



## Nutrition (Fall 2018)

### Breakfast

	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Dietary Fiber (g)	Protein (g)	Sugars (g)	Carbohydrates (g)	Sodium (mg)	Gluten Free <sup>1</sup>	Vegetarian	Vegan
Croissant Sandwich	380	24	12	250	0	15	6	26	480		✓	
Croissant Sandwich with Bacon	510	35	16	275	0	19	6	26	680			
Sweet Potato and Egg Muffin Nest	250	13	5	255	1	12	1	23	330	✓	✓	
Sweet Potato and Egg Muffin Nest with Bacon	280	16	7	265	1	14	1	23	380	✓		
Breakfast Burrito (vegetarian)	510	29	12	380	3	23	3	41	1140		✓	
Breakfast Burrito with Steak	600	33	12	410	3	38	3	41	1280			
Vegan Mushroom Wrap	490	21	6	0	2	14	3	65	1020			✓
Proper Yogurt Parfait	270	12	5	15	2	17	21	28	45	✓	✓	
Gluten-Free Breakfast Sandwich (vegetarian)	410	21	7	465	0	20	5	36	640	✓	✓	
Gluten-Free Turkey Sausage Breakfast Sandwich	420	23	8	280	0	19	5	35	790	✓		
Smoked Salmon Open-Faced Sandwich	240	7	3	45	0	22	2	22	980			
Hardboiled Eggs	70	5	1	215	0	6	0	1	65	✓	✓	
Egg White Frittata	350	17	2	0	1	28	6	17	930	✓	✓	
Overnight Oats	280	7	0.5	0	0	8	18	48	70	✓		✓
Proper Breakfast Plate	540	38	12	473	2	24	3	21	756	✓		
ketchup	30	0	0	0	0	0	6	6	280	✓		
Chilaquiles <sup>2</sup>	710	36	19	480	2	36	5	61	1760	✓	✓	

### Salads & Entrées

Fall Salad with Salmon	317	10	2	92	3	35	12	20	211	✓		
honey-shallot vinaigrette	175	17	3	0	1	1	4	6	162	✓		
pecorino cheese	63	5	3	13	0	4	0	0	116	✓		
caramelized walnuts	65	7	1	0	0	2	2	3	1	✓		
Fall Salad with Tofu	222	5	1	2	3	13	12	22	71	✓	✓	
honey-shallot vinaigrette	175	17	3	0	1	1	4	6	162	✓	✓	
pecorino cheese	63	5	3	13	0	4	0	0	116	✓	✓	
caramelized walnuts	65	7	1	0	0	2	2	3	1	✓	✓	
Harvest Salad with Chicken	271	8	1	62	6	29	8	16	105	✓		
creamy apple cider vinaigrette	169	15	3	106	0	3	1	6	331	✓		
goat cheese	35	3	2	12	0	2	0	1	54	✓		
caramelized pecans	54	5	1	0	1	1	2	3	9	✓		
Harvest Salad with Garnet Yams	216	7	1	0	8	5	10	40	75	✓	✓	
creamy apple cider vinaigrette	169	15	3	106	0	3	1	6	331	✓	✓	
goat cheese	35	3	2	12	0	2	0	1	54	✓	✓	
caramelized pecans	54	5	1	0	1	1	2	3	9	✓	✓	
Couscous & Spinach Salad with Chicken <sup>2</sup>	616	27	6	70	5	38	11	55	980			
lemon vinaigrette	94	10	2	0	0	1	1	2	64			
Chinese Chicken Salad	291	6	1	80	4	37	13	22	440			
sesame & green onion dressing	239	23	4	0	2	3	1	7	830			
wontons	70	4.5	1	0	0	1	0	6	70			
Chinese Salad with Tofu	241	10	2	0	4	15	13	25	40		✓	
sesame & green onion dressing	239	23	4	0	2	3	1	7	830		✓	
wontons	70	4.5	1	0	0	1	0	6	70		✓	
Coconut Prawn & Kale Salad	386	16	3	105	4	22	2	53	929			
orange-coriander vinaigrette	214	18	3	30	0	1	3	6	251			
Tuna Nicoise Salad	373	16	3	250	5	31	4	25	761	✓		
lemon-thyme vinaigrette	167	18	3	0	0	1	1	4	109	✓		
Seared Lemon Pepper Tuna	451	20	3	32	7	31	2	37	1185	✓		
sherry vinaigrette	123	10	2	0	0	0	1	5	285	✓		
Lemon Quinoa with Chicken <sup>2</sup>	614	23	3	55	1	36	1	67	820	✓		
lemon vinaigrette	94	10	2	0	0	1	1	2	64	✓		
feta cheese	36	3	2	0	0	2	0	1	130	✓		
Lemon Quinoa <sup>2</sup>	504	19	2	0	1	14	2	70	550	✓	✓	
lemon vinaigrette	94	10	2	0	0	1	1	2	64	✓	✓	
feta cheese	36	3	2	0	0	2	0	1	130	✓		
Flank Steak, Rice & Bean Bowl	468	28	5	30	11	21	4	37	977	✓		
queso fresco	32	2.5	2	3	0	2	0	1	81	✓		
tortilla chips	50	2.5	1	0	0	1	0	6	54	✓		
Quinoa Beet Pesto with Chicken	431	19	2	28	3	22	4	40	569	✓		
red wine vinaigrette	54	6	1	0	0	0	1	1	37	✓		
goat cheese	35	3	2	12	0	2	0	1	54	✓		
Quinoa Beet Pesto	371	18	2	12	3	10	4	40	429	✓	✓	
red wine vinaigrette	54	6	1	0	0	0	1	1	37	✓	✓	



