



BREAKFAST

Winter 2017/2018

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, avocado, wheat 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

Roast Beef Sandwich

All-natural roast beef, gruyere cheese, roasted tomatoes, pickled onions, romaine lettuce, horseradish aioli, spicy brown mustard, sourdough 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, basil 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

Winter Salad with Salmon

Mimosa-glazed fresh salmon, organic spinach & arugula, ruby grapefruit, bruléed kumquats, caramelized almonds, Point Reyes toma cheese, cardamom-grapefruit vinaigrette \$11.95 (with organic tofu \$10.95)

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

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 \$13.95

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)

Citrus Harvest Salad

County Line mixed greens, mandarin & blood oranges, pomegranate seeds, crispy sunchokes, citrus goat cheese, toasted almonds, peppergrass, creamy citrus vinaigrette \$10.95 (with free-range charred lemon chicken \$12.95)

Vegan 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 Hot Plate

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

