



Nutrition (Fall 2021)

Breakfast

	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Dietary Fiber (g)	Protein (g)	Sugars (g)	Carbohydrates (g)	Sodium (mg)	Gluten Free ¹	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			
Chiquito Breakfast Burrito	480	21	6	430	1	24	2	50	710	✓		
Chiquito Breakfast Burrito with Steak	580	21	9	430	1	27	2	50	860			
Egg & Cheese Breakfast Wrap (vegetarian)	400	24	8	475	0	21	0	25	570	✓		
Fruit Cup	90	0	0	0	3	1	18	23	0	✓		✓
Proper Yogurt Parfait	260	9	3	15	2	17	24	31	50	✓	✓	
Coconut Chia Pudding	180	7	3	0	3	2	21	31	210	✓		✓
Power Breakfast Plate	420	9	7	590	4	24	1	25	410	✓	✓	
Power Breakfast Plate with Bacon	510	17	9	610	4	28	1	26	550	✓		
Overnight Oats	280	7	0.5	0	0	8	18	48	70	✓		✓
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	✓		
Hardboiled Eggs	70	5	1	215	0	6	0	1	65	✓	✓	

Salads & Entrées

Fall Salad with Salmon	270	8	1	65	4	28	7	23	230	✓		
goat cheese	30	2	1	10	0	2	0	0	45	✓		
pumpkin & sunflower seeds	70	6	1	0	1	4	0	2	0	✓		
spicy lemon dressing	160	17	3	10	0	1	1	2	220	✓		
Fall Salad with Chicken	220	2	0	65	4	29	7	23	430	✓		
goat cheese	30	2	1	10	0	2	0	0	45	✓		
pumpkin & sunflower seeds	70	6	1	0	1	4	0	2	0	✓		
spicy lemon dressing	160	17	3	10	0	1	1	2	220	✓		
Fall Salad	120	1	0	0	5	4	8	27	135	✓	✓	
goat cheese	30	2	1	10	0	2	0	0	45	✓	✓	
pumpkin & sunflower seeds	70	6	1	0	1	4	0	2	0	✓	✓	
spicy lemon dressing	160	17	3	10	0	1	1	2	220	✓	✓	
Couscous & Spinach Salad with Chicken ²	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	390		✓	
sesame & green onion dressing	239	23	4	0	2	3	1	7	830		✓	
wontons	70	4.5	1	0	0	1	0	6	70		✓	
Tuscan Tuna Salad	230	14	3	20	2	16	2	8	370	✓		
marcona almonds	60	5	0	0	1	2	0	1	60	✓		
garlic-herb dressing	190	21	4	0	0	0	0	1	220	✓		
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			
Korean BBQ Hot Plate	460	10	4	50	2	23	6	67	575	✓		
Seared Lemon Pepper Tuna	500	23	3.5	30	3	32	3	43	1280	✓		
sherry vinaigrette	90	7	1.5	0	0	0	0	4	210	✓		
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	✓	✓	
goat cheese	35	3	2	12	0	2	0	1	54	✓	✓	
Lemon Quinoa with Chicken ²	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 ²	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	✓		



Nutrition (Fall 2021)

