



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.









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 regarding delivery area and availability.

Email: cater@properfood.com

Phone: 415.856.9558



Proper Yogurt Parfait

Greek yogurt, almond-coconut granola, all-natural fruit preserves and agave nectar \$5.95 ea

Seasonal Fruit Cup

Quick rolled oats, golden raisins, goji berries and candied pecans \$3.95 ea

Croissant Breakfast Sandwich

Over easy free-range egg & New York white cheddar on a freshly baked butter croissant \$3.50 ea
(WITH HOUSE-CURED BACON: \$3.95 EACH)

Sweet Potato Egg Muffin Nest

Free-range eggs, New York cheddar cheese, garnet yams, crème fraiche & green onion \$3.50 ea
(WITH HOUSE-CURED BACON: \$3.95 EACH)

Breakfast Burrito

Free-range scrambled eggs, white cheddar cheese, crème fraiche, cilantro, green onion, avocado, whole wheat tortilla & pico de gallo salsa \$6.95 ea
(WITH CARNE ASADA STEAK: \$8.95)

Gluten-Free Breakfast Sandwich

Free-range scrambled eggs, marinated tomatoes, white cheddar, basil aioli, gluten-free English muffin \$4.95 ea
(WITH TURKEY SAUSAGE \$5.95)

Po-testo Egg White Frittata

Free-range egg whites, red potatoes, basil pesto, sun-dried tomatoes, roasted garlic, chives \$4.95 ea

Oatmeal

Quick rolled oats, golden raisins, goji berries and candied pecans \$4.95 ea

Proper Breakfast Plate

Free-range scrambled eggs, chives, white truffle hash browns, honey-glazed bacon, Sir Kensington ketchup \$9.95 ea

Chilaquiles (Fridays only)

Free-range eggs over easy, corn tortilla chips, New York white cheddar cheese, crème fraiche, cilantro, and red onion \$7.95 ea

**Most items can be prepared as platters,
please see our platters section on page 9.**

PROPER LUNCH

Proper PB&J

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

Smoked Chicken Sandwich

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

Portobello Sandwich

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

Roast Beef Sandwich

All-natural roast beef, gruyère cheese, roasted tomatoes, pickled onions, romaine lettuce, horseradish aioli, spicy brown mustard, sourdough bread
\$8.95 ea

Turkey Avocado Sandwich

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

Ahi Tuna Melt

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

Tofu Spring Rolls

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

Prawn Spring Rolls

Miso-glazed prawns, shredded carrots, green onion, romaine, Thai basil, marinated shitake mushrooms, rice paper, Thai chili sauce
\$8.95 ea

Vietnamese Wrap with Tempeh

Tempeh, glass noodles, carrots, pickled cabbage, mint, red leaf lettuce, rice paper, Thai chili sauce
\$9.95 ea

Stuffed Peppers Hot Plate

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

Korean BBQ Hot Plate

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

Proper Chicken Hot Plate

Roasted free-range chicken breast, amarosa fingerling potatoes, roasted squash & Brussels sprouts, parsley, chili flakes, lemon, whole-grain mustard demi-glace \$13.95 ea

Salmon Teriyaki Hot Plate

Fresh poached salmon, brown rice, broccoli, sugar snap peas, nori, teriyaki sauce \$12.95 ea

Chicken Enchiladas

Roasted free-range chicken, guajillo salsa, roasted poblano peppers, corn tortilla, oaxaca and manchego cheese, onions, cilantro, creme fraiche \$10.95 ea

Sweet Potato Enchiladas

Sweet potato, guajillo salsa, corn tortilla, Oaxaca and manchego cheese, onions, cilantro, crème fraiche \$9.95 ea

Carnitas Burrito

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

'Carne Asada' Tofu Burrito

Carne Asada seasoned tofu, Mexican rice, black beans, cheddar cheese, avocado, crème fraiche, flour tortilla \$8.95 ea

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

Citrus Braised Octopus & Farro Salad

Wild fresh octopus, grilled corn, farro, blistered cherry tomatoes, thyme, oregano, sage, parsley, frisée, glazed almonds, yuzu, champagne vinaigrette \$13.95 ea