## Nutrition (Fall 2018)

	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Dietary Fiber (g)	Protein (g)	Sugars (g)	Carbohydrates (g)	Sodium (mg)	Gluten Free <sup>1</sup>	Vegetarian	Vegan
goat cheese	35	3	2	12	0	2	0	1	54	✓	✓	
Salmon & Farro Spinach Salad	470	19	3	85	6	30	6	50	660			
mojito vinaigrette	220	24	4	0	0	0	1	3	60			
Pulpo Ensalada	480	18	3	35	7	23	9	64	680			
olive oil w/ lemon dressing	90	10	1	0	1	0	0	1	0			
Proper Chicken Hot Plate	330	5	1	85	6	39	5	36	580	✓		
chimichurri sauce	180	20	3	0	0	0	0	2	390	✓		
Salmon Teriyaki Hot Plate	449	13	2	85	3	37	7	50	690	✓		
teriyaki sauce	71	0	0	0	0	1	11	16	370	✓		
<b>Sandwiches &amp; Wraps</b>												
Turkey Avocado Sandwich	580	27	7	120	5	44	7	45	950			
Pastrami Sandwich	510	23	7	105	1	41	4	44	2270			
Proper PB&J	570	24	6	0	2	18	14	82	830			✓
Portobello Sandwich	465	27	8	48	3	18	3	40	742		✓	
Turkey Cranberry Sandwich	670	26	6	115	1	39	11	72	1260			
Carnitas Burrito <sup>2</sup>	780	33	11	70	16	36	3	94	1400			
Ham & Cheese Croissant Sandwich	500	26	13	105	1	24	19	44	1110			
Southwest Chicken Wrap <sup>2</sup>	670	21	6	65	5	36	4	83	1620			
Southwest Wrap (vegetarian) <sup>2</sup>	640	21	6	5	7	16	8	99	1710		✓	
Vietnamese Wrap with Tempeh	400	3.5	0	0	1	16	12	75	630	✓		✓
peanut Sauce	220	14	2.5	0	0	7	10	14	480	✓		✓
thai chili sauce	90	0.5	0.5	0	0	1	20	23	320	✓		✓
Tofu Spring Rolls	248	4	1	0	3	13	14	39	554	✓		✓
thai chili sauce	72	0.5	0	0	0	0	16	19	257	✓		✓
Prawn Spring Rolls	208	1.5	0	85	3	17	9	32	533	✓		
thai chili sauce	72	0.5	0	0	0	0	16	19	257	✓		
Hummus & Vegetables	260	17	2	0	5	10	4	18	630	✓		✓
Chicken Enchilada	364	16	9	46	2	19	5	37	930	✓		
crème fraiche	96	10	7	39	0	1	1	1	10	✓		
Sweet Potato Enchilada	324	13	7	26	3	11	6	45	530	✓	✓	
crème fraiche	96	10	7	39	0	1	1	1	10	✓	✓	
<b>Soup</b>												
Butternut Squash & Hazelnut	140	4	0	0	7	3	10	26	500	✓		✓
Coconut Red Curry Chicken	170	9	5	30	1	12	7	11	790	✓		
<b>Juice</b>												
Orange, Carrot, Ginger	190	1	0	0	1	3	33	41	130	✓		✓
Mango Lassi	470	22	15	0	0	4	54	64	90	✓		✓
Apple, Celery, Cucumber, Kale	350	0.5	0	0	13	13	24	78	250	✓		✓
Golden Beet, Pear, Mint	260	0	0	0	2	3	47	64	190	✓		✓
<b>Cookies &amp; Bars</b>												
Chocolate Chip Cookie	260	13	8	40	0	3	22	35	300		✓	
Gluten-Free Chocolate Chip Cookie	290	15	9	45	0	3	25	39	140	✓	✓	
Nutella Cookie	270	15	8	40	1	4	22	35	250		✓	
Peanut Butter Cookie	300	13	6	35	1	5	23	39	500		✓	
Proper Energy Bar	380	18	7	0	6	11	20	45	210	✓		✓
Oatmeal Walnut Cookie	320	15	7	45	0	5	22	41	290		✓	

