



## Catering Menu



## Our Takeaway to Your Doorway



From small team meetings to company-wide town halls, we've got you covered. We go all out to bring our good-for-you takeaway right to your door. We craft our fare by hand fresh every morning the only way we know how – with whole, local, organic ingredients sliced, chopped and seasoned with care. Nothing phony or factory-made. Just good, proper food that's packed and ready to go.







### Proper Yogurt Parfait

House-made yogurt, almond-coconut granola, all natural fruit preserves, agave nectar \$5.95 each



### Proper Sausage Breakfast Sandwich

All natural house-made Berkshire pork sausage patty, New York white cheddar, free-range eggs, organic spinach, lemon aioli \$7.50 each



### Breakfast Croissant Sandwich

Sunny-side up free-range eggs, New York white cheddar, butter croissant \$3.50 each

(WITH HOUSE-CURED BACON: \$3.95 EACH)



### Sweet Potato & Egg Muffin Nest

Free-range eggs, New York white cheddar, garnet yams, green onions. \$3.50 each

(WITH HOUSE-CURED BACON: \$4.00 EACH)



### Breakfast Burrito

Free-range scrambled eggs, white cheddar cheese, creme fraiche, cilantro, green onion, charred avocado spinach-flour tortilla & pico de gallo salsa \$5.95 each

(WITH CARNE ASADA STEAK: \$7.95 EACH)



### Seasonal Fruit Cup

Selection of fresh fruit. \$3.50 each




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All items may be served as Proper Platters  
(family style) or individually wrapped.

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## Catering Guidelines



Choose Proper platters (family style) or individual items from our in-store menu.

Breakfast orders must be submitted by 2pm two business days prior.

Lunch orders must be submitted by 2 pm one business day prior.

In store pick-up is available for all orders. Delivery is available for a \$25 fee with a \$100 minimum order.

Please contact Proper Food catering for delivery area and availability.

**Email:** [cater@properfood.com](mailto:cater@properfood.com)

**Phone:** 415.856.9558

## PROPER PLATTERS

SALADS

### Proper Simple Salad

Mixed greens, marinated tomatoes, braised beets, shredded carrots, sherry vinaigrette **\$39.95**



### Organic Baby Spinach Salad

Spinach, roasted walnuts, goat cheese, granny smith apples, bing cherries, lemon vinaigrette **\$49.95**



### Soba Noodle Salad

Soba noodles, broccoli, cilantro, roasted peanuts, daikon radish, marinated shitake mushrooms, daikon raddish, sesame dressing **\$79.95**



### Quinoa Beet Pesto Salad

Beets, red quinoa, wild baby arugula, balsamic reduction, walnuts, goat cheese, mint, basil, red wine vinaigrette **\$79.95**



### Harvest Fruit & Mizuna Salad

Mizuna, radicchio, caramelized pecans, apples, mango, feta, kiwi, creamy apple cider-pomegranate vinaigrette **\$89.95**



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### *Add protein to any platter salad*

Carne Asada Steak: add \$25

Smoked Chicken Breast: add \$25

Lemon Pepper Tuna: add \$35

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**All platters serve 10 people**



### Tofu Spring Rolls

Miso-glazed tofu, shredded carrots, green onions, romaine, Thai basil, marinated shitake mushrooms, rice paper, Thai chili sauce \$59.95

(OR PRAWN SPRING ROLLS \$69.95)



### Proper PB&J

House-made coconut peanut butter, Proper's own all-natural jam, bananas, walnut bread \$79.95



### Roasted Salmon Sandwich

Roasted Fresh Salmon, pickled onions, lemon mascarpone creme, sea salt, grilled rustic boule \$104.95



### Chicken BLT

Free-range chicken, house-cured bacon, charred avocado, tomatoes, red leaf lettuce, lemon aioli, sourdough bread \$104.95



### Grilled Tandoori Chicken Wrap

Tandoori-style free range chicken, charred onions, romaine, cilantro, cucumber, mint, house-made tandoori & lime creme fraiche, wheat wrap \$99.95

(OR WITH ORGANIC TOFU: \$79.95)



### Cubano

Slow Roasted Pork, house-made dill pickles, swiss cheese, dijon mustard, smoked paprika aioli, hero bun \$104.95





## **Ingredients Matter**



Every grower, rancher and supplier we partner with shares our belief that food with integrity starts from the ground up. Ocean up, too. We take these exceptional ingredients and make them into Proper meals.