Lemon Quinoa Salad with Aleppo-Pepper Chicken

Lemon quinoa, organic spinach, feta cheese, cherry tomatoes, basil, picholine olives, lemon vinaigrette \$10.95 ea

(WITHOUT CHICKEN: \$8.50 EACH)

Quinoa Beet Pesto Salad

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

(WITH FREE-RANGE CHICKEN \$10.95 EACH)

Chinese Chicken Salad

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

Chinese Tofu Salad

Citrus-miso organic tofu, marcona almonds, sesame seeds, carrots, crispy wontons, Valencia oranges, cilantro, red cabbage, romaine, sesame and green onion dressing \$11.95 ea

Seared Lemon Pepper Tuna Salad

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

Winter Salad with Salmon

Mimosa-glazed fresh salmon, organic spinach & arugula, ruby grapefruit, brûléed kumquats, caramelized almonds, point Reyes tomo cheese, cardamom-grapefruit vinaigrette \$11.95 ea

(WITH ORGANIC TOFU: \$10.95 EACH)

Charbroiled Flank Steak Rice & Bean Bowl

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

**Couscous & Spinach
Salad with Honey
Coriander Chicken**

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

**Coconut Prawn and
Kale Salad**

Crispy coconut prawns, organic kale,
citrus farro, grilled radicchio, toasted
almonds, bulls' blood, orange &
coriander vinaigrette
\$13.95 ea

Tuna Nicoise Salad

Line-caught ahi tuna, fingerling
potatoes, roasted tomatoes, green
beans, picholine olives, soft boiled
free-range eggs, chives, crispy
capers, county line mixed greens &
lemon-thyme vinaigrette \$14.95 ea

**Citrus Harvest Salad with
Chicken**

Free-range charred-lemon chicken,
county line mixed greens, mandarin,
navel & blood oranges, pomegran-
ate seeds, crispy sunchokes, citrus
goat cheese, toasted almonds,
mâche, creamy citrus vinaigrette
\$12.95 ea

(WITH ORGANIC TOFU \$11.95 EACH)

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PROPER DESSERTS, SIDES & DRINKS

DESSERTS & SIDES

Dried Mango \$2.95

Artisanal Potato Chips \$1.95

Original & Sweet Potato

One Bar \$1.95

Energy Bar \$3.95

Goji berry, rolled oats, flax seed,
coconut peanut butter, dark
chocolate, dried cranberries

Cookies \$1.75

Chocolate Chip Cookie

Gluten-Free Chocolate Chip Cookie

Oatmeal Walnut Cookie

Nutella Cookie

DRINKS

GUS Soda \$2.50

Orange

Lemonade

Grapefruit

Lime Seltzer \$1.95

Pellegrino \$1.95

Boxed Water \$1.95

Iced Green Tea \$2.50

Ginger Ale \$2.95

Root Beer \$2.95

INVO Coconut Water \$2.95

Koast Kombucha \$4.50

**House-Made Cold
Brew Coffee** \$3.95

**House-Made Coconut
Cold Brew Coffee** \$4.95

**House-Made Iced
Mango-Black Tea** \$2.50

**Fresh Pressed
House-Made Juices** \$6.95

Orange, Carrot & Ginger

Carrot, Turmeric, Lemon, Ginger &
Golden Beet

Pear, Celery, Cucumber, & Kale
Cranberry, Apple & Beet



PROPER
FOOD

**Coconut Prawn
and Kale Salad**

CRISPY COCONUT PRAWNS,
ORGANIC KALE, CITRUS FARRO,
GRILLED RADICCHIO,
TOASTS ALMONDS,
BULLS BLOOD MICROGREEN,
HOUSE-MADE ORANGE &
CORIANDER VINAIGRETTE

\$ 13.95





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.



