



SUMMER 2016

BREAKFAST SPECIALS – change weekly

Summer greens, tofu, egg & seaweed \$15.50
Duck rillettes, egg & pickled nectarine \$16.50

TREATS THIS WEEK

Blueberry muffin \$4.50
Flourless chocolate cake \$6.50
Mango cheesecake \$6.50
Cookies \$2.50
Ginger cake, lemon icing \$6.50
Cherry & granola pots \$5.50

EARLY START – until midday

Bread by Lievito

Multigrain/Sourdough toast with house preserves \$6.00
Breakfast roll with house preserves \$6.00
Strawberry cheesecake french toast \$15.50
Banana bread, honeycomb butter \$8.50
Toasted muesli, market best fruit, honey yoghurt \$13.50
Buttermilk hotcakes, pecans & lemon curd \$15.50
Smoked salmon & leek squeak, egg & capers \$16.50
'The Marketeer' smokey bacon, soft egg roll \$10.50
Proper free range eggs – Green Eggs from Ararat
poached / fried / scrambled, toast \$10.50

Additions :

- Sweet potato, sour cream & jalapeño \$5.50
- Thick cut bacon \$4.50
- Smoked salmon \$6.50

GF bread available + \$1.00

SONS & DAUGHTERS

We encourage the kids to try all.
Breakfast is available in half serves for half price.
Kids under 12 – dine in only.
Kids Spider – fruit soda Jock's sorbet \$4.00

HOT DRINKS

Coffee by Toby's Estate
- short \$3.30/ reg \$4.00 / large \$4.50
Tea by Toby's Estate \$4.00
- Toby's Breakfast Blend
- Earl Grey
- Organic Peppermint
TTotaler coconut lemon splice tea \$4.00
Chai Me sticky chai \$4.00
Hot Chocolate by Mörk \$4.00
Soy / almond milk + 50c

COLD DRINKS

House made fruit sodas, all natural \$6.50
- Rosehip & mint
- Fresh orange & rosemary
- Watermelon & strawberry
- Mango & ginger

Iced Coffee \$6.50
Iced Chocolate by Mörk \$6.50
Capi Sparkling water sm/lge \$4.00/\$5.50
Capi flavoured sodas \$4.00
- Ginger beer, Lemonade
Coconut water \$3.50



At Proper & Son we have a commitment to provenance and sustainability. Be assured we use free-range eggs and chicken, humanely raised animals and fish. While fruit and vegetables are not always organic they are GM/hormone & pesticide free AND fresh from the market to your plate. Please note menu items may contain fish, sesame, nut, egg soy, wheat, seeds and other allergens. Please check with our staff before ordering. Dietary requirements are catered for when possible but please no alterations or additions to dishes.

Everything on the menu is available to take away www.properandson.com.au



@properandson



proper & son



SUMMER 2016

MARKET KITCHEN ROLLS

Bread by Lievito

The Marketeer \$10.50

Smokey bacon, soft egg

Corned waygu brisket \$13.50

Pickles, cabbage & mustard

Field Mushroom & haloumi \$11.50

Romesco sauce

Free range roast chicken \$12.50

Sage, onion & cranberry stuffing

Gluten free bread available +\$1.00

LUNCH DISHES - change weekly

Smoked salmon & leek squeak, egg & capers \$16.50

Maple baked ham, sweet potato & cranberry \$17.50

Duck rillettes, egg & pickled nectarine \$16.50

PROPER SALADS – change weekly

Smoked chicken, mango & mint \$11.50

Prosciutto, bocconcini & peach \$10.50

Spiced cauliflower, feta, sumac & dill \$8.50

Asparagus, freekah & seaweed \$9.50

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Cherry & granola pots \$5.50

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