

Brunch Cocktails

BOTTOMLESS PROSECCO OR MIMOSAS €22.5
Make it pink! Add strawberry coulis
90min table seating only

LEVEL UP - BOTTOMLESS PROSECCO OR MIMOSAS
with welcome cocktail €27.5
Choose Aperol Spritz or
Strawberry Vodka Lemonade

GLASS OF PROSECCO €8
GLASS OF MIMOSA €9

Draft Cocktails & Slushies

We handcraft every cocktail in house.

	Glass	Pitcher
Aperol Spritz /sp/	€9.5	€32
Watermelon Aperol Spritz	€10.5	€35
Limoncello Spritz	€9.5	€32
Elderflower Mojito	€11	€39
Served with Fever Tree Elderflower Tonic		
Strawberry Vodka Lemonade	€11	€35
Hendrick’s Gin & Fever Tree Tonic	€11.5	€39
Espresso Martini	€12.5	
Porn Star Martini	€12.5	
Slushie Margarita	€9.5	
Strawberry Daiquiri Slushie	€10	

Wines

	Glass 125ml	Carafe 750ml	Bottle
SPARKLING/ Prosecco / sp /	€8		
Alesso Prosecco Frizzante / sp /			€35
Abadia Mercier Rosé, Spain	€7.5		€30

WHITE/ Pinot Grigio, Italy / sp /	€7.5	€28	
Portia Verdejo, Spain / sp /	€8.5		€32
Mussel Bay Sauvignon Blanc / sp /	€10		€39
Marlborough, New Zealand			

RED/ Montepulciano d’Abruzzo, Italy / sp /	€7.50	€28	
Les Garrigues Merlot, France / sp /	€8.50		€32
Montanes Malbec, Argentina / sp	€10		

Beers

	½ Pint	Pint
Peroni /G/	€5	€6.5
Rye River Session IPA /G/	€4.5	€6.5
Guinness /G/	€4.5	€6.5

Peroni 0% / 33cl /G/	Bottles €4.5
Peroni GF / 33cl	€5.5
Rye River Pale Ale / 33cl	€5.5
Rye River Red Ale / 33cl /G/	€5.5
Strawberry & Lime Kopparberg Cider / 50cl	€7

Pancakes & Waffles

PROOF PANCAKE PLATTER FOR 2 €21
4 baked pancakes, sauces on the side: maple syrup,
chocolate + fresh strawberries, blue berries & crispy
bacon G / MK / E / S

PROOF PANCAKE AND WAFFLE PLATTER FOR 2 €21
2 baked pancakes, 2 waffles, maple syrup and chocolate
sauce on the side + fresh strawberries, blue berries &
crispy bacon G / MK / E / S

PROOF WAFFLE PLATTER FOR 2 €21
4 baked waffles, maple syrup and chocolate sauce on the
side + fresh strawberries, blue berries, & crispy bacon
G / MK / E / S

WAFFLES WITH BACON & MAPLE SYRUP €13.2
2 baked waffles, crispy bacon, maple syrup on the side
G / MK / E / S

MASCARPONE & PINK CHOCOLATE WAFFLES €14.15
2 baked waffles, fresh strawberries, blue berries,
whipped mascarpone with berry coulis, pink chocolate
pearls & chocolate sauce
G / MK / E / S

PROOF PANCAKES, BACON & MAPLE SYRUP €13.2
2 baked pancakes, crispy bacon, maple syrup on the side
G / MK / E

PANCAKES DE LECHE €14.15
2 baked pancakes, dulce de leche, toasted
hazelnuts, pink chocolate shavings & chocolate sauce on
the side G / MK / E / S / N

Savoury Brunch

ITALIAN STYLE EGGS BENEDICT €13.2
Toasted focaccia, parma ham, poached eggs,
hollandaise served with rocket G / MK / E / S

PROOF BREAKFAST PIZZA €13.2
Bacon, rocket, mozzarella, parmesan, eggs,
bechamel sauce G / MK / E

CHICKEN AND WAFFLES €15.25
Southern fried chicken, 2 fire baked waffles, maple syrup
on the side G / MK / E / S / MD

SPICY CHICKEN AND WAFFLES €15.25
Southern fried chicken, 2 fire baked waffles, bacon, pearl
peppers, rocket and hot sauce G / MK / E / S / MD

FULL-PROOF BREAKFAST €14.95
FX Buckley sausages, beef tomato, crispy bacon, poached
egg, hash browns, sauteed mushrooms, & focaaccia
G / MD / E / SP

Pizzas

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

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

MEDITERRANEAN €14.5
Oven roasted tomatoes, Kalamata olives, grilled pep-
pers, mushrooms, vegan cheese, & vegan basil pesto (no
tomato sauce) G / N / S

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

MEATY LEGEND €15.5
Pepperoni, bacon, fennel salami, mozzarella, & tomato
sauce G / MK

DIAVOLA €14.95
N’duja, pearl peppers, 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

Sandwiches

Served with your choice of regular or sweet potato fries

CHICKEN PARMESAN SANDWICH €14.5
Southern fried chicken, tomato sauce, baby spinach,
smoked scamorza, parmesan, on focaccia G / MK / MD /

CRISPY CHICKEN CAESAR SANDWICH €14.5
Southern fried chicken, bacon, cos lettuce, parmesan
cheese, Caesar dressing, on foccaccia G / MK / E / S / MD / SP

Sides

FRIES €5.25
Fries & sea salt

SWEET POTATO FRIES €5.75
Sweet potato fries & sea salt

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

CHEESY BACON FRIES €7.5
Fries, homemade cheese sauce, & bacon bits
MK / SP

Add Dips & Extras

Garlic mayo E / S €2.5
Bourbon BBQ sauce SP €2.5
Frank’s hot sauce €2
Extra bacon €3.2
Extra fried chicken €4.25

Hot Beverages

Double Espresso €3.25
Americano €3.8
Latte /MK €4.15
Cappuccino /MK €4.15
Tea €2.95
Herbal Tea €3.5
Irish Coffee /MK €8.5
Baileys Coffee /MK €8.5
Tia Maria Coffee €8.5

Milk options (oat milk) +.50c

Soft Drinks

Homemade strawberry lemonade €4.25
Orange juice €3.75
San Pellegrino sparkling water €2.95
Acqua Panna still water €2.95
San Pellegrino lemon €2.95
San Pellegrino orange €2.95
Coke or Coke Zero €2.95
7up €2.95
Fanta €2.95
Red Bull, sugar free €3.75

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

 Vegan
All our beef is 100% Irish