

r pizza sauce is made with **San Marzano tomatoes** which are famo



APPETISERS

Marinated Olives (Ve) (GF)	£4.50
Slow Roasted Tomatoes (Ve) (GF)	£4.50
PROVEN Sourdough Bread (Ve)	£4.50
Homemade sourdough bread baked in our pizza oven daily. Served with extra virgin olive oil and balsamic vinegar	
PROVEN Sourdough & Dips (Ve)	£5.50
Sourdough bread with houmous, olive oil & balsamic vinegar and roasted aubergine dip	
Padron Peppers (Ve) (GF)	£4.75
Fire blistered Padron peppers with a hint of garlic and Maldon sea salt	

STARTERS

Dough Balls (V) (VO)	£5.50
Served with garlic butter or vegan garlic butter	
Garlic & Parmesan Dough Balls	£6.95
8 dough balls drizzled in garlic infused olive oil and melted garlic butter. Finished with freshly grated Parmesan	
Garlic Bread With Cheese (V) (VO)	£6.95
Large Garlic Bread With Cheese (V) (VO) (GFO)	£10.95
Bruschetta (V) (VO)	£7.25
Toasted sourdough bread topped with fresh tomato, red onion, basil, garlic oil and finished with a drizzle of pesto	
Houmous & Flatbread (V) (VO)	£7.25
Homemade olive oil houmous topped with pomegranate seeds. Served with garlic flatbread	
Baba Ganoush (V) (VO)	£7.25
Roasted aubergine dip with pomegranate seeds and garlic flatbread	
Caprese Salad (V) (GF)	£7.25
Red & yellow cherry tomatoes, fresh basil, olive oil and buffalo mozzarella	
Goats Cheese & Fig Salad (V) (GF)	£6.95
Baked goats' cheese with fresh fig, rocket and a honey balsamic dressing	
Halloumi (V) (GF)	£7.25
Oven baked Halloumi strips served with our spicy honey dip	
Chicken Wings (GF)	£7.95
Coated in hot sauce and served with our blue cheese dip	
PROVEN Antipasti	£9.95
Salami Milano, fennel & garlic salami, Prosciutto di Parma, olives, slow roasted tomatoes, buffalo mozzarella, balsamic onions and sourdough bread	
Sharing Option	£17.95
Veg Sharing Antipasti (V)	£16.95
Buffalo mozzarella, marinated olives, slow roasted tomatoes, artichokes, fresh fig, rocket, balsamic onions, olive oil & balsamic vinegar and sourdough bread	
Creamy Garlic Mushrooms (V) (VO)	£7.45
With homemade sourdough bread	
Garlic Prawns	£7.95
With homemade sourdough bread	

NEAPOLITAN PIZZA

All of our pizzas are topped with Fior Di Latte mozzarella cheese unless otherwise stated.		
Marinara (Ve) (GFO)	£9.55	
San Marzano, fresh oregano and garlic oil (No cheese)		
Margherita (V) (VO) (GFO)	£11.95	
San Marzano, Fior Di Latte, basil and olive oil		
NEW Sole di Pomodoro (V) (VO) (GFO)	£14.00	
Crushed yellow tomato sauce with lemon zest, slow roasted tomatoes, pink peppercorns and fresh basil		
Pizza Napoli (GFO)	£14.00	
San Marzano, anchovies, capers and Kalamata olives with fresh parsley		
Carne (GFO)	£16.45	
San Marzano, salami Milano, Cobble Lane pepperoni and fennel & garlic salami (Add ‘Nduja or pancetta £2.20)		
Capricciosa (GFO)	£15.95	
San Marzano, ham, mushrooms, artichokes and Kalamata olives		
Prosciutto di Parma (GFO)	£15.75	
San Marzano, Prosciutto di Parma and garlic oil. Finished with rocket and freshly grated Parmesan (Add fresh figs £1.50)		
PROVEN Hot (GFO)	£15.95	
San Marzano, fresh chilli, hot Peppadew peppers, ‘Nduja and Cobble Lane pepperoni		
Beef Brisket	£16.45	
San Marzano, BBQ beef brisket, corn and mixed peppers. Finished with garlic chives and chimichurri sauce		
Portobello Blue (GFO)	£15.75	
Double cream, Gorgonzola, Portobello mushrooms and smoked pancetta. Finished with parsley and balsamic glaze		
Tonno (GFO)	£15.95	
San Marzano, tuna fillet, wilted spinach, red onion, capers and garlic oil. Served with a wedge of lemon (Add prawns or anchovies £2.20)		
NEW Sunburst Salami (GFO)	£16.45	
Crushed yellow tomato sauce with lemon zest, fennel & garlic salami, pink peppercorns. Finished with buffalo mozzarella and micro red amaranth		
Angry Italian (GFO)	£15.95	
San Marzano, Italian sausage and ‘Nduja. Finished with cool, creamy buffalo mozzarella and spicy honey (No Fior Di Latte)		
BBQ Chicken & Pancetta (GFO) (VGO) (VO)	£16.45	
Smokey BBQ sauce, chicken, pancetta, mixed peppers and corn		
Hawaiian (GFO)	£15.50	
San Marzano, fresh oregano, fresh pineapple and finished with Prosciutto di Parma (Add ‘Nduja or pancetta £2.20)		
From The Garden (V) (VO) (GFO)	£15.50	
San Marzano, wilted spinach, mixed peppers, red onion, Portobello mushrooms, oregano and garlic oil		
NEW Calabrian Rebel (V) (VO) (GFO)	£15.95	
San Marzano, plant-based BBQ chicken and fiery vegan ‘Nduja. Finished with diced cherry tomato & red onion		
Goatfather (V) (GFO)	£15.75	
San Marzano, crumbled goats' cheese, fresh beetroot, red onion, caramelised onion chutney and micro red amaranth		
ADD TO YOUR PIZZA		
Add extra meat, cheese, fish or plant based meat	£2.20	
Add extra vegetables, chutney or fresh pineapple (Ve)	£1.50	
Garlic Parmesan crust	£1.50	

