, cos lettuce, parmesan,
croutons, & Caesar dressing
SP / G / E / S / MK / MD

2 FORK SALAD €9.5
Rocket, cos lettuce, croutons, & balsamic
dressing G / SS / SP

Pizzas

SPECIAL NAUGHTY OR NICE €14.5
Tomato base, pepperoni, jalapeno, honey
drizzle G / MK

SPECIAL THE GRINCH €14.5
Tomato base, mozzarella, gorgonzola cheese,
caramelized onions, spinach, garlic oil G / MK

SPECIAL ITALY'S HOTTEST €14.5
Mozzarella cheese, tomato sauce, pepperoni,
spicy n'duja sausage, jalapenos, parmesan
cheese G / MK

MARGHERITA €11.5
Mozzarella, tomato sauce, fresh basil, & olive oil
drizzle G / MK

PEPPERONI €12.5
Pepperoni, mozzarella, & tomato sauce G / MK

LOVE / HATE €12.9
Home roast ham, pneapple, mozzarella, &
tomato sauce G / MK

DIAVOLA €14.95
N'duja, pearl peppers, mozzarella, & tomato
sauce G / MK

CHICKEN & SPINACH €14.95
Chicken, pearl peppers, spinach, mozzarella
cheese, tomato sauce, & sun-dried tomato pesto
G / MK / N / S / SP

MEATY LEGEND €13.5
Pepperoni, bacon, fennel salami, mozzarella, &
tomato sauce G / MK

PARMA €15.5
Parma ham, mozzarella, rocket, parmesan,
tomato sauce, & olive oil drizzle G / MK

THE PROOF €14.95
Gorgonzola, butternut squash, caramelized
onion, rocket, parmesan, & bechamel sauce base
(no tomato sauce) G / MK

BUFALINA €13.5
Buffalo mozzarella, tomato sauce, fresh basiol, &
olive oil drizzle G / MK

FOUR CHEESE €13.5
Mozzarella, smoked Scamorza, Gorgonzola, par-
mesan, & tomato sauce G / MK

GLUTEN FREE pasta & pizza €2.25

VEGAN CHEESE AVAILABLE.
ASK YOUR SERVER!

Vegan
All our beef is 100% Irish

Pastas

SPECIAL RIGATONI ARRABIATTA €15.25
Marinara sauce, chicken, rigatoni pasta, chilli
flakes, topped with fresh rocket, olive oil drizzle
G / CY

LASAGNA €15.25
Irish beef, lasagna, bechamel sauce, marinara
sauce, & mozzarella, finished with basil
G / MK / CY / S

PASTA FROMMAGIO €12
Rigatoni pasta, cheese sauce, parmesan
G / MK / CY / S

PASTA ALLA NORMA €13.5
Rigatoni pasta, San Marzano tomato sauce,
fried aubergine, garlic, fresh basil, & salted ri-
cotta cheese G / MK / CY

BOLOGNESE €14.25
Irish beef, bolognese, linguine pasta, & freshly
grated parmesan, finished with fresh basil
G / MK / CY

BACON & MUSHROOM LINGUINE €14.25
Bacon, mushrooms, white wine cream sauce,
& linguine pasta, finished with fresh basil
G / MK / S

Dips & Breads

BREAD SELECTION €3.70
Thyme & seasalt focaccia G

Garlic mayo E / S €2.5

Bourbon BBQ sauce SP / €2.5

Frank's hot sauce €2

Sun-dried tomato pesto MK / N €2.5

Vegan basil pesto S / N €2.5



PROOF URBAN ITALIAN
Christmas Dinner Menu