### Notes

Where listed separately, sub-items are optional add-ons (e.g., cheese, dressing) and have not been included in the main item's nutrition information.

Dressing nutrition is based on entire amount provided with each salad.

1 Prepared with gluten-free ingredients. However, our kitchen is not gluten-free, so it is possible for these items to contain trace amounts of gluten.

2 Heartier portion, often enjoyed as multiple servings. Nutrition info is shown for the entire item.

For more information, please contact [info@properfood.com](mailto:info@properfood.com)



## Allergens (Fall 2018)

### Breakfast

	Gluten	Dairy	Egg	Nuts	Fish (Seafood)	Shellfish	Soy	Onion	Cilantro	Garlic	Sesame	Gluten Free 1	Vegetarian	Vegan
Croissant Sandwich	✓	✓	✓										✓	
Croissant Sandwich with Bacon	✓	✓	✓											
Sweet Potato and Egg Muffin Nest		✓	✓					✓				✓	✓	
Sweet Potato and Egg Muffin Nest with Bacon		✓	✓					✓				✓	✓	
Breakfast Burrito (vegetarian)	✓	✓	✓				✓	✓	✓				✓	
Breakfast Burrito with Steak	✓	✓	✓				✓	✓	✓					
Vegan Mushroom Wrap	✓			✓				✓		✓				✓
Proper Yogurt Parfait		✓		✓								✓	✓	
Gluten-Free Breakfast Sandwich (vegetarian)		✓	✓				✓					✓	✓	
Gluten-Free Sausage Breakfast Sandwich		✓	✓				✓					✓	✓	
Smoked Salmon Open-Faced Sandwich	✓	✓			✓		✓	✓						
Hardboiled Eggs			✓									✓	✓	
Egg White Frittata			✓					✓		✓		✓	✓	
Overnight Oats				✓								✓		✓
Proper Breakfast Plate			✓					✓				✓		
Chilaquiles		✓	✓					✓	✓	✓		✓	✓	

### Salads & Entrées

Fall Salad with Salmon <sup>2</sup>					✓				✓			✓		
Fall Salad with Tofu <sup>2</sup>							✓		✓			✓	✓	
Harvest Salad with Chicken <sup>2</sup>				✓								✓		
Harvest Salad with Garnet Yams <sup>2</sup>				✓			✓					✓		✓
Couscous & Spinach Salad with Chicken	✓	✓		✓				✓	✓					
Chinese Chicken Salad <sup>4</sup>	✓ <sup>4</sup>			✓			✓	✓	✓		✓	✓ <sup>4</sup>		
Chinese Salad with Tofu <sup>4</sup>	✓ <sup>4</sup>			✓			✓	✓	✓		✓	✓ <sup>4</sup>	✓	
Coconut Prawn & Kale Salad	✓		✓	✓		✓	✓		✓	✓				
Tuna Nicoise Salad			✓		✓		✓			✓		✓		
Seared Lemon Pepper Tuna				✓	✓			✓		✓		✓	✓	
Lemon Quinoa with Chicken <sup>2</sup>		✓ <sup>2</sup>										✓		
Lemon Quinoa <sup>2</sup>		✓ <sup>2</sup>										✓	✓	
Flank Steak, Rice & Bean Bowl		✓							✓	✓		✓		
Quinoa Beet Pesto with Chicken <sup>2</sup>		✓ <sup>2</sup>		✓								✓		
Quinoa Beet Pesto <sup>2</sup>		✓ <sup>2</sup>		✓								✓	✓	
Salmon & Farro Spinach Salad	✓		✓	✓	✓			✓	✓					
Pulpo Ensalada	✓			✓	✓			✓						
Proper Chicken Hot Plate									✓			✓		
Salmon Teriyaki Hot Plate					✓		✓	✓			✓	✓		

### Sandwiches & Wraps

Turkey Avocado Sandwich	✓	✓	✓											
Pastrami Sandwich	✓	✓	✓	✓			✓	✓		✓				
Proper PB&J	✓			✓			✓							✓
Portobello Sandwich	✓	✓	✓	✓				✓		✓			✓	
Turkey Cranberry Sandwich	✓	✓	✓					✓						
Carnitas Burrito	✓	✓					✓	✓	✓	✓				
Ham & Cheese Croissant Sandwich	✓	✓	✓				✓							
Vietnamese Wrap				✓			✓	✓	✓	✓	✓			✓
Southwest Chicken Wrap	✓	✓					✓	✓	✓	✓				
Southwest Wrap (vegetarian)	✓	✓					✓	✓	✓	✓			✓	
Tofu Spring Rolls							✓	✓	✓	✓		✓		✓
Prawn Spring Rolls					✓		✓	✓		✓		✓		✓
Hummus & Vegetables									✓	✓	✓			✓
Chicken Enchilada		✓					✓		✓	✓		✓		
Sweet Potato Enchilada		✓					✓		✓			✓	✓	

### Soup

Butternut Squash & Hazelnut				✓				✓		✓		✓		✓
Coconut Red Curry Chicken								✓		✓		✓		

### Juice

Orange, Carrot, Ginger												✓		✓
Mango Lassi				✓ <sup>3</sup>								✓		✓
Apple, Celery, Cucumber, Kale												✓		✓
Watermelon, Strawberry, Beet												✓		✓



## Allergens (Fall 2018)

### Cookies & Bars

	Gluten	Dairy	Egg	Nuts	Fish (Seafood)	Shellfish	Soy	Onion	Cilantro	Garlic	Sesame	Gluten Free <sup>1</sup>	Vegetarian	Vegan
Chocolate Chip	✓	✓	✓				✓						✓	
Gluten-Free Chocolate Chip		✓	✓				✓					✓	✓	
Nutella	✓	✓	✓	✓			✓						✓	
Peanut Butter	✓	✓	✓	✓									✓	
Oatmeal Walnut	✓	✓	✓	✓									✓	
Proper Energy Bar				✓			✓					✓		✓

### Notes

**Allergen information is inclusive for all elements of the item including dressing**

- 1 Prepared with gluten-free ingredients. However, our kitchen is not gluten-free, so it is possible for these items to contain trace amounts of gluten.
- 2 Cheese is served in a separate container - without the cheese, these items are dairy-free
- 3 Mango Lassi is made with coconut milk
- 4 Wontons are served in a separate container - without wontons, this salad is gluten-free

For more information, please contact [info@properfood.com](mailto:info@properfood.com)