## INDIVIDUAL BOXES

SANDWICHES & WRAPS

### Carnitas Burrito

All Natural citrus braised carnitas (pork), mexican rice, black beans, cheddar cheese, creme fraiche, iceberg lettuce, flour tortilla \$8.95



### Roasted Salmon Sandwich

Roasted Fresh Salmon, pickled onions, lemon mascarpone creme, sea salt, grilled rustic boule \$9.95



### Grilled Tandoori Chicken Wrap

Tandoori-style free range chicken, charred onions, romaine, cilantro, cucumber, mint, house-made tandoori & lime creme fraiche, wheat wrap \$9.95



### Cubano

Slow Roasted Pork, house-made dill pickles, swiss cheese, dijon mustard, smoked paprika aioli, hero bun \$9.95



### Proper PB&J

House-made coconut peanut butter, Proper's own all natural jam, bananas, walnut bread \$6.95



### Chicken BLT

Free-range chicken, house-cured bacon, charred avocado, tamatoes, red leaf lettuce, lemon aioli, sourdough bread \$9.95



### Tofu Spring Rolls

Miso-glazed tofu, shredded carrots, green onions, romaine, Thai basil, marinated shitake mushrooms, rice paper, Thai chili sauce \$6.95

(OR PRAWN SPRING ROLLS: \$8.95)



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*Check [properfood.com/food](https://www.properfood.com/food) for the latest seasonal menu*

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**Harvest Fruit & Mizuna Salad**

Oregano-Marinated Chicken, mizuna, radicchio, caramelized pecans, apples, mango, feta, kiwi, creamy apple cider-pomegranate vinaigrette \$12.95

**Proper's Chicken Cobb Salad**

All natural free range chicken, house-made honey-glazed bacon, delived eggs, charred avocado, toy box tomatoes, organic greens, croutons & creamy house-made vinaigrette \$12.95

**Quinoa Beet Pesto Salad**

Beets, red quinoa, wild baby arugula, balsamic reduction, walnuts, goat cheese, mint, basil, red wine vinaigrette. \$8.50

(ADD ROASTED FREE-RANGE CHICKEN: \$10.95)

**Seared Lemon Pepper Tuna Salad**

Line-caught Ahi tuna, saffron-infused basmati rice, beluga lentils, roasted almonds, roma tomatoes, kale and sherry vinaigrette \$13.75

**Citrus Braised Octopus & Farro Salad**

Wild fresh octopus, grilled corn, farro, blistered cherry tomatoes, thyme, oregano, sage, parsley, frisee, glazed almonds, yuzu, house-made champagne vinaigrette \$12.50

**Miso-Glazed Salmon and Soba Noodle**

Fresh salmon, soba noodles, broccoli, cilantro, roasted peanuts, daikon radish, marinated shitake mushrooms, daikon raddish, sesame dressing \$13.75

(OR WITH ORGANIC TOFU: \$10.95)

**Spring Salad with Salmon**

Fresh Salmon, red leaf lettuce, romaine, pickled strawberries, glazed almonds, manchego cheese, roasted baby fennel, white balsamic vinaigrette \$11.95

(OR WITH ORGANIC TOFU: \$10.95)





## INDIVIDUAL BOXES

SALADS & BOWLS

### Char-Broiled Flank Steak, Rice and Bean Bowl

All-natural flank steak, black beans, cannellini beans, Mexican red rice, queso fresco, shredded iceberg lettuce, avocado, crispy corn tortillas, lime vinaigrette \$11.95



### Couscous & Spinach Salad with Chicken

Honey-coriander chicken, mediterranean couscous, baby spinach, roasted red peppers, pine nuts, goat cheese, cherries, lemon vinaigrette \$11.95



DESSERTS, SIDES & DRINKS

### Cookies

Chocolate chip  
Nutella  
Oatmeal walnut  
\$1.75 ea

### Dried Mango

\$2.95

### Artisanal Potato Chips

\$1.95

### Artisanal Sodas

\$2.95

### Sparkling Water

\$1.95

### Boxed Water

\$1.95