



PROVEN[®]

Appetisers

Marinated Olives (Ve) (GF)	£4.50
PROVEN Sourdough Bread (Ve) Homemade sourdough bread baked in our pizza oven daily. Served with extra virgin olive oil and balsamic vinegar	£4.50
PROVEN Sourdough & Dips (Ve) Sourdough bread with houmous, olive oil & balsamic vinegar and roasted aubergine dip	£5.50
Salami Plate (GF) Milano, Fennel & Garlic, Venison with Sloe Berry	£6.95
Padron Peppers (Ve) (GF) Fire blistered Padron peppers with a hint of garlic and Maldon sea salt	£4.95

Starters

Dough Balls (V) (VO) Served with garlic butter or vegan garlic butter	£5.50
Garlic & Parmesan Dough Balls 8 dough balls drizzled in garlic infused olive oil and melted garlic butter. Finished with freshly grated Parmesan	£6.95
Garlic Bread With Cheese (V) (VO)	£7.25
Large Garlic Bread With Cheese (V) (VO) (GFO)	£11.95
Bruschetta (Ve) Toasted sourdough bread topped with tomato, red onion, basil, garlic oil	£7.45
Houmous & Flatbread (Ve) (GFO) Homemade olive oil houmous topped with pomegranate seeds. Served with flatbread	£7.50
Baba Ganoush (Ve) (GFO) Roasted aubergine dip with pomegranate seeds and flatbread	£7.50
Burrata Caprese Salad (V) (GF) Red & yellow cherry tomatoes, basil, olive oil and creamy Burrata	£8.95
Goats Cheese & Fig Salad (V) (GF) Baked goats' cheese with fresh fig, rocket and a honey balsamic dressing	£7.45
Halloumi (V) (GF) Oven baked Halloumi strips served with our spicy honey dip	£7.25
Jalapeño Poppers (V) (GF) Wood-fired fresh Jalapeños filled with cream cheese and chives. With a spicy honey drizzle	£6.45
Chicken Wings (GF) Coated in hot sauce and served with our blue cheese dip	£7.95
PROVEN Antipasti Salami Milano, fennel & garlic salami, Prosciutto di Parma, olives, slow roasted tomatoes, buffalo mozzarella, balsamic onions and sourdough bread	£9.95
Sharing Option	£17.95
Veg Sharing Antipasti (V) Burrata, marinated olives, slow roasted tomatoes, artichokes, fresh fig, rocket, balsamic onions, olive oil & balsamic vinegar and sourdough bread	£16.95
Creamy Garlic Mushrooms (V) (VO) With homemade sourdough bread	£7.45
Garlic Prawns With homemade sourdough bread	£7.95

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

NEW Beetroot Pesto & Artichoke (V) £15.95
Homemade beetroot pesto, artichoke and courgette

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) £4.95 -
Rocket, balsamic vinaigrette, shaved Parmesan and balsamic glaze

Homemade Coleslaw (V) (GF) £4.25 -

NEW Apple & Celeriac Slaw (V) (GF) £4.95 -
Crème fraîche, honey and lemon

Herby Potatoes (Ve) (GF) £5.45 -
Baby potatoes oven baked with garlic and rosemary

Jalapeño Poppers (V) (GF) £6.45 -
Wood-fired fresh jalapeños filled with cream cheese and chives. Drizzled with spicy honey

Sweet Potato Fries (Ve) (GF) £4.95 -
Oven baked and sprinkled with Maldon sea salt

NEW Cauliflower Cheese (V) (GF) £5.95 -

Neapolitan wood-fired pizzeria. PROVEN®

At **PROVEN** we are proud to use a range of meats from Cobble Lane. Founded in 2013 in London, **Cobble Lane Cured** is a leading producer of award-winning British charcuterie. Using **responsibly sourced meat and traditional curing methods** to craft premium cured meats.




FREE WiFi

PROVENPIZZERIA.CO.UK | 01785 817 007



PROVEN[®]

Our pizza sauce is made with San Marzano tomatoes which are famous for their sweetness, quality and intense flavour. All of our pizzas are topped with Fior Di Latte mozzarella unless otherwise stated.

