



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

Pastrami Sandwich

All-Natural beef pastrami, tomatoes, pickled onions, sharp cheddar cheese, jalapeño, iceberg lettuce, whole grain honey mustard, aioli, basil-garlic pesto, grilled rye bread \$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

