



BREAKFAST

Summer 2017

Proper Yogurt Parfait

House-made greek yogurt, coconut-almond granola, Proper's own all-natural fruit preserves, agave nectar \$5.95

Croissant Sandwich

Sunny-side up free-range egg, house-cured bacon, New York white cheddar, freshly baked butter croissant \$3.95

Chilaquiles

Free range egg over easy, corn tortilla chips, cheddar cheese, creme fraiche, cilantro, red onion \$7.95 (Fridays only)

Sweet Potato & Egg Muffin Nest

Free-range eggs, New York white cheddar, garnet yams, green onions \$3.50 (with Proper bacon \$3.95)

Breakfast Burrito

Free-range scrambled eggs, white cheddar cheese, creme fraiche, cilantro, green onion, charred avocado, spinach-flour tortilla, house-made pico de gallo salsa \$6.95 (with carne asada steak \$8.95)

Egg White Frittata

Free-range egg whites, roasted artichokes, hen of the woods mushrooms, pimento chiles, Aleppo pepper, basil, chives \$4.95

SOUPS



\$5.25 (add to any meal \$3.00)

A changing selection of wholesome house-made soups

SANDWICHES & WRAPS



Proper PB&J

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

Chicken Enchiladas

Roasted free-range chicken, guajillo salsa, roasted poblano peppers, corn tortilla, oaxaca and manchego cheese, onions, cilantro, creme fraiche \$10.95 (with sweet potato \$9.95)

Carnitas Burrito

All-natural citrus-braised carnitas, mexican rice, black beans, cheddar cheese, creme fraiche, avocado, house-made salsa, flour tortilla \$8.95

Pastrami Sandwich

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

Portobello Sandwich

Tomato-marinated portobello mushroom, fresh mozzarella, arugula, house-made basil pesto, lemon aioli, ciabatta bun \$7.95

Turkey Avocado Sandwich

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

Buffalo Chicken Sandwich

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



Eat Well & Good



SALADS, ROLLS & ENTREES

Heirloom Tomato Salad with Chicken

Heirloom tomatoes, free-range grilled chicken, baby gem lettuce, frisee, kalamata olives, feta cheese, basil, chives, house-made toasted garlic-almond vinaigrette \$13.50

Seared Lemon Pepper Tuna Salad

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

Summer Salad with Salmon

Roasted fresh salmon, grilled peaches, heirloom cherry tomatoes, mixed greens, feta cheese, sunflower seeds, mint, black pepper, house-made apricot vinaigrette \$11.95 (with organic apricot-glazed tofu \$10.95)

Citrus-Braised Octopus and Farro Salad

Wild fresh octopus, grilled corn, farro, Blistered cherry tomatoes, thyme, oregano, sage, parsley, frisee, glazed almonds, yuzu, house-made champagne vinaigrette \$12.95

Miso-glazed Salmon and Soba Noodles

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

Lemon Quinoa Salad with Chicken

Lemon quinoa, organic spinach, feta cheese, cherry tomatoes, Picholine olives, basil, house-made lemon vinaigrette \$8.50 (with Aleppo pepper free-range chicken \$10.95)

Stuffed Peppers

Red bell peppers, quinoa, farro, pine nuts, sunflower seeds, basil, parsley, cremini mushrooms, mirepoix, garlic, almond ricotta cheese (vegan), house-made coconut-pepper sauce \$11.95

Vietnamese Wrap

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

Char-Broiled Flank Steak, Rice and Bean Bowl

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

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

Couscous & Spinach Salad with Honey-Coriander 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

Organic Dried Mango

\$2.95

Artisan Potato Chips

\$1.95

All-Natural Soda

\$2.95

Sparkling Water

\$1.95

Juices

Energy - Orange, Carrot, Ginger
Superfood - Turmeric Lemonade
Superfood - Watermelon, Strawberry, Beet
Detox - Apple, Broccoli, Celery
Detox - Jicama, pineapple, mango, cucumber
\$6.95

Coffee

Brewed 100% organic, fair-trade coffee
\$2.00 12oz | \$2.50 16oz

Tea (includes iced tea)

Selection of organic teas
\$2.00 16oz

