



BREAKFAST

Fall 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)

**Po-testo Egg White Frittata**

Free-range egg whites, red potatoes, basil pesto, sun-dried tomatoes, roasted garlic, 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

**Carnitas Burrito**

All-natural citrus-braised carnitas, mexican rice, black beans, cheddar cheese, creme fraiche, avocado, 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, basil pesto, lemon aioli, ciabatta bun \$7.95

**Turkey Avocado Sandwich**

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

**Smoked Chicken Sandwich**

Free-range chicken, sun dried tomatoes, romaine, provolone cheese, bbasil aioli, sourdough bread \$8.50

**Ahi Tuna Melt**

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



Eat Well & Good



SALADS, ROLLS & ENTREES

**Fall Salad**

Mixed greens, endive, pistachios, honeycrisp apples, toma cheese, dried cranberries, toasted flaxseed, honey-shallot vinaigrette \$9.95 (with fresh roasted salmon \$11.95)

**Roasted Potato and Pear Salad with Duck Confit**

Free-range duck confit, roasted garlic potatoes, radicchio, poached pears, golden raisins, baby gem lettuce, frisée, goat cheese, candied pecans, sherry vinaigrette \$12.95

**Seared Lemon Pepper Tuna Salad**

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

**Citrus-Braised Octopus and Farro Salad**

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

**Lemon Quinoa Salad with Chicken**

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

**Vietnamese Noodle Bowl with Salmon**

Crispy fresh salmon, soba noodles, shredded romaine, mung bean sprouts, cucumber, roasted peanuts, laksa, perilla leaf, mint, lime-garlic dressing \$12.95

**Stuffed Peppers**

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

**Korean BBQ**

All-natural angus short ribs, sushi rice, napa cabbage, green onions, sesame seeds, soy sauce, gochujang sauce \$13.75

**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, 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

**Juices**

Energy - Orange, Carrot, Ginger  
Energy - Cranberry, Apple, Beet  
Detox - Pear, Celery, Cucumber, Kale  
Superfood - Carrot, Turmeric, Lemon, Ginger, Beet  
\$6.95

**Organic Dried Mango**

\$2.95

**Coffee**

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

**Artisan Potato Chips**

\$1.95

**Tea** (includes iced tea)

Selection of organic teas  
\$2.00 16oz

**All-Natural Soda**

\$2.95

**Sparkling Water**

\$1.95