Classic Neapolitan pizza

- Marinara (Ve) (GFO)** **£10.75**
San Marzano, fresh oregano and garlic oil (No cheese)
- Margherita (V) (VO) (GFO)** **£12.95**
San Marzano, Fior Di Latte, basil and olive oil
- Pizza Napoli (GFO)** **£14.95**
San Marzano, anchovies, capers and Kalamata olives with fresh parsley
- Carne (GFO)** **£16.95**
San Marzano, salami Milano, Cobble Lane pepperoni and fennel & garlic salami
(Add 'Nduja or pancetta £2.20)
- Capricciosa (GFO)** **£16.45**
San Marzano, ham, mushrooms, artichokes and Kalamata olives
- Prosciutto di Parma (GFO)** **£16.45**
San Marzano, Prosciutto di Parma and garlic oil. Finished with rocket and freshly grated Parmesan
(Add fresh figs £1.50)

Premium Neapolitan pizza

- Black Stag (GFO)** **£18.95**
San Marzano, Venison with sloe berry salami and red onion. Finished with black garlic dressing and micro garlic chives
- Mushroom & Truffle (GFO)** **£18.95**
Double cream, Parmesan, Gorgonzola and Portobello mushrooms. Finished with truffle oil, micro garlic chives and a whole Burrata (No Fior Di Latte)
- NEW The Ploughman's (GFO)** **£18.95**
Double cream, roasted apple purée, Buxton Blue, balsamic onions, Parmesan, bacon and honey
- NEW Quattro Formaggi (GFO)** **£18.95**
San Marzano, Fior Di Latte, Buxton Blue and honey. Finished with Parmesan crisps and a whole Burrata
- NEW Autunno** **£18.95**
Roasted Butternut Squash and garlic purée, fennel & garlic salami, diced roasted potato, red onion and garlic oil. Finished with a whole Burrata
- NEW Zucca (V) (VO)** **£18.95**
Roasted Butternut Squash and garlic purée, artichoke, courgette, diced roasted potato, corn, red onion, baby leeks and garlic oil



Signature Neapolitan pizza

- NEW

The Beet Goes On (V) (VO) (GFO)
Beetroot pesto, kale, balsamic onions, roasted apple purée

£15.95
- IT'S BACK

Earth Mother (V) (VO) (GFO)
San Marzano, Portobello mushrooms, artichoke, Kalamata olives, baby leeks, slow roasted tomatoes, fresh oregano and garlic oil

£16.95
- PROVEN Hot (GFO)**

San Marzano, fresh chilli, hot Peppadew peppers, ‘Nduja and Cobble Lane pepperoni

£16.45
- Portobello Blue (GFO)**

Double cream, Gorgonzola, Portobello mushrooms and smoked pancetta. Finished with parsley and balsamic glaze

£15.95
- Pesto Chicken (GFO)**

Homemade pesto, chicken, red & yellow cherry tomatoes and red onion. Finished with grated Parmesan

£16.75
- Tonno (GFO)**

San Marzano, tuna fillet, wilted spinach, red onion, capers and garlic oil. Served with a wedge of lemon

£16.45
(Add prawns or anchovies £2.20)
- Pep Talk (GFO)**

San Marzano and two types of pepperoni. Finished with spicy honey drizzle

£16.45
- Angry Italian (GFO)**

San Marzano, Italian sausage and ‘Nduja. Finished with cool, creamy buffalo mozzarella and spicy honey (No Fior Di Latte)

£16.45
- BBQ Chicken & Pancetta (GFO) (VGO) (VO)**

Smokey BBQ sauce, chicken, pancetta, mixed peppers and corn

£16.75
- Hawaiian (GFO)**

San Marzano, fresh oregano, fresh pineapple and finished with Prosciutto di Parma

£15.50
(Add ‘Nduja or pancetta £2.20)
- From The Garden (V) (VO) (GFO)**

San Marzano, wilted spinach, mixed peppers, red onion, Portobello mushrooms, oregano and garlic oil

£15.75
- NEW

Goatfather Part 2 (V) (GFO)
Beetroot pesto, goats’ cheese, red onion and caramelised onion chutney. Finished with rocket

