



# THE PROPER MENU

HANDMADE FOOD THAT HUGS YOU BACK

SEPTEMBER 2023



PROPER TRADITIONAL CORNISH PASTY

## THE DELICIOUSLY CURIOUS HISTORY OF THE CORNISH PASTY

Once upon a time, in the land of Cornwall, a clever group of miners stumbled upon a gastronomic marvel that would forever change the culinary landscape. Legend has it that these hardworking miners needed a portable and delicious meal to sustain them during their treacherous underground adventures. And so, in a stroke of pure genius, they concocted the Cornish pasty!

With their bellies rumbling and creativity flowing, the miners crafted a humble pastry filled with a hearty mixture of beef, potatoes, onions, and turnips. These savory parcels were baked to perfection, ensuring a heavenly combination of flaky crust and succulent filling. The miners soon discovered that the unique D-shaped design served a practical purpose: the crusty crimped edge doubled as a handle, allowing them to munch away without getting their grubby hands all over their meal.

Word of this culinary marvel spread like wildfire, and soon the Cornish pasty became the envy of all neighboring counties. It wasn't long before the pasty's popularity reached the royal court itself, and Queen Elizabeth I declared it the unofficial food of Cornwall (alongside some other official ones, of course). From that day forward, the Cornish pasty has been a symbol of Cornish pride and a testament to the ingenuity of those clever miners. So, the next time you sink your teeth into a delicious pasty, remember that it's not just a meal—it's a taste of history.



## ONLINE ORDER MENU



PROPER CHEESE & ONION PASTY

## ONLINE ORDER PASTIES

### PROPER TRADITIONAL CORNISH PASTY

The undisputed King. Our Cornish pasties are perfectly crafted in the traditional Cornish way as heritage dictates. Featuring the finest beef skirt, potato, swede, and onion, they're seasoned to impeccable standards, boasting the distinct peppery flair of the West Country. And, of course, each one is hand-crimped finished in the iconic D-shape.



**10 pack Jumbo - \$100**

**5 pack Jumbo - \$55**

**2 pack Jumbo - \$24**

**2 pack Large - \$20**

### PROPER CHEESE & ONION PASTY

A blend of potato, onion, rich cheddar cheese, a delicate dash of English mustard, and a touch of wholegrain mustard. With every mouthful, you'll experience cheesy goodness tinged with a delightful, tangy twist.



**2 pack - \$20**



PROPER CHEESE & ONION PASTY

## ONLINE ORDER PASTIES

### PROPER ENGLISH BREAKFAST PASTY



Kick-start your day with the complete breakfast lovingly encased in a golden pastry. With a savory pork sausage, crispy bacon, perfectly cooked egg, baked beans, and the tangy sweetness of tomato.

**2 pack - \$20**

## ONLINE ORDER OTHER

### PROPER PORK SAUSAGE ROLL



Given the number of beef sausage rolls around, we believe our Pork sausage rolls will be a delightful and refreshing change. Featuring the savoury goodness of bacon and onion, they are hugely popular with kids or as a snack. Cheap, cheerful yet with no compromise on quality, these rolls are sure to leave you craving another bite.

**2 pack - \$10**



PROPER PORK PIE

## ONLINE ORDER OTHER

### PROPER TRADITIONAL PORK PIE



Undoubtedly one of our most sought-after items, and here's why. Our customers flock to these pork pies after trying so many countless disappointing imitations in their quest to find a good authentic pork pie in Australia. The recipe is simple and purely natural, and we use the time-honoured methods and tools. Each pie is hand-raised with wooden dollies and use the traditional hot water crust pastry. The pork pies are filled with 100% natural pork and a blend of powdered spices. To seal in the succulent goodness, we finish them off with a succulent jelly. It's a true classic that would proudly stand its ground in Melton Mowbray - just ask our customers.

**\$10**

### PROPER SCOTCH EGG



The ultimate handheld delight. This classic treat features a free-range egg in perfectly seasoned pork sausage meat, laced with bacon & onion and coated in crunchy panko breadcrumbs. These gems are bursting with flavour and offer convenience, plus are surprisingly filling. Enjoy them hot or cold, they make for ideal lunches and are a hit at buffets and gatherings.

**2 pack - \$15**



## IN-STORE MENU





PROPER STEAK & ONION PASTY

## OUR IN-STORE PASTIES

### PROPER TRADITIONAL CORNISH PASTY

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**Large - \$10 & Jumbo - \$12**



### PROPER MINERS PASTY

The ingenious and legendary Miners Pasty. It shares the same size as our Traditional Cornish Pasty but is cleverly divided into two parts: one with the traditional Cornish filling, and the other filled with a combination of apple and cinnamon. This ingenious creation served as a convenient solution for Cornish tin miners, allowing them to enjoy both a savory meal and a delectable dessert all in one portable package.

