

## ANTIPASTI

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

## PIZZAS

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

## PASTAS

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

## FLAT BREADS

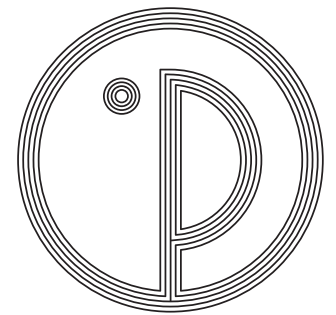
<b>LITTLE ITALY</b> Our dough rolled thin and covered with oven roasted tomatoes, grilled peppers, rocket, ricotta, & pesto G / MK / N	7
<b>PIG &amp; FIG</b> Our dough rolled thin and covered with bacon, figs, garlic, olive oil, & crumbled Gorgonzola cheese G / MK	7.5
<b>BIG SMOKE</b> Our dough rolled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

## SHARING BOARDS

<b>FORMAGGI - TUSCANO</b> Parmesan, smoked Scamorza, Gorgonzola served with bread, organic honey, caramelised red onion, & grissini G / MK / SS / SP	15.95
<b>CARNE</b> Salamella Calabria, Parma ham, fennel salami served with bread, homemade relish, & grissini G / SS / SP	17.95
<b>PROSCIUTTO DI PARMA</b> Prosciutto di Parma, buffalo mozzarella, basil, olives, & olive oil MK /	17.95
<b>COMBO</b> Smoked Scamorza, Gorgonzola, Parma ham, and fennel salami served with bread, relish, caramelised red onion, & grissini G / MK / SS / SP / N	18.95

## SALADS

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



**PROOF**  
URBAN ITALIAN

**PASTAS + SHARING BOARDS + FLATBREADS + ANTIPIASTI + 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.