



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](mailto:cater@properfood.com)

**Phone:** 415.856.9558

## PROPER BREAKFAST

### Proper Yogurt Parfait

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

### Seasonal Fruit Cup

\$4.50 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 fraîche & green onion \$3.50 ea

(WITH HOUSE-CURED BACON: \$3.95 EACH)

### Breakfast Burrito

Free-range scrambled eggs, white cheddar cheese, crème fraîche, cilantro, green onion, avocado, whole wheat tortilla & pico de gallo salsa

\$6.95 ea (WITH CARNE ASADA STEAK: \$8.95)

### Vegan Breakfast Burrito

Breakfast potatoes, black beans, saffron rice, sautéed bell peppers, avocado, pico de gallo salsa, wheat tortilla \$7.95 ea

### 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 \$5.50 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

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

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**Smoked Salmon  
Open-Faced Sandwich**

Fresh smoked salmon, tomato, chives, parsley, lemon zest, fromage blanc cheese, grilled sourdough bread  
\$8.95 ea

**Veggie Open-Faced Sandwich**

Avocado, scrambled free-range eggs, sautéed bell peppers, green onions, white cheddar cheese, grilled sourdough bread \$6.95 ea

**Bacon Open-Faced Sandwich**

Proper bacon, avocado, scrambled free-range eggs, sautéed bell peppers, green onions, white cheddar cheese, grilled sourdough bread \$7.95 ea

**Chilaquiles** (FRIDAYS ONLY)

Free range egg over easy, guajillo salsa, corn tortilla chips, cheddar cheese, creme fraîche, cilantro, red onion  
\$7.95 ea



## PROPER LUNCH

### Proper PB&J

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

### Grilled Chicken Wrap

Free-range chicken, sun-dried tomatoes, English cucumber, spring mix lettuce, hummus, wheat tortilla  
\$9.95 ea

### Eggplant Wrap

Grilled eggplant, sun-dried tomatoes, English cucumber, spring mix lettuce, hummus, wheat tortilla  
\$8.95 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 Sandwich with Bacon

Roasted all-natural turkey, bacon, red leaf lettuce, roasted tomato aioli, spicy brown mustard, nine grain bread  
\$8.95 ea

### 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 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



### Chicken Fajita Hot Plate

Fajita style chicken breast, sautéed bell peppers & onions, brown rice, black beans, cilantro, Guajillo salsa  
\$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, crème fraîche \$10.95 ea

### Sweet Potato Enchiladas

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

### Carnitas Burrito

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

### 'Chorizo' Tofu Burrito

Organic chorizo-marinated tofu, roasted tomato rice, black beans, cheddar cheese, crème fraîche, avocado, flour tortilla \$8.95 ea

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

## PROPER LUNCH

### SALADS & BOWLS

#### **Octopus Primavera Salad**

Wild fresh octopus, baby romaine, farro, sun-dried tomato pesto, pine nuts, cherry tomatoes, chives, parsley, olive oil with lemon zest  
\$13.95 ea

#### **Lemon Quinoa Salad with Aleppo-Pepper Chicken**

Lemon quinoa, organic spinach, feta cheese, cherry tomatoes, basil, picholine olives, lemon vinaigrette  
\$11.95 ea

(WITHOUT CHICKEN: \$8.95 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

### Spring Salad with Salmon

Fresh paprika-roasted salmon, spring mix, rainbow chard, marinated artichokes, watermelon radish, roasted carrots, charred lemon, organic peas, red quinoa, chives, pecorino cheese, lemon-herb vinaigrette \$12.95 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

### Harvest Salad with Chicken

Free-range grilled chicken, baby romaine lettuce, tart cherries, strawberries, golden beets, mint, toasted flax seeds, fromage blanc cheese, toasted pistachios, yuzu dressing \$12.95 ea

(WITHOUT CHICKEN \$10.95 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

Peanut butter Cookie

### DRINKS

**GUS Soda** \$2.50

Orange

Lemonade

**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

Apple, Celery, Cucumber, & Kale  
Coconut-Mango Lassi



PROPER  
FOOD

Coconut Prawn  
and Kale Salad

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CRISPY COCONUT PRAWNS,  
ORGANIC KALE, CITRUS FARRO,  
GRILLED RADICCHIO,  
TOASTED 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 fraîche & green onion \$40.00

(WITH HOUSE-CURED BACON: \$44.50)

### Proper PB&J

House-made coconut peanut butter, Proper's all-natural blueberry jam, bananas, walnut bread

Full: \$79.95 | Half: \$39.95

### Fresh Seasonal Fruit

\$49.95

### 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 \$59.95

All platters serve approximately 10 people

### Spring Salad

Spring mix romaine lettuce, rainbow chard, marinated artichokes, watermelon radish, roasted carrots, charred lemon, organic peas, red quinoa, chives, pecorino cheese, lemon-herb vinaigrette \$89.95

### Organic Baby Spinach Salad

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

### Harvest Salad

Baby romaine lettuce, tart cherries, strawberries, golden beets, mint, toasted flax seeds, fromage blanc cheese, toasted pistachios, yuzu dressing \$89.95

### Chinese Salad

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

### Chef's Seasonal Salad

Mixed greens, strawberries, mint, English peas, cherry tomatoes, lemon 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 \$94.50

### Rice & Bean Bowl

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

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### *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

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## PROPER LUNCH PLATTERS

### Proper PB&J

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

### Grilled Chicken Wrap

Free-range chicken, sun-dried tomatoes,, English cucumber, spring mix lettuce, hummus, wheat tortilla  
Full: \$104.50 | Half: \$52.25

### Eggplant Wrap

Grilled eggplant, sun-dried tomatoes, English cucumber, spring mix lettuce, hummus, wheat tortilla  
Full: \$94.50 | Half: \$47.25

### 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 Sandwich with Bacon

Roasted all-natural turkey, bacon, red leaf lettuce, roasted tomato aioli, spicy brown mustard, nine grain bread  
Full: \$94.50 | Half: \$47.25

### 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  
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**

