



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, nutty granola, all-natural fruit preserves, agave nectar
\$5.95 each



Breakfast Croissant Sandwich

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

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



Sweet Potato & Egg Muffin Nest

Free-range egg, New York white cheddar, Garnet yams, green onions
\$3.50 each

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



Seasonal Fruit Cup

Selection of fresh fruit **\$3.50 each**



Gluten-Free Breakfast Sandwich

Frittata (free-range egg, basil, tomato), white cheddar, gluten-free seeded English muffin **\$4.95 each**

(WITH CANADIAN BACON: \$5.95 EACH)



Breakfast Burrito

Free-range scrambled eggs, white cheddar cheese, creme fraiche, cilantro, green onion, charred avocado, spinach-flour tortilla & pico de gallo salsa **\$6.95 each**

(WITH CARNE ASADA STEAK: \$8.95 EACH)



Mini Breakfast Burrito

Mini breakfast burritos are available as an alternative to cutting regular burritos in half **\$4.95 each**

(WITH CARNE ASADA STEAK: \$6.95 EACH)



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





Catering Guidelines



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

Breakfast orders must be submitted by 2 pm 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

Phone: 415.856.9558

PROPER PLATTERS

SALADS

Proper Simple Salad

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



Quinoa Beet Pesto Salad

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



Grilled Peach & Mizuna Salad

Grilled peaches & nectarines, Greek feta cheese, caramelized almonds, mizuna, house-made strawberry & caraway infused vinaigrette \$89.95



Summer Salad

Peaches, marinated heirloom tomatoes, basil, oregano, bocconcini mozzarella, mixed greens, house-made lemon vinaigrette \$89.95



Soba Noodle Salad

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



Organic Baby Spinach Salad

Spinach, roasted walnuts, goat cheese, Granny Smith apples, Bing cherries, house-made lemon vinaigrette \$49.95



Add protein to any platter salad

Grilled Chicken Breast: add \$25

Carne Asada Steak: add \$35

Lemon Pepper Tuna: add \$40

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**

**Ahi Tuna Sandwich**

Line-caught Ahi tuna, capers, roasted bell peppers, tarragon, basil, chives, wild arugula, garlic aioli, ciabatta bun **\$89.95**

**Grilled Tandoori Chicken Wrap**

Tandoori-style free-range chicken, charred onions, romaine lettuce, cilantro, mint, cucumber, tandoori & lime creme fraiche, wheat wrap **\$104.95**

**Turkey-Avocado Sandwich**

Roasted all natural turkey breast, avocado, pea sprouts, Jack cheese, house-made lemon aioli, honey mustard, wheat bread **\$94.50**

**The Portobello**

Portobello mushroom, piquillo & peperoncini pepper salad, oregano, crescenza cheese, house-made dijon aioli, ciabatta bun **\$84.95**

**Proper Chicken Sandwich**

Smoked free-range chicken, house-cured bacon, havarti cheese, roasted tomatoes, house-made aioli, sourdough bread **\$94.50**

**Vietnamese Wrap**

Tempeh, glass noodles, carrots, pickled cabbage, mint, red leaf lettuce, rice paper, peanut sauce, house-made Thai chili sauce **\$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

Carnitas Burrito

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



Ahi Tuna Melt

Line-caught Ahi tuna, capers, roasted bell peppers, tarragon, basil, chives, wild arugula, sharp cheddar, garlic aioli, ciabatta bun \$8.50



Vietnamese Wrap

Tempeh, glass noodles, carrots, pickled cabbage, mint, red leaf lettuce, rice paper, peanut sauce, house-made Thai chili sauce \$9.95



Proper Chicken Sandwich

Smoked free-range chicken, house-cured bacon, havarti cheese, roasted tomatoes, house-made aioli, sourdough bread \$8.95



Grilled Tandoori Chicken Wrap

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



Proper PB&J

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



Turkey-Avocado Sandwich

Roasted all natural turkey breast, avocado, pea sprouts, Jack cheese, house-made lemon aioli, honey mustard, wheat bread \$8.95



Tuna Poke

Spicy line-caught ahi tuna, avocado, cucumber, red onion, ginger, soy, nori, white sesame, house-made wonton chips \$11.95



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

Halloumi Lavash Wrap

Brined & fried halloumi cheese, marinated tomatoes, house-made harissa yogurt, red onion, romaine lettuce, cumin, mint, wheat flatbread **\$8.95**

**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)

**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**

**Seared Lemon Pepper Tuna Salad**

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

**Grilled Octopus & Garbanzo Salad**

Wild fresh grilled octopus, garbanzo beans, frisee, bell peppers, Spanish croutons (migas), chives, parsley, house-made lemon vinaigrette **\$12.50**

**Quinoa Beet Pesto Salad**

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

(WITH FREE-RANGE CHICKEN: \$10.95)

**Coconut Prawn & Kale Salad**

Crispy coconut prawns, organic kale, citrus farro, grilled Radicchio, toasted almonds, bulls blood microgreen, house-made orange & coriander vinaigrette **\$13.95**



INDIVIDUAL BOXES

SALADS & BOWLS

Miso-Glazed Salmon and Soba Noodle

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

\$13.75

(OR WITH ORGANIC TOFU: \$10.95)



Early Summer Salad

Peaches, marinated cherry tomatoes, basil, oregano, Bocconcini mozzarella, mixed greens, house-made lemon vinaigrette **\$10.95**

(WITH FRESH SALMON OR SALAMI: \$11.95)



Grilled Preach & Mizuna Salad with Balsamic Chicken

Balsamic free range chicken, grilled peaches & nectarines, feta cheese, caramelized almonds, mizuna, house-made strawberry & caraway infused vinaigrette **\$13.50**



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

We pack nutrition, too.



Look for these icons to see what our foods bring to the table besides scrumptiousness.



PROTEIN

Packed with 10+ grams of protein to help build lean muscle, sturdy bones and super-healthy hair, skin and nails.



ENERGY

Fuels you up with whole grains and complex carbohydrates known to fight fatigue and lift moods.



**FAT
BURNER**

Loaded with nutrients and compounds that naturally speed up metabolism – the fat-burner inside all of us.



**SUPER
FOOD**

Calorie-light, nutrient-dense and packed with anti-oxidants and essential nutrients to help you stay healthy.



DETOX

Serves up healthy nutrients that nourish the body while super-charging your metabolism and optimizing digestion.



RAW

Untouched by a lick of heat, these foods keep their full nutritional profile and all the important enzymes you need.



VEGETARIAN

Artisanal produce, cheeses and dairy minus meat of any sort, including poultry and seafood.



**GLUTEN
FREE**

Look all you want – not a trace of wheat, barley, rye or triticale anywhere.



VEGAN

Free of all animal products and animal by-products. That means no milk, cheese or eggs either.



Eat Well & Good

