



BREAKFAST

Summer 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, crème 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

Southwest Chicken Wrap

Free-range grilled chicken breast, Mexican rice, avocado, tortilla chips, black bean hummus, pico de gallo, crème fraiche, spinach tortilla \$10.50 (with sautéed bell peppers \$9.50)

Turkey Avocado Sandwich

Roasted all-natural turkey, avocado, red leaf lettuce, jack cheese, lemon aioli, honey 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

Sous-vide Salmon Sandwich

Sous-vide salmon, mashed avocado, beefsteak tomato, basil pesto, lemon-garlic aioli, agrugula, grilled ciabatta \$10.95



Eat Well & Good



Summer Salad with Salmon

Blackened coriander-salmon, baby romaine, heirloom tomatoes, yellow peaches, spiced watermelon, charred corn, toasted pumpkin seeds, lime-agave vinaigrette \$13.25 (with organic tofu \$10.95)

Couscous & Spinach Salad with Honey-Coriander Chicken

Honey-coriander chicken, baby spinach, Mediterranean couscous, basil pesto, parmesan cheese, roasted red peppers, pine nuts, cranberries, goat cheese, lemon vinaigrette \$11.95

Harvest Salad with Chicken

Free-range grilled chicken, organic baby spinach, mizuna, black mission figs, marinated cucumbers, blackberries, spearmint, toasted walnuts, feta cheese, sherry-beet vinaigrette \$12.95 (with organic tofu \$10.95)

Pacific Prawn & Kale Salad

Fresh Pacific prawns, baby kale, red cabbage, green papaya, carrots, green onions, toasted sesame seeds, roasted ginger-garlic vinaigrette \$13.75

Pulpo Ensalada

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

Lemon Quinoa Salad

Lemon quinoa, organic spinach, feta cheese, cherry tomatoes, Picholine olives, basil, lemon vinaigrette \$8.95 (with Aleppo pepper free-range chicken \$11.95)

Sweet Potato Enchiladas

Sweet Potato, Guajillo salsa, corn tortillas, Oaxaca and manchego cheeses, onion, cilantro, crème fraiche \$9.95 (with free-range grilled chicken \$10.95)

Salmon Teriyaki Hot Plate

Fresh poached salmon, brown rice, broccoli, sugar snap peas, nori, teriyaki sauce \$12.95

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

Roasted Tuna Salad

Line caught Ahi Tuna, Roma tomatoes, cilantro, arugula, avocado, marinated tomatoes, agave-lime dressing \$10.95

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

Organic Dried Mango

\$2.95

Artisanal Potato Chips

\$1.95

All-Natural Soda

\$2.95

Sparkling Water

\$1.95

Juices

Energy - Orange, Carrot, Ginger
Energy - Mango Lassi (vegan)
Detox - Apple, Celery, Cucumber Kale
Superfood - Watermelon, Strawberry, 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

