

Appetisers

- Marinated Olives (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
- NEW Salami Plate (GF)** £6.95
Milano, Fennel & Garlic, Venison with Sloe Berry
- Padron Peppers (Ve) (GF)** £4.95
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)** £7.25
- Large Garlic Bread With Cheese (V) (VO) (GFO)** £11.95
- Bruschetta (Ve)** £7.45
Toasted sourdough bread topped with fresh tomato, red onion, basil, garlic oil and finished with micro basil
- Houmous & Flatbread (V) (VO)** £7.45
Homemade olive oil houmous topped with pomegranate seeds. Served with garlic flatbread
- Baba Ganoush (V) (VO)** £7.45
Roasted aubergine dip with pomegranate seeds and garlic flatbread
- NEW Burrata Caprese Salad (V) (GF)** £8.95
Red & yellow cherry tomatoes, micro basil, olive oil and creamy Burrata
- Goats Cheese & Fig Salad (V) (GF)** £7.45
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
- Jalapeño Poppers (V) (GF)** £6.45
Wood-fired fresh Jalapeños filled with cream cheese and chives. With a spicy honey drizzle
- 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

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 Lamb £17.95
Crushed yellow tomato sauce with lemon zest, pulled lamb, red onion, mixed peppers, wild garlic, Maldon Sea salt, black pepper and pink peppercorns. Finished with garlic chives

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 -
Wild rocket and shaved Parmesan drizzled with balsamic glaze

Homemade Coleslaw (V) (GF) £4.25 -

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

NEW Corn Ribs (Ve) (GF) £5.95 -
Marinated in a smokey, spicy umami sauce

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

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) San Marzano, fresh oregano and garlic oil (No cheese) | £10.75 |
| Margherita (V) (VO) (GFO) San Marzano, Fior Di Latte, basil and olive oil | £12.95 |
| Pizza Napoli (GFO) San Marzano, anchovies, capers and Kalamata olives with fresh parsley | £14.95 |
| Carne (GFO) San Marzano, salami Milano, Cobble Lane pepperoni and fennel & garlic salami (Add 'Nduja or pancetta £2.20) | £16.95 |
| Capricciosa (GFO) San Marzano, ham, mushrooms, artichokes and Kalamata olives (Add Burrata £3.95) | £16.45 |
| Prosciutto di Parma (GFO) San Marzano, Prosciutto di Parma and garlic oil. Finished with rocket and freshly grated Parmesan (Add fresh figs £1.50) | £16.45 |

Premium Neapolitan pizza

| | |
|--|---------------|
| NEW Lamb & Goat's Cheese (GFO) San Marzano, pulled lamb, Goat's cheese, red onion chutney. Finished with pomegranate seeds and micro garlic chives | £18.99 |
| NEW Black Stag (GFO) San Marzano, Venison with sloe berry salami, wild garlic and red onion. Finished with black garlic dressing | £18.99 |
| NEW Mushroom & Truffle (GFO) Double cream, Parmesan, Gorgonzola and Portobello mushrooms. Finished with truffle oil, micro garlic chives and a whole Burrata (No Fior Di Latte) | £18.99 |
| NEW Amalfi Sunset Crushed yellow tomato sauce with lemon zest, silverskin anchovies, wild garlic and pink peppercorns. Finished with cool, creamy buffalo mozzarella (No Fior Di Latte) | £18.99 |
| NEW Earth Mother (V) (GFO) San Marzano, mushrooms, artichoke, Kalamata olives, baby leeks, slow roasted tomatoes and oregano. Finished with truffle oil and a whole Burrata (No Fior Di Latte) | £18.99 |

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 |

Signature Neapolitan pizza

Sole di Pomodoro (V) (VO) **£14.95**

Crushed yellow tomato sauce with lemon zest, slow roasted tomatoes, pink peppercorns and fresh basil. Finished with micro basil

