



## BREAKFAST

Spring 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

### Open-Faced Sandwich

**Smoked Salmon:** Fresh smoked salmon, tomato, chives, parsley, lemon zest, fromage blanc cheese grilled sourdough \$8.95

**Veggie:** Avocado, scrambled eggs, sauteed bell peppers, green onions, white cheddar, grilled sourdough \$6.95 *(with Proper bacon \$7.95)*

### 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

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## SOUPS

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

### A changing selection of wholesome house-made soups

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## SANDWICHES & WRAPS

### Proper PB&J

House-made coconut peanut butter, Proper's own all-natural jam, bananas, cinnamon-raisin 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, horseradish aioli, spicy brown mustard, sourdough \$8.95

### Eggplant Wrap

Grilled eggplant, tomato, english cucumber, spring mix lettuce, hummus, wheat tortilla \$8.95

### 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

### Proper Tuna Sandwich

Fresh line-caught ahi tuna, sweet chili peppers, watercress, parsley, basil, pine nuts, roasted garlic aioli, sun-dried tomato pesto, whole grain honey mustard, ciabatta bread \$8.95

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Eat Well & Good

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## SALADS, ROLLS & ENTREES

### Spring Salad with Salmon

Fresh paprika-roasted salmon, spring mix lettuce, rainbow chard, marinated arthichoke, watermelon radish, roasted carrots, charred lemon, organic peas, red quinoa, chives, pecorino cheese, lemon-herb vinaigrette \$11.95 *(with organic tofu \$10.95)*

### 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

### Harvest Salad

Baby romaine lettuce, tart cherries, strawberries, golden beets, mint, toasted flax seeds, fromage blanc cheese, toasted pistachios, yuzu dressing \$10.95 *(with free-range charred lemon chicken \$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

### Octopus Primavera Salad

Wild fresh octopus, baby romaine lettuce, farro, sun-dried tomato pesto, pine nuts, cherry tomatoes, chives, english peas, parsley, olive oil with lemon zest \$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)*

### Tofu Burrito

Chorizo-marinated organic tofu, Mexican rice, black beans, cheddar cheese, creme fraiche, avocado, flour tortilla \$8.95

### Spanish Chicken Hot Plate

Roasted free-range chicken breast, roasted tomato-farro, broccolini, rainbow chard, roasted asparagus, parsley, chimichurri sauce \$13.95

### 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, orange & coriander vinaigrette \$13.95

### Chinese Chicken Salad

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

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## DESSERTS, SIDES & DRINKS

### Cookies

Chocolate Chip  
Gluten Free Chocolate Chip  
Nutella  
Peanut Butter  
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*  
*Energy - Mango Lassi (vegan)*  
*Detox - Honeydew, Celery, Cucumber Kale*  
*Superfood - Carrot, Turmeric, Lemon, Ginger, Beet*  
\$6.95

### Coffee

Brewed 100% organic, fair-trade coffee  
\$2.00 12oz | \$2.50 16oz  
Cold-Brew \$3.95

### Tea *(includes iced tea)*

Selection of organic teas  
\$2.00 16oz  
Iced Tea \$2.50