£16.75

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
- Burrata (V)

£3.95
- Garlic Parmesan crust

£1.50

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



WHITE WINE	175ml	250ml	Bottle
Pinot Grigio (Ve)	£6.05	£8.30	£22.95
Bella Modella, Chieti, Italy ABV 11% Crisp apple and citrus fruit			
Chardonnay (Ve)	£6.30	£8.65	£23.95
Costa Vera. Casablanca, Chile ABV 12% Delicate tropical fruits including peach and guava			
Picpoul de Pinet (Ve)	£7.00	£9.65	£26.95
Petite Ronde. ABV 12% Refreshing dry white displays lovely citrus aromas on the nose. Well-balanced acidity and zesty finish			
Rioja Blanco (Ve)	£7.25	£9.95	£27.95
Fincas de Azabache, Spain ABV 12% A blend of Viura and Tempranillo Blanco fermented in new oak barrels. Flavours of lemon, green apple, peach and vanilla			
New Zealand Sauvignon Blanc (V)	£7.45	£10.30	£28.95
Dashwood, Marlborough. ABV 13% Zesty grapefruit, lime and Meyer lemon with mid-palate flavours of pear and passionfruit			
Gavi di Gavi (Ve)	-	-	£34.00
Toledana, Domini Villa Lanata. ABV 13.5% Piemonte's most celebrated unoaked, fresh and minerally white wine			
RED WINE	175ml	250ml	Bottle
Merlot (Ve)	£6.05	£8.30	£22.95
Granfort, Pays d'Oc. ABV 13.5% Medium bodied with full plummy fruit and soft rounded tannins			
Malbec (Ve)	£6.50	£9.00	£24.95
Luna del Sur, San Juan. ABV 13% Flavours of ripe berries, spice, cinnamon and vanilla			
Montepulciano D'Abruzzo	£7.00	£9.65	£26.95
Terrabuona, Italy. ABV 12.5% Delicate aromas of small red berry fruits, wild cherry and a hint of spice			
Cabernet Sauvignon (Ve)	-	-	£27.95
Big Beltie, France ABV 13.5% Rich, ripe, blackcurrant and cassis fruit, with smoky and peppery hints			
Primitivo (Ve)	£7.45	£10.30	£28.95
Doppio Passo. Puglia, Italy ABV 13% Rich dark berries, plum and chocolate notes			
ROSÉ WINE	175ml	250ml	Bottle
Pinot Grigio Rosé (Ve)	£6.05	£8.30	£22.95
Bella Modella. Chieti, Italy ABV 11% Rich and fruity, light aromatics and notes of wildflower			
White Zinfandel (Ve)	£6.50	£9.00	£24.95
Headlands Cove. California, USA ABV 8% Berries, white melon and sweet spice			
Provence Rosé (Ve)	£7.10	£9.80	£27.50
Estandon Reflet, France ABV 12.5% Bright, shiny pale pink hue. With notes of citrus, and pink grapefruit flesh			
PROSECCO	125ml	175ml	Bottle
Vitelli Prosecco (Ve)	£6.50	£8.30	£28.00
Fruity and fragrant with clean notes of citrus fruit, pear and apple, along with subtle floral aromas ABV 10.5%			
Codorníu Zero (Ve)	£4.30	£5.80	£20.95
Alcohol Free Sparkling Wine. A de-alcoholised sparkler made from the Airen variety. Fresh sweet tropical fruit, apple and citrus flavours. ABV 0.5%			

Prices include VAT. All of our wines by the glass are also available in a 125ml size for 50p less than the 175ml listed price. ABV% on alcoholic drinks are correct at time of printing.

