

BREAKFAST

Served Monday – Friday 7am – 2pm

PARFAIT*	6
<i>Greek Yogurt, House Granola, Berries, Local Honey</i>	
PROPER OATMEAL	5
<i>Brown Sugar, Whipped Crème Fraîche</i>	
QUICHE	6
<i>Daily Selections</i>	

TOASTS

Fresh Baked Bread with your choice of topping:

PEANUT BUTTER & BANANA	5
SWEET CREAM BUTTER, CINNAMON & SUGAR	3
BRIE & APPLE	5
AVOCADO, SEA SALT	5
ROASTED TOMATO, BASIL PESTO	5
CURED SALMON, CRÈME FRAICHE	8
WHIPPED BUTTER, OLIVE OIL	3
DAILY SELECTION OF HOUSE JAM	4

LUNCH STARTERS

Served Monday – Friday After 11am

HOUSE PICKLES*	4
<i>Selection of Seasonal Vegetables</i>	
FRENCH ONION SOUP	8
<i>Caramelized Onion, Baguette, Gruyère Cheese</i>	
POMMES FRITES*	4
<i>Hand-Cut Fries, Garlic Aioli</i>	
<i>Add Fine Herbs, Parmesan Cheese, Truffle Powder 2</i>	

LUNCH PLATES

All sandwiches served with a side salad or fries

REUBEN	13
<i>House Marble Rye, Corned Beef, Gruyère Cheese, Sauerkraut, Russian Dressing</i>	
FRENCH DIP	12
<i>House Baguette, Roast Beef, Caramelized Onions, White Cheddar Cheese, Au Jus</i>	
BISTRO BURGER*	13
<i>Caramelized Onions, Arugula, Garlic Aioli, Brie or White Cheddar Cheese</i>	
PORTOBELLO BURGER*	13
<i>Portobello Mushroom, Tartufo Cheese, Pickled Roasted Peppers, Arugula, Balsamic</i>	
VEGETARIAN SANDWICH	11
<i>House Whole Grain Bread, Hummus, Pickled Peppers, Tomato, Basil Pesto, Shredded Greens, Cucumber</i>	
GRILLED HAM & CHEESE	10
<i>Brioche, Cheddar Cheese, Aioli, House Ham</i>	
TURKEY SANDWICH	11
<i>Smoked Turkey, House Jam, Watercress</i>	

<i>Add Avocado to Any Sandwich</i>	<i>1</i>
<i>Add Bacon to Any Sandwich</i>	<i>2</i>

SALADS

ARUGULA SALAD*	8
<i>Black Pepper, Feta Cheese, Radish, Sherry Vinaigrette, Candied Walnuts</i>	
<i>Entrée Size</i>	<i>11</i>
COBB SALAD*	12
<i>Romaine, Bacon Lardons, Tomato, Avocado, Boiled Egg, Blue Cheese Ranch</i>	
HOUSE SALAD*	8
<i>Tuscan, Red Onion, Roasted Carrots, Crouton, Tartufo Cheese, Red Wine Vinaigrette</i>	
<i>Entrée Size</i>	<i>11</i>
<i>Add Chicken to Any Salad</i>	<i>4</i>
<i>Add Trout to Any Salad</i>	<i>5</i>
<i>Add Steak to Any Salad</i>	<i>6</i>

Consuming raw or uncooked meats, poultry, seafood, shellfish, or eggs may increase the risk of foodborne illness

*May be prepared gluten-free by request

COLD DRINKS

JUICE 3
Orange, Grapefruit

MARTINELLI'S APPLE JUICE 3

MAMACHARI KOMBUCHA 6
Lemon Ginger, Mint Lime, Jasmine Rose, Honey Lavender

SAN PELLIGRINO (.5L) 3

ICED TEA 3

SODA 1.25
Coke, Diet Coke, Sprite, Dr. Pepper (12 oz. Can)

COCK'N BULL GINGER BEER 3.5

IBC ROOT BEER 3.5

KIDS FAIRE

KIDS BUTTERED NOODLES 5
Butter, Parmesan

KIDS PIZZA 7
Pepperoni or Cheese

KIDS GRILLED CHEESE 6
On Sourdough, Fries or Fruit

KIDS BURGER 7
Plain Cheeseburger with Ketchup, Fries or Fruit

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HOT DRINKS

*We proudly serve locally roasted artisan coffee by
La Barba Coffee Roasters*

TEA 3

ESPRESSO 2.5

ESPRESSO MACCHIATO 3

CAPPUCCINO 3.25

CORTADO 3

	8 oz.	12 oz.	16 oz.
BREWED COFFEE 2	2.25	2.75	
LATTE 3.25	3.75	4.25	
MOCHA 3.75	4.25	4.75	
CHAI 3.75	4.25	4.75	
AMERICANO 2.5	2.75	3.5	
HOT CIDER 3.75	4.25	4.75	
HOT CHOCOLATE 3.75	4.25	4.75	

ADD-ONS

EXTRA SHOT 1

SOY | COCONUT | OAT MILK 0.75

SYRUPS 0.50
Vanilla | Sugar Free Vanilla, Hazelnut, Caramel Sauce, Chocolate Sauce, Seasonal Syrup



OUR STORY

Stratford Proper Café & Bistro is located on Stratford Avenue in the Highland Park neighborhood. We were drawn to this neighborhood because of the great sense of community we found here, and we wanted to offer a place to gather with friends and neighbors to enjoy great food. Our 3 owners grew up in Salt Lake and feel fortunate to be a part of this unique and vibrant city. At Stratford Proper, we bring the same commitment to serving high-quality food and beverages we have been bringing to our sister locations over the years at Avenues Proper, Proper Burger, and Proper Brewing Company.

OUR FOOD

Our food is truly handmade. All of our breads, pastries, pastas, sauces, and more are made from scratch in our craft kitchen. In using quality ingredients and classic techniques, we take traditional bistro fare influences and elevate them to create our handcrafted meals.

OUR BEER

We proudly serve beers from our sister location, Proper Brewing Company. We produce small-batch artisan beers with a focus on quality and creativity, using the highest-quality malts and hops along with a changing cast of yeasts to craft unique offerings.

OUR SOURCES

We are committed to supporting our local farmers, ranchers, and artisans by sourcing as many local and regional products as possible. We thank all of our great producers in the state, and proudly advocate for Utah businesses and organizations.