**\$13**







PROPER CHICKEN & LEEK PASTY

## OUR IN-STORE PASTIES



### PROPER CHEESE & ONION PASTY

A blend of potato, onion, rich cheddar cheese, a delicate dash of English mustard, and a touch of wholegrain mustard. With every mouthful, you'll experience cheesy goodness tinged with a delightful, tangy twist.

**\$10**



### PROPER STEAK & ONION PASTY

Crafted especially for our dedicated Aussie fans, this is our Pasty take on the iconic Aussie beef pie. Loaded with generous chunks of premium beef skirt in a traditional beef gravy and enhanced with the bold flavour of fried onions, it's a taste sensation that's truly worth savouring.

**\$10**



### PROPER CHICKEN & LEEK PASTY

Who doesn't love a good chicken pie? Our Chicken & Leek pasties are made with 100% natural ingredients, featuring tender free-range chicken breast and fresh leeks in a classic béchamel-based sauce. This masterpiece is in a league of its own, setting it apart from your typical chicken pies. Give it a try, and you'll never look at chicken pies the same way again.

**\$10**



PROPER ENGLISH BREAKFAST PASTY

## OUR IN-STORE PASTIES



### PROPER BUTTER CHICKEN PASTY

A true crowd-pleaser! This mild and semi-sweet delight is an explosion of flavours. It features succulent chunks of free-range chicken in a super-tasty tomato & yoghurt-based sauce, enriched with authentic whole and ground spices. It's no wonder this is an absolute family favourite.

**\$10**



### PROPER ROGAN JOSH PASTY

A true crowd-pleaser! This mild and semi-sweet delight is an explosion of flavours. It features succulent chunks of free-range chicken in a super-tasty tomato & yoghurt-based sauce, enriched with authentic whole and ground spices. It's no wonder this is an absolute family favourite.

**\$10**



### PROPER ENGLISH BREAKFAST PASTY

Kick-start your day with the complete breakfast lovingly encased in a golden pastry. With a savory pork sausage, crispy bacon, perfectly cooked egg, baked beans, and the tangy sweetness of tomato.

**\$10**



PROPER SCOTCH EGGS

## IN-STORE OTHER



### PROPER TRADITIONAL PORK PIE

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**\$10**



### PROPER PORK SAUSAGE ROLL

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**\$5**



PROPER APPLE & CINNAMON PASTY

## IN-STORE OTHER



### PROPER SCOTCH EGG

The ultimate handheld delight. This classic treat features a free-range egg in perfectly seasoned pork sausage meat, laced with bacon & onion and coated in crunchy panko breadcrumbs. These gems are bursting with flavour and offer convenience, plus are surprisingly filling. Enjoy them hot or cold, they make for ideal lunches and are a hit at buffets and gatherings.

**\$8**

## IN-STORE FRUIT PASTIES



### PROPER APPLE & CINNAMON PASTY

A delectable treat featuring a luscious filling of juicy apples and a sprinkling of aromatic cinnamon. It's a true crowd-pleaser.

**\$6**

**WE ALSO HAVE FROZEN PASTIES FOR HOME COOKING.  
DISCOVER THE CONVENIENCE AND DELICIOUSNESS AT**

**[PROPERPASTRY.COM.AU](https://www.properpastry.com.au)**

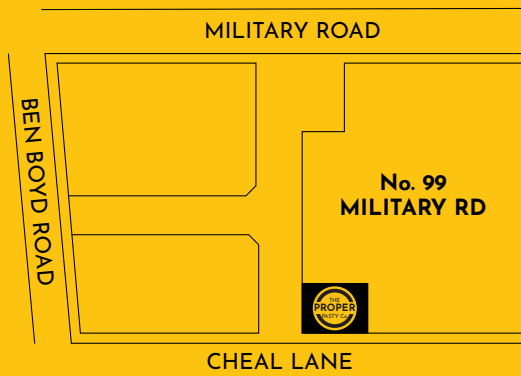


## EMBARK ON A PASTY PILGRIMAGE

Whether you're a seasoned pasty connoisseur or a curious newcomer to the world of flaky goodness, we invite you to visit our store and discover the true artistry of pasty perfection.

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Wednesday to Sunday 8.00am - 2.00pm  
Shop 12, 99 Military Road,  
Neutral Bay, NSW, 2089



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