PROPER BREAKFAST PLATTERS

BREAKFAST

Croissant Breakfast Sandwich

Over easy free-range egg & New York white cheddar on a freshly baked butter croissant \$40.00

(WITH HOUSE-CURED BACON: \$44.50)

Sweet Potato Egg Muffin Nest

Free-range eggs, New York cheddar cheese, garnet yams, crème fraiche & green onion \$40.00

(WITH HOUSE-CURED BACON: \$44.50)

Fresh Seasonal Fruit

\$44.50

Gluten-Free Breakfast Sandwich

Free range scrambled eggs, marinated tomatoes, white cheddar, basil aioli, gluten-free English muffin \$54.50

(WITH TURKEY SAUSAGE: \$64.50)

Po-testo Egg White Frittata

Free-range egg whites, red potatoes, basil pesto, sun-dried tomatoes, roasted garlic, chives \$54.50

All platters serve approximately 10 people

Winter Salad

Organic spinach & arugula, ruby grapefruit, brûléed kumquats, caramelized almonds, point reyes toma cheese, cardamom-grapefruit vinaigrette \$89.95

Vietnamese Noodle Salad

Soba noodles, shredded romaine, mung bean sprouts, cucumber, roasted peanuts, laksa, perilla leaf, mint, lime-garlic dressing \$79.95

Organic Baby Spinach Salad

Spinach, roasted walnuts, Laura Chenel goat cheese, Granny Smith apples, bing cherries, lemon vinaigrette \$49.95

Citrus Harvest Salad

County line mixed greens, mandarin, navel & blood oranges, pomegranate seeds, crispy sunchoke, citrus goat cheese, toasted almonds, mâche, creamy citrus vinaigrette \$89.95

Chinese Salad

Marcona almonds, sesame seeds, carrots, crispy wontons, Valencia oranges, cilantro, sesame and green onion dressing \$89.95

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, Laura Chenel goat cheese, mint, basil, house-made red wine vinaigrette \$79.95

Lemon Quinoa Salad

Lemon quinoa, organic spinach, feta cheese, cherry tomatoes, basil, picholine olives, lemon vinaigrette \$89.95

Rice & Bean Bowl

Black beans, cannellini beans, Mexican rice, queso fresco, lettuce, avocado, crispy corn tortillas, lime vinaigrette \$89.95

Add protein to any platter salad

Free-range Grilled Chicken: add \$25
 Charbroiled Flank Steak: add \$35
 Fresh Roasted Salmon: add \$40
 Seared Lemon Pepper Tuna: add \$40

PROPER LUNCH PLATTERS

SANDWICHES & WRAPS

Proper PB&J

House-made coconut peanut butter, Proper's own all-natural jam & bananas on walnut bread
Full: \$79.95 | Half: \$39.95

Smoked Chicken Sandwich

Free-range chicken, sun-dried tomatoes, romaine, provolone cheese, basil aioli, sourdough bread
Full: \$90.00 | Half: \$47.50

Portobello Sandwich

Tomato-marinated portobello mushroom, fresh mozzarella, basil pesto, lemon aioli, ciabatta bun
Full: \$84.50 | Half: \$42.25

Roast Beef Sandwich

All-natural roast beef, gruyère cheese, roasted tomatoes, pickled onions, romaine lettuce, horseradish aioli, spicy brown mustard, sourdough bread
Full: \$94.50 | Half: \$47.25

Turkey Avocado Sandwich

Roasted all-natural turkey, avocado, pea sprouts, jack cheese, lemon aioli, honey mustard, wheat bread
Full: \$94.50 | Half: \$47.25

Ahi Tuna Melt

Fresh line-caught ahi tuna, sharp cheddar cheese, beefsteak tomatoes, romaine lettuce, lemon aioli, wheat roll
Full: \$94.50 | Half: \$47.25

Tofu Spring Rolls

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

Prawn Spring Rolls

Miso-glazed prawns, shredded carrots, green onion, romaine, Thai basil, marinated shitake mushrooms, rice paper, Thai chili sauce
\$69.95

Vietnamese Wrap with Tempeh

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

Full sandwich platters have 10 sandwiches cut in half (20 halves)

Half sandwich platters have 5 sandwiches cut in half (10 halves)





Eat Well & Good

