





STARTERS | GREENS

BONELESS DRY RIBS	boneless pork rib bites, crispy fried and tossed with salt and cracked pepper served with fresh lemon wedge and dill dip. +fries 3 +caesar salad 3	14
MUSHROOM CAPS	mushroom caps stuffed with seafood and cream cheese mixture, baked with mozzarella cheese and served with garlic bread.	15
FRIED CALAMARI	hand battered, lightly fried and finished with fresh lemon and onions, served with tzatziki sauce.	15
CHICKEN WINGS	salt + pepper lemon pepper cajun dill pickle 3rd degree, franks hot, buffalo ranch, honey garlic, bbq, teriyaki, sweet chilli	15
SPINACH DIP	warm homemade spinach cream cheese dip with garlic bread	15
ONION RINGS	thick beer battered onion rings with chipotle mayo dip.	half 7 full 10
SWEET POTATO	served with chipotle mayo dip 	half 6 full 9
GARLIC FRIES	with garlic infused butter and parmesan cheese 	half 7 full 10
THE POUTINE	cheese curds, beef gravy, parmesan cheese	half 9 full 13
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CAESAR SALAD	romaine, parmesan, croutons, creamy caesar dressing	half 7 full 13
MIX SALAD	grape tomatoes, red onions, cucumbers, parmesan 	half 7 full 13
GREEK SALAD	lettuce, red onions, grape tomatoes, feta cheese, cucumbers, bell peppers, greek feta dressing 	half 10 full 15
SOUP	+garlic bread 2 +cheese toast 4 caesar salad 4	cup 5 bowl 6
ADD TO SALAD	+grilled chicken 6 blackened chicken 6 crispy chicken 6 8oz NY steak 18 bacon 3	

BURGERS | SANDWICHES

all burgers are made using fresh certified angus beef ground chuck

PROPER BURGER	cheddar, lettuce, tomatoes, onions, pickles, burger sauce +bacon 2	17
MUSHROOM BURGER	swiss cheese, sautéed mushrooms and sauteed onions, lettuce, tomatoes, burger sauce	19
BBQ BURGER	cheddar, whisky bbq sauce, lettuce, tomatoes, crispy fried onions, bacon	20
JALAPENO BURGER	swiss cheese, fresh jalapeno peppers, lettuce, onions, tomatoes and chipotle mayo	18
THE PHILLY CHEESESTEAK	certified angus beef, swiss cheese, sautéed onions and mayo served on a french baguette with side au jus for dipping.	19
BLACKENED CHICKEN SANDW.	fresh boneless chicken breast seared with our homemade cajun spice, cheddar, lettuce, tomatoes and chipotle mayo on an Italian bread.	19
CHICKEN CLUB SANDWICH	fresh grilled boneless chicken breast, smoked bacon, swiss cheese, lettuce, tomatoes and chipotle mayo on an Italian bread.	19
BUFFALO CHICKEN BURG.	fresh boneless chicken breast, hand-battered and crispy fried, finished with buffalo ranch sauce, lettuce and tomatoes.	19

burgers and sandwiches are served with french fries or mashed potatoes

sub for sweet fries, onion rings, side caesar, mix salad or cup of soup **+2** | substitute for garlic fries or poutine **+3**

PASTAS | BOWLS




FETTUCINI ALFREDO	creamy parmesan sauce, shredded parmesan, served with garlic bread. +grilled chicken 6 +blackened chicken 6 +baked with mozzarella 3	16
BEEF LASAGNA	traditionally layered beef lasagna, baked with mozzarella, with garlic bread.	18
MONGOLIAN BEEF	certified angus beef, bell peppers, red onions and green onions with sweet + salty sauce, served on jasmine rice	19
CHICKEN STIRFRY	tender marinated chicken, broccoli, carrots, onions and cabbage homemade teriyaki sauce served on skinny egg noodles.	19

PROPER STEAKS

our beef is distinguished with the highest certifications in Canada.



We hand-cut our steaks daily from **AAA+ Certified Angus Beef® and Angus Reserve® Beef**

All steaks are prepared with kosher salt, cracked black pepper and garlic herb butter.


8 OZ NEW YORK	the new york striploin is a steakhouse classic. served with yukon gold mashed potatoes and vegetables. this is our most popular dish!		26
12 OZ NEW YORK	a proper thick-cut classic steakhouse angus new york striploin, served with yukon gold mashed potatoes and vegetables.		34
16 OZ BONELESS BEEF RIBEYE	a high-end cut of beef, that is beautifully marbled making this cut very tender and flavourful. served with yukon gold mashed and vegetables.		42
STEAK + PASTA	our angus 8oz New York steak , served with fettuccine alfredo and garlic bread. upgrade to 12oz New York +8 upgrade to 16oz ribeye +16		35

steak dinner add-ons | + sauteed mushrooms **3** | + sauteed onions **3** | + garlic bread **2** | + crispy onions **2**

BBQ BY PROPER

BBQ BEEF SHORT RIB	AAA+ angus plate short ribs, cut just below the ribeye, providing great marbling and fantastic flavour. slow-cooked for up to 48 hours, finished with whiskey bbq sauce and served with mashed potatoes, slaw, and vegetables.		28
BBQ ST. LOUIS 1/2 RACK	slow-cooked for up to 24 hours, finished with whisky bbq sauce, served with mashed potatoes, slaw and vegetables. +additional 1/2 rack 13		23


CHICKEN

BLACKENED CHICKEN	fresh brined chicken breast, seared with house-made cajun spice, topped with garlic butter and served with mashed potatoes and vegetables.		23
CHICKEN NEPTUNE	fresh brined chicken breast, topped with a homemade crab, shrimp, green onion and cream cheese mix, baked with mozzarella and finished with parmesan cream sauce, served with mashed potatoes and vegetables.		25
CRUNCHY CHICKEN	fresh brined chicken breast, hand-breaded and lightly fried, topped with parmesan cream sauce and served with mashed potatoes and vegetables.		23
CHICKEN TENDERS	fresh brined chicken breast, hand-cut into tender strips, hand-breaded per order and lightly fried. served with french fries and choice of dipping sauce.		19

THE PROPER CLASSICS

FISH N CHIPS HADDOCK	large 7oz haddock fillet hand battered and lightly fried per order! served with fries, slaw, fresh lemon wedge and tartar sauce. + extra haddock fillet 11		19
SHEPHERDS PIE	certified angus beef, beef short rib stock, carrots, peas, onions and corn, topped with mashed potatoes, and baked with mozzarella, with garlic bread.		19
VEAL CUTLETS	two non-processed breaded veal cutlets, grilled and topped with sauteed onions and beef gravy served with mashed potatoes and vegetables.		22
BUTTER CHICKEN	tandoori chicken breast, homemade creamy indian butter chicken sauce, fragrant jasmine rice, served with naan bread.		19
HAMBURGER STEAK - 13OZ	13oz certified angus beef ground chuck, topped with sautéed onions and beef gravy, served with yukon gold mashed and vegetables.		22

A PROPER PRIME RIB | SATURDAYS

Join us on **Saturdays** starting at 4 p.m. for our Angus AAA+ Prime Rib. our properly prepared  prime rib is cooked low and slow for a minimum of 18 hours to a perfect medium-rare*

Prime Rib is cut to order and served with au jus, horseradish, vegetables and yukon mashed potatoes.

Choose your cut: 10 oz | 28 12 oz | 33 16 oz | 42

*for a more cooked piece, additional cooking is required. be aware that this may impact your prime rib's quality.