

SHARE PLATES

Proper Wings

classic buffalo/ bourbon bbq/ sweet chili/
gold rush/ chon bon/ zip zip

Truffle Fries

parmesan/ scallions/ malt vinegar aioli
| 9.99 |

Three Cheese Garlic Bread

garlic puree/ three cheese blend/ pepperoni sauce

Avocado Eggrolls

black beans/ cheddar jack/ roasted tomatoes/
roasted chilis/ sweet ranch dipping sauce

*Tuna Crudo

ahi tuna/ crispy rice cake/ house sushi sauce/ scallion/
ponzu/ avocado puree/ fresno aioli
| Add 5.00 |

Sweet Chili Ribs

szechuan sauce/ chili crema

SHARE PLATES 12.99

DIPS & SPREADS

Queso Dip

black beans/ cheddar cheese/ turkey

Crab Dip

lump crab/ cream cheese/ arugula/
roasted red peppers/ pita

Spread Duo

house guac/ black bean hummus/
tortilla chips/ pita

Buffalo Chicken Dip

crispy buffalo chicken/ celery/ cheddar/
blue cheese/ tortilla chips

DIPS & SPREADS 13.99

SOUPS & SALADS

Turkey Chili

standard 6.45 | the proper way 7.99

Soup of the Day

6.99

Summer Buddha Bowl

lemon herb potatoes/ avocado puree/
solstice grains/ pickled onions/ charred corn/
black beans/ cilantro lime 15.99
| vegan friendly |

Southwest Chicken

romaine/ crispy chicken/ tomatoes/ onions/
roasted corn/ cheddar/ crisp tortilla strips/
red pepper ranch 15.99

Balugura

virginia blueberries/ arugula/ cucumber/
feta/ sunflower seeds/ jalapeño/
blueberry basil vinaigrette 14.45

*Spicy Tuna

sesame tuna/ seaweed/ lotus chips/ fresno chilies/
udon noodles/ ginger sesame vinaigrette 21.99

Truffle Caesar

romaine hearts/ grana padano/ truffle croutons/
charred & chilled cherry tomatoes/
black truffle 14.99

Add Chicken 4.00 *Add Salmon 9.00

Maine Lobsta' Mac

campanelle/ shallots/ herb bread crumbs/
fontina/ white cheddar/ sherry

a lotta' lobster 17.99

a whole lotta' lobster 26.45

PROPER FLATBREADS

Buffalo Chicken

crispy chicken/ cheddar/ buffalo sauce/ blue cheese dressing

Santa Fe Veggie

charred corn/ smoked chili/ black bean/ queso fresco/ jack cheese/ avocado cream

Philly Cheesesteak

shaved ribeye/ peppers/ onions/ mushrooms/ cheese sauce

FLATBREADS 13.99

BURGERS, SANDWICHES, & SUCH

*Proper Burger

7 oz. angus beef patty/ applewood smoked bacon/
white cheddar/ american cheese/ bistro onions/
dijonaise/ potato bun

*The District Burger

7 oz. angus beef patty/ american cheese/
chicken "cracklins"/ dc brau pale ale aioli/
mumbo sauce/ grilled onion/ lettuce/
tomato/ sesame roll

*Ginger Spiced Salmon Burger

sriracha mayo/ asian slaw/ potato bun

Korean Chicken Sandwich

crispy dark meat chicken/ pickled daikon/
sweet gochujang/ chili aioli/ sesame roll

*Jumbo Lump Crab Cake

4 oz. crab cake/ coleslaw/ chesapeake aioli
| Add 3.00 |

World's Greatest Sandwich

fried eggs/ candied-pepper bacon/ lettuce/ tomato/
spicy mayo/ cheddar/ sourdough

The "Super Beef"

house shaved roast beef/ james river bbq/
american cheese/ mayo/ shaved red onions/
toasted onion kaiser

Chilled Green Curry Lettuce Wraps

thai curry/ charred tomatoes/ grilled pineapple/
asparagus/ garlic 'shrooms

BURGERS, SANDWICHES & SUCH 14.99

Served with Seasoned French Fries

Upgrade 1.50

house salad | caesar salad | truffle fries

PASTAS

(Available Daily After 5PM)

Sesame Ginger Chicken

udon noodles/ szechuan veggies/ crispy chicken/
sesame orange ginger sauce 19.45

Wild Mushroom Gnocchi

roasted peppers/ heirloom cherry tomatoes/ arugula/
mixed mushrooms/ sherry cream 18.99

PLATES

(Available Daily After 5PM)

Chimichurri Charred Chicken

½ charbroiled chicken/ grilled asparagus/ lemon herb
roasted potatoes/ chimichurri 21.45

*Jerk Salmon

spiced atlantic salmon/ caribbean corn salad/
fried black beans/ chili lime coulis 23.99

*Steak Frites

8 oz. marinated hanger steak/ seasoned fries/
arugula/ proper sauce 25.45

*Jumbo Lump Crab Cake

4 oz. crab cake/ coleslaw/ seasoned fries/
chesapeake aioli
single 17.99 | double 28.99

Freddie's Ribs

baby back ribs/ coleslaw/ bbq beans/ corn cake
half rack 19.99 | full rack 27.99

SIDES

Lemon Herb Roast Potatoes

French Fries

Grilled Asparagus

Coleslaw

House/ Caesar Salad

Solstice Grains

SIDES 6.99

To ensure the prompt service of all of our guests,
please limit payment methods to four or less per party. Thank you.

*Consuming raw or under cooked meats, poultry, seafood, shellfish, or eggs may increase your risk of food borne illness,
especially if you have certain medical conditions