PROVEN Hot (GFO) **£16.45**

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

Portobello Blue (GFO) **£15.95**

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

Tonno (GFO) **£16.45**

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 Pep Talk (GFO) **£16.45**

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

Angry Italian (GFO) **£16.45**

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) **£16.75**

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) **£15.75**

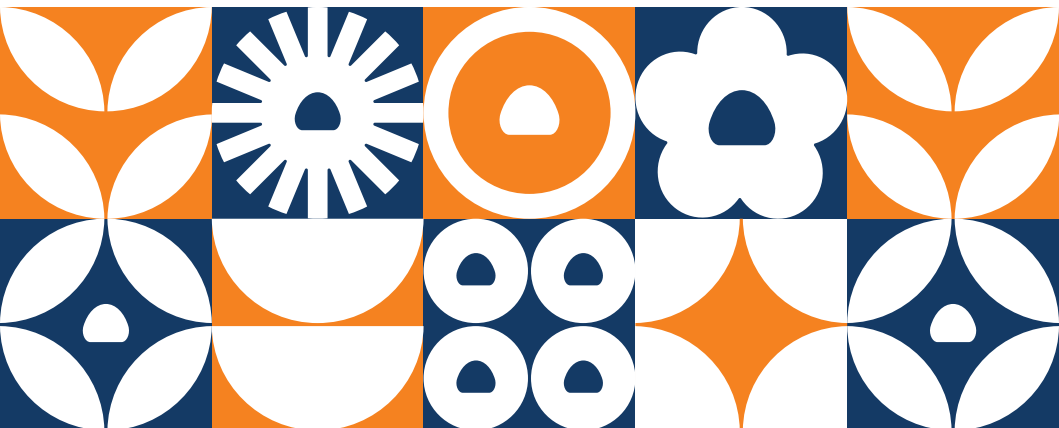
San Marzano, wilted spinach, mixed peppers, red onion, Portobello mushrooms, oregano and garlic oil

Calabrian Rebel (V) (VO) (GFO) **£16.45**

San Marzano, plant-based BBQ chicken and fiery vegan 'Nduja. Finished with diced cherry tomato & red onion

Goatfather (V) (GFO) **£16.45**

San Marzano, crumbled goats' cheese, fresh beetroot, red onion, caramelised onion chutney and micro red amaranth



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) | £5.95 | £8.15 | £22.50 |
| 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 | | | |
| Sauvignon Gris (Ve) | £7.00 | £9.65 | £26.95 |
| Le Peewit, Côtes de Gascogne ABV 11.5% Fresh and elegant with aromas of white peach and apple blossom alongside zest acidity | | | |
| 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 | | | |
| 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) | £5.95 | £8.15 | £22.50 |
| 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 13% Delicate aromas of small red berry fruits, wild cherry and a hint of spice | | | |
| Primitivo (Ve) | £7.45 | £10.30 | £28.95 |
| Doppio Passo. Puglia, Italy ABV 13% Rich dark berries, plum and chocolate notes | | | |
| Nero d'Avola Frappato (Ve) | - | - | £32.00 |
| Baglio Gibellina U Passimientto, ABV 13.5% Warming Sicilian red with intense bright red fruit | | | |
| ROSÉ WINE | 175ml | 250ml | Bottle |
| Pinot Grigio Rosé (Ve) | £5.95 | £8.15 | £22.50 |
| 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 9.5% 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

| | BEER & CIDER | 330ml | 500ml | 660ml |
|--------------|---|--------------|--------------|--------------|
| | 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 | - |
| LOCAL | Limestone Brewery Ein Stein ABV 5.0% | - | £5.95 | - |
| LOCAL | Limestone Brewery Foundation Stone Pale Ale ABV 4.5% | - | £5.95 | - |
| | Beavertown Neck Oil Session IPA ABV 4.3% | £5.25 | - | - |
| | 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, rhubarb & ginger

COCKTAILS

Glass

Aperol Spritz

£9.25

An Italian classic with Aperol, Prosecco and soda

NEW Hugo Spritz

£9.25

St-Germain elderflower liqueur, Prosecco, soda, mint & lime

Limoncello Spritz

£9.25

Limoncello, Prosecco and soda

Espresso Martini

£9.95

Salted caramel vodka, Kahlua, fresh espresso

Mojito

£9.25

Bacardi Carta Blanca, fresh lime, fresh mint, sugar syrup

Margarita

£9.25

Olmecca 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

SOFT DRINKS

Acqua Panna Still Mineral Water 500ml & 750ml

£3.95 & £4.95

San Pellegrino Sparkling Water 500ml & 750ml

£3.95 & £4.95

ITALIAN

Organic Sparkling Lemon 275ml

£4.45

ITALIAN

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.