SEE DESSERT MENU FOR THE RANGE OF HOT DRINKS AVAILABLE

LOCAL LYMESTONE BREWERY		330ml	500ml	660ml
Ein Stein ABV 5.0% Blonde		-	£5.95	-
Foundation Stone ABV 4.5% Pale Ale		-	£5.95	-
Stone Faced (GF) ABV 4% Traditional Bitter		-	£5.95	-
Stone The Crows ABV 5.4% Dark Ruby		-	£5.95	-
BEER & CIDER		330ml	500ml	660ml
NEW	Birra Moretti ABV 4.6%	£4.90	-	£6.85
	Peroni Nastro Azzurro ABV 5.0%	£4.95	-	£6.95
	Peroni Gluten-Free ABV 5.0%	£5.25	-	-
	Peroni 0.0% ABV 0.0%	£4.10	-	-
	Erdinger Alkoholfrei ABV 0.5%	-	£5.25	-
	Jubel Peach Beer ABV 4%	£5.95	-	-
	Aspall Cyder ABV 5.5%	-	£5.95	-
	Old Mout Berries & Cherries ABV 4%	-	£5.95	-
	Old Mout Kiwi & Lime ABV 4%	-	£5.95	-
	Old Mout Alcohol Free ABV 0.05%	-	£4.95	-
SPIRIT & MIXER		Single £7.50 Double £9.00		
Stolichnaya Vodka ABV 40%, Sailor Jerry Spiced Rum ABV 40%, Jack Daniels ABV 40%, Disaronno ABV 28%, Bacardi ABV 37.5% Malibu ABV 21%				
GIN & TONIC		Single £7.50 Double £9.00		
Original dry, pink grapefruit, blackberry, black cherry				
NEW	COCKTAILS			Glass
	Amarena Aperol Spritz	£9.75		
	Aperol, Amarena cherry syrup, prosecco and soda			
	Aperol Spritz	£9.25		
	An Italian classic with Aperol, Prosecco and soda			
	Hugo Spritz	£9.25		
	St-Germain elderflower liqueur, Prosecco, soda, mint & lime			
NEW	Sarti Spritz	£9.25		
	Sarti Rosa liqueur, Prosecco and soda			
	Mojito	£9.25		
	Bacardi Carta Blanca, fresh lime, fresh mint, sugar syrup			
	Margarita	£9.25		
	Olmeca Blanco Tequila, Triple Sec, lime			
	MOCKTAILS			
	Mockito	£4.95		
	Mojito mocktail with lime, fresh mint, soda water and sugar syrup			
	Virgin Margarita	£4.75		
	Lime, orange, lemon and soda			
	Crodino Spritz	£5.25		
	Non-alcoholic Italian aperitivo. Sparkling & refreshing with a bittersweet citrus taste. A good alternative to Aperol Spritz			
	Passionfruit Spritz	£5.95		
	Alcohol free sparkling wine, passionfruit syrup, soda, sugar syrup and fresh mint			
ITALIAN ITALIAN	SOFT DRINKS			
	Acqua Panna Still Mineral Water	500ml & 750ml	£3.95 & £4.95	
	San Pellegrino Sparkling Water	500ml & 750ml	£3.95 & £4.95	
	Organic Sparkling Lemon	275ml	£4.45	
	Organic Sparkling Blood Orange	275ml	£4.45	
	Appletiser	275ml	£3.80	
	Coca-Cola	330ml	£3.85	
	Diet Coke / Coke Zero	330ml	£3.60	
	Fanta Orange / Sprite Zero	330ml	£3.60	
	Fentimans Cherry Cola	275ml	£4.10	
	Fentimans Dandelion and Burdock	275ml	£4.10	
	Fentimans Ginger Beer	275ml	£4.10	
	Fentimans Sparkling Elderflower	275ml	£4.10	
	Luscombe Still Sicilian Lemonade	270ml	£4.20	
	Luscombe Sparkling Raspberry Crush	270ml	£4.20	
	Orange/Apple Juice	250ml	£3.95	
Still Orange & Passionfruit	275ml	£3.95		



We're in it for the dough.

Our **Neapolitan pizza dough** honours centuries-old Italian tradition, using just flour, water, sea salt and fresh yeast.

We allow the **dough to ferment slowly for a minimum of 48 hours** to develop a depth of flavour and a light, airy texture. Never rushed, full of character – true to the spirit of **authentic Neapolitan pizza**.

PROVEN®

Ve = Vegan. **VO** = Ask for vegan option. Pizzas made with vegan cheese will be marked with half a cherry tomato. **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.