PAN FRIED GNOCCHI

Pesto (V)	£14.95	
Fresh homemade pesto with béchamel, spinach, red onion, cherry tomatoes and roasted peppers (Add chicken £2.20)		
Creamy Chicken & Mushroom	£15.95	
Creamy béchamel with Parmesan, black pepper and parsley		
Barbacoa	£16.25	
San Marzano, BBQ sauce, pulled BBQ beef brisket, roasted peppers and red onion. Finished with chimichurri		

SALADS & SIDES

	SIDE	MAIN
Chicken Caesar Salad	-	£14.95
Wood fired chicken, romaine lettuce, crispy smoked pancetta, sourdough croutons, shaved Parmesan cheese and our creamy anchovy Caesar dressing (Add anchovy £2.20)		
Feta, Fig & Pomegranate Salad (V) (GF)	£7.25	£14.50
Baby Spinach, lollo rosso lettuce, fresh fig, vinaigrette, feta, pomegranate seeds and balsamic glaze		
Greek Salad (V) (GF)	£7.25	£14.50
Baby Spinach, mixed leaves, cherry tomatoes, feta, kalamata olives, red onion, cucumber, balsamic vinaigrette		
House Salad (Ve) (GF)	£5.50	-
Rocket, mixed leaves, cherry tomatoes, cucumber, fresh peppers, red onion and vinaigrette		
Rocket & Parmesan Salad (GF)	£4.75	-
Wild rocket and shaved Parmesan drizzled with balsamic glaze		
Homemade Coleslaw (V) (GF)	£3.95	-
Herby Potatoes (Ve) (GF)	£4.95	-
Baby potatoes oven baked with garlic and rosemary		
NEW Jalapeño Poppers (V) (GF)	£4.95	-
Woodfired fresh Jalapeños filled with cheese		
Sweet Potato Fries (Ve) (GF)	£4.95	-
Oven baked and sprinkled with Maldon sea salt		

PROVEN HOMEMADE DIPS (GF)		Each £2.00 3 for £4.50
Pesto (V)	Garlic & Herb (V)	
Spicy Honey (V)	Smokey BBQ (Ve)	
Vegan Garlic & Herb (Ve)	Garlic Butter (V) (VO)	
Caesar	Blue Cheese	

**Ve** = Vegan. **VO** = Ask for vegan option. **V** = Vegetarian. (All of our cheese is suitable for vegetarians with the exception of Parmesan and Gorgonzola). **VGO** = Ask for vegetarian option.  
**GF** = Recipe does not contain gluten.  
**GFO** = Ask for gluten free option. Most of our pizzas can be made on a gluten free base.

**Food Allergies and Intolerances.**  
Please ask your server for a copy of our food allergy folder and mention your allergy/intolerance when you order.

Although every care is taken - olives may contain stones. Meat and fish products may contain bones.

An optional 10% service charge will be added to tables of 9 or more. Please notify the team if you'd like to remove this. For tables of up to 8 people service charge is not included. If you wish to leave a tip, 100% of any cash gratuity will go to the person who took your order. All gratuity left via card payment will be distributed to your server and our amazing kitchen team in line with our Tronc policy.

