



**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 \$12.95 (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 \$8.95 (with Aleppo pepper free-range chicken \$11.95)

**Tofu Burrito**

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

**Chicken Fajita Hot Plate**

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

DESSERTS, SIDES & DRINKS

**Cookies**

Chocolate Chip  
Gluten Free Chocolate Chip  
Nutella  
Peanut Butter  
Oatmeal Walnut  
\$1.75

**Juices**

Energy - Orange, Carrot, Ginger  
Energy - Mango Lassi (vegan)  
Detox - Apple, 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  
Cold-Brew \$3.95

**Artisan Potato Chips**

\$1.95

**All-Natural Soda**

\$2.95

**Tea (includes iced tea)**

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

**Sparkling Water**

\$1.95



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

**Smoked Salmon Open-Faced Sandwich**

Fresh smoked salmon, tomato, chives, parsley, lemon zest, fromage blanc cheese grilled sourdough \$10.95

**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 \$5.50



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, horseradish aioli, spicy brown mustard, sourdough \$8.95

**Eggplant Wrap**

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

**Turkey Sandwich with Bacon**

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

**Grilled Chicken Wrap**

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

**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



Eat Well & Good