	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Dietary Fiber (g)	Protein (g)	Sugars (g)	Carbohydrates (g)	Sodium (mg)	Gluten Free ¹	Vegetarian	Vegan
Pulpo Salad	480	25	5	20	5	17	3	51	630			
Salmon Teriyaki Hot Plate	449	13	2	85	3	37	7	50	690	✓		
teriyaki sauce	71	0	0	0	0	1	11	16	370	✓		
Seared Lemon Pepper Tuna	500	23	3.5	30	3	32	3	43	1280	✓		
sherry vinaigrette	90	7	1.5	0	0	0	0	4	210	✓		
Chicken Enchilada	364	16	9	46	2	19	5	37	930	✓		
crème fraiche	96	10	7	39	0	1	1	10	10	✓		
Sweet Potato Enchilada	324	13	7	26	3	11	6	45	530	✓	✓	
crème fraiche	96	10	7	39	0	1	1	10	10	✓	✓	
Chicken Teriyaki	360	4	0	60	3	30	10	55	820	✓		
teriyaki sauce	70	0	0	0	0	1	11	15	360	✓		
BBQ Salmon Hot Plate	490	18	3	70	2	32	2	50	590	✓		
dill & yogurt sauce	50	1	0	5	0	3	1	2	95	✓		
Sandwiches & Wraps												
Turkey Avocado Sandwich	580	27	7	120	5	44	7	45	940			
Buffalo Wrap - Chicken	590	29	13	120	1	32	2	52	1100			
Buffalo Wrap - Veg	560	23	13	80	3	19	3	58	1120		✓	
Proper PB&J	570	24	6	0	2	18	14	82	830			✓
Turkey Bacon Wrap	530	18	10	110	0	35	0	39	920			
Carnitas Burrito ²	780	33	11	70	16	36	3	94	1400			
Vegan Wrap	510	15	3	0	1	18	3	64	1030			✓
BBQ Chicken Wrap	520	30	10	120	1	30	5	33	830			
Ham & White Cheddar Sandwich	510	14	7	90	1	23	2	42	890			
Chicken BLT												
Soup												
Carrot Ginger Soup	140	6	3	0	4	2	12	18	330	✓		✓
Juice & Drinks												
Proper Green Juice	150	0	0	0	2	5	21	32	260	✓		✓
Watermelon Strawberry Beet	160	0.5	0	0	8	4	29	39	125	✓		✓
Orange Carrot Apple Ginger	190	1.5	0	0	1	5	33	41	130	✓		✓
Coconut Cold Brew Coffee ³	190	19	16	0	0	3	2	2	40	✓		✓
Cold Brew Coffee ³	5	0	0	0	0	1	0	0	10	✓		✓
Iced Tea ³	15	0	0	0	0	3	0	0	15	✓		✓
Cookies, Bars & Snacks												
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		✓	
Proper Energy Bar	380	18	7	0	6	11	20	45	210	✓		✓
Oatmeal Walnut Cookie	320	15	7	45	0	5	22	41	290		✓	
Dried Mango	171	0	0	0	1.5	2	25	43	15	✓		✓
Crudite with Hummus	220	13	2	0	5	9	7	20	380	✓		✓

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.

3 Caffeine per bottle: Coconut Cold Brew 136mg; Cold Brew 178mg; Iced Tea 52mg



Allergens (Fall 2021)

Breakfast

	Gluten	Dairy	Egg	Nuts	Fish (Seafood)	Shellfish	Soy	Onion	Cilantro	Garlic	Sesame	Gluten Free 1	Vegetarian	Vegan
Croissant Sandwich	✓	✓	✓										✓	
Croissant Sandwich with Bacon	✓	✓	✓											
Chiquito Breakfast Burrito	✓	✓	✓				✓	✓	✓	✓			✓	
Chiquito Breakfast Burrito with Steak	✓	✓	✓				✓	✓	✓					
Egg & Cheese Breakfast Wrap (vegetarian)	✓	✓	✓				✓	✓					✓	
Fruit Cup											✓			✓
Proper Yogurt Parfait		✓		✓							✓	✓		
Coconut Chia Pudding				✓							✓	✓		✓
Power Breakfast Plate			✓					✓		✓	✓	✓		
Power Breakfast Plate with Bacon			✓					✓		✓	✓	✓		
Overnight Oats				✓							✓			✓
Gluten-Free Breakfast Sandwich (vegetarian)		✓	✓				✓				✓	✓		
Gluten-Free Sausage Breakfast Sandwich		✓	✓				✓				✓	✓		
Hardboiled Egg			✓								✓	✓		

Salads & Entrées

Fall Salad with Salmon		✓ ²			✓							✓		
Fall Salad with Chicken		✓ ²										✓		
Fall Salad		✓ ²										✓	✓	
Couscous & Spinach Salad with Chicken	✓	✓		✓				✓	✓					
Chinese Chicken Salad ⁴	✓ ⁴			✓			✓	✓	✓		✓	✓ ⁴		
Chinese Salad with Tofu ⁴	✓ ⁴			✓			✓	✓	✓		✓	✓ ⁴	✓	
Tuscan Tuna Salad		✓	✓	✓ ²	✓			✓	✓	✓		✓		
Coconut Prawn & Kale Salad	✓		✓	✓		✓	✓		✓	✓				
Korean BBQ Hot Plate							✓	✓		✓	✓	✓		
Searched Lemon Pepper Tuna				✓	✓			✓		✓		✓		
Quinoa Beet Pesto with Chicken ²		✓ ²		✓								✓		
Quinoa Beet Pesto ²		✓ ²		✓								✓	✓	
Lemon Quinoa with Chicken ²		✓ ²										✓		
Lemon Quinoa ²		✓ ²										✓	✓	
Flank Steak, Rice & Bean Bowl		✓							✓	✓		✓		
Pulpo Salad	✓	✓		✓	✓					✓				
Salmon Teriyaki Hot Plate					✓		✓	✓			✓	✓		
Chimichurri Steak Hot Plate								✓		✓		✓		
Coconut Curry Chicken Hot Plate				✓						✓		✓		
Coconut Curry Tofu Hot Plate				✓			✓			✓		✓		
Chicken Enchilada		✓					✓		✓