



BREAKFAST

Fall 2018

Proper Yogurt Parfait

Greek yogurt, coconut-almond granola, strawberries, blackberries, agave nectar \$5.75

Croissant Sandwich

Sunny-side up free-range egg, 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 bacon \$3.95)

Breakfast Burrito

Free-range scrambled eggs, (carne asada), white cheddar cheese, crème fraîche, black bean hummus, cilantro, avocado, green onion, whole wheat tortilla, pico de gallo \$6.95 (with carne asada steak \$8.95)

Spanish Egg White Frittata

Free-range egg whites, organic baby spinach, marinated artichokes, basil, green onion, Spanish paprika \$5.95



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 fraîche, avocado, salsa, flour tortilla \$8.95

'Carne Asada' Tofu Burrito

"Carne asada" seasoned organic tofu, saffron rice, black beans, cheddar cheese, crème fraîche, avocado, puya salsa, flour tortilla \$7.95

Italian Sandwich

Spicy coppa salami, all-natural ham, mozzarella cheese, pepperoncini, sweet peppers, mint, basil, roasted garlic aioli, filone bun \$10.95

Ahi Tuna Melt

Line-caught ahi tuna, cheddar cheese, roasted garlic, pico de gallo, roasted jalapeño aioli, filone bread \$8.95

Southwest Chicken Wrap

Free-range grilled chicken breast, Mexican rice, avocado, tortilla chips, black bean hummus, pico de gallo, crème fraîche, spinach tortilla \$10.50

Turkey BLT Sandwich

Roasted free-range turkey, bacon, red leaf lettuce, beefsteak tomatoes, whole grain mustard, honey aioli, nine-grain bread \$9.50



Eat Well & Good



Fall Salad with Salmon

Roasted fresh salmon, mixed greens, endive, caramelized walnuts, honeycrisp apples, pecorino cheese, dried cranberries, toasted flaxseed, honey-shallot vinaigrette \$13.75 (with organic salt & pepper 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

Oregano-marinated free-range chicken, mizuna, radicchio, caramelized pecans, apples, goat cheese, house-made creamy apple cider vinaigrette \$12.95 (with roasted garnet yams \$10.95)

Coconut Prawn & Kale Salad

Crispy coconut prawns, organic kale, citrus farro, grilled radicchio, toasted almonds, bulls' blood microgreens, orange & coriander vinaigrette \$13.95

Tuna Nicoise Salad

Line-caught ahi tuna, fingerling potatoes, roasted tomatoes, green beans, picholine olives, hard boiled free-range eggs, chives, crispy capers, mixed greens, lemon-thyme vinaigrette \$14.95

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)

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 Curry Chicken Hot Plate

Grilled free-range chicken, roasted broccoli, saffron rice, sliced almonds, cherries, parsley, coconut-yellow curry \$10.95

Sweet Potato Enchiladas

Sweet Potato, Guajillo salsa, corn tortillas, oaxaca and manchego cheeses, onion, cilantro, crème fraîche \$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



DESSERTS, SIDES & DRINKS

Cookies

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

Juices

Energy - Orange, Carrot, Ginger
Detox - Apple, Celery, Cucumber Kale
Superfood - Turmeric Lemonade
\$6.95
Energy - Açai Smoothie (\$7.95)

Organic Dried Mango

\$2.95

Artisanal Potato Chips

\$2.25

All-Natural Soda

\$2.95

Sparkling Water

\$1.95

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

