



BREAKFAST

Fall 2018

Proper Yogurt Parfait

Greek yogurt, coconut-almond granola, strawberries, blueberries, agave nectar \$5.95

Overnight Oats

Gluten-free oats, almond milk, almonds, raisins, cinnamon \$4.95

Croissant Sandwich

Sunny-side up free-range egg,, New York white cheddar, freshly baked butter croissant \$4.95 (with bacon \$5.95)

Smoked Salmon Open-Faced Sandwich

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

Breakfast Sandwich

Free-range scrambled eggs, sharp cheddar cheese, roasted tomato aioli, gluten-free english muffin \$5.50 (with turkey sausage \$6.95)

Breakfast Burrito

Free-range scrambled eggs, white cheddar cheese, crème fraîche, cilantro, green onion, avocado, wheat tortilla, pico de gallo \$7.95 (with carne asada \$9.95)

•••

SOUPS

A changing selection of wholesome house-made soups

\$5.25 (add to any meal \$3.00)

•••

SANDWICHES & WRAPS

Proper PB&J

House-made coconut peanut butter, Proper's own all-natural jam, bananas, walnut bread \$6.95

Turkey-Avocado Sandwich

Roasted all-natural turkey, avocado, Monterey jack cheese, red leaf lettuce, lemon aioli, honey mustard, nine-grain bread \$9.95

Chicken & Bacon Sandwich

Free-range grilled chicken breast, applewood smoked bacon, provolone cheese red leaf lettuce, roasted garlic aioli, sourdough bread \$8.95

Portobello Mushroom Sandwich

Tomato-marinated portobello mushroom, fresh mozzarella, arugula, basil pesto, lemon aioli, ciabatta bun \$8.95

Carnitas Burrito

All-natural citrus-braised carnitas, mexican rice, black beans, cheddar cheese, crème fraîche, avocado, salsa, flour tortilla \$11.50

Grilled Chicken Wrap

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

Tofu Spring Rolls

Miso-glazed tofu, shredded carrots, marinated shitake mushrooms, napa cabbage, green onion,thai basil, arugula, rice paper, thai chili sauce \$7.95 (or with prawns \$8.95)

|||||

Eat Well & Good

•••

SALADS & ENTREES

Fall Salad with Salmon

Roasted fresh salmon, mixed greens, endive, caramelized walnuts, honeycrisp apples, pecorino cheese, dried cranberries, toasted flaxseed, honey-shallot vinaigrette \$14.95 (with organic salt & pepper tofu \$11.95)

Spinach & Farro Salad with Chicken

Free-range honey chicken, baby spinach, farro, basil pesto, roasted red peppers, pine nuts, cranberries, goat cheese, lemon vinaigrette \$12.95

Harvest Salad with Chicken

Oregano-marinated free-range chicken, arugula, radicchio, caramelized pecans, apples, goat cheese, house-made creamy apple cider vinaigrette \$13.50 (with roasted garnet yams \$10.95)

Lemon Quinoa Salad

Lemon quinoa, spinach, feta cheese, cherry tomatoes, basil, pincholine olives, lemon vinaigrette \$9.95 (with aleppo pepper-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 \$13.95

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

Carne Asada, Rice & Bean Bowl

All-natural grilled flank steak, mexican rice, black beans, cannellini beans, cilantro, green onion, smashed avocado, puya salsa, crème fraiche \$13.50

Salmon Teriyaki Hot Plate

Fresh poached salmon, brown rice, broccoli, sugar snap peas, nori, teriyaki sauce \$15.50

•••

DESSERTS, SIDES & HOUSE MADE DRINKS

Juices

Energy - Orange, Carrot, Ginger
Detox - Apple, Celery, Cucumber Kale
Superfood - Pear, Golden Beet, Mint
\$6.95

Coffee

Brewed 100% organic, fair-trade coffee
\$2.50 12oz | \$3.00 16oz
Cold-Brew \$4.50

Tea

Selection of organic teas
\$2.50 16oz
Iced Tea \$3.50

Cookies

Chocolate Chip
Gluten Free Chocolate Chip
\$1.95

Artisanal Potato Chips

\$2.25

67 WALL STREET
NEW YORK, NY 10005
212-280-1746



•••

PROPERFOOD.COM