



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, coconut-almond granola, all-natural fruit preserves, agave nectar \$5.95



Breakfast Croissant Sandwich

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

(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

(WITH HOUSE-CURED BACON: \$3.95)



Seasonal Fruit Cup

Selection of fresh fruit \$3.50



Gluten-Free Breakfast Sandwich

Free-range scrambled eggs, marinated tomatoes, white cheddar, basil aioli, gluten-free english muffin \$4.95

(WITH TURKEY SAUSAGE \$5.95)



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

(WITH CARNE ASADA STEAK: \$8.95)



Mini Breakfast Burrito

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

(WITH CARNE ASADA STEAK: \$6.95)



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**



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 **\$124.95**



Spring Salad

Wild arugula, organic strawberries, mint, Medjool dates, caramelized almonds, dried apricots, point Reyes blue cheese, house-made balsamic-date vinaigrette **\$89.95**



Soba Noodle Salad

Soba noodles, broccoli, cilantro, roasted peanuts, marinated shiitake mushrooms, daikon radish, house-made 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 Melt

Fresh line-caught ahi tuna, sharp cheddar cheese, beefsteak tomatoes, romaine lettuce, house-made lemon aioli, wheat roll \$89.95



Buffalo Chicken Sandwich

All-natural buffalo chicken, peperoncini, fresh tomatoes, lettuce, house-made aioli, New York sharp cheddar cheese, wheat roll \$94.95



Turkey-Avocado Sandwich

Roasted all-natural turkey, avocado, pea sprouts, jack cheese, lemon aioli, honey mustard, wheat bread \$94.50



Roasted Eggplant Sandwich

Marinated eggplant, roasted garlic, arugula, provolone cheese, basil aioli, ciabatta bun \$84.95



Pastrami Sandwich

All-natural beef pastrami, tomatoes, pickled onions, sharp cheddar cheese, jalapeño, lettuce, whole grain honey mustard, house-made aioli, basil-garlic pesto, grilled rye bread \$94.50



Vietnamese Wrap

Tempeh, glass noodles, carrots, pickled cabbage, mint, red leaf lettuce, rice paper, peanut sauce, thai chili sauce \$104.50





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



Cubano Sandwich

All-natural marinated pork, gruyère cheese, house-made pickles, smoked paprika aioli, dijon mustard, torpedo bun \$9.95



Vietnamese Wrap

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



Proper PB&J

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



Pastrami Sandwich

All-natural beef pastrami, tomatoes, pickled onions, sharp cheddar cheese, jalapeño, lettuce, whole grain honey mustard, house-made aioli, basil-garlic pesto, grilled rye bread \$8.95



Turkey-Avocado Sandwich

Roasted all-natural turkey, avocado, pea sprouts, jack cheese, lemon aioli, honey mustard, wheat bread \$8.95



Buffalo Chicken Sandwich

All-natural buffalo chicken, pepperoncini, fresh tomatoes, lettuce, house-made aioli, New York sharp cheddar cheese, wheat roll \$8.95



Ahi Tuna Melt

Fresh line-caught ahi tuna, sharp cheddar cheese, beefsteak tomatoes, romaine lettuce, house-made lemon aioli, wheat roll \$8.95



Check properfood.com/food for the latest seasonal menu

Roasted Eggplant Sandwich

Marinated eggplant, roasted garlic, arugula, provolone cheese, basil aioli, ciabatta bun **\$7.95**

**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**

**Miso-glazed Salmon and Soba Noodles**

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

**Seared Lemon Pepper Tuna Salad**

Line-caught Ahi tuna, saffron-infused basmati rice, beluga lentils, roasted almonds, roma tomatoes, kale, & 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, champagne 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**

(WITH FREE-RANGE CHICKEN: \$10.95)

**Chinese Chicken Salad**

Roasted free-range chicken, marcona almonds, sesame seeds, carrots, crispy wontons, navel oranges, cilantro, red cabbage, romaine, sesame & green onion dressing **\$12.95**

(OR WITH ORGANIC TOFU: \$11.95)



INDIVIDUAL BOXES

SALADS & BOWLS

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



Proper Cobb Salad

Roasted free-range chicken, beefsteak tomatoes, Proper honey-glazed bacon, deviled egg, blue cheese, avocado, mixed greens, house-made creamy lemon vinaigrette

\$13.95



Spring Salad with Salmon

Roasted fresh salmon, wild arugula, organic strawberries, mint, Medjool dates, caramelized almonds, dried apricots, point Reyes blue cheese, house-made balsamic-date vinaigrette

(WITH ORGANIC CITRUS & HONEY-GLAZED TOFU)
\$10.95



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

Gluten Free 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

Coconut Water \$2.95

Kombucha \$4.50

Iced Green Tea \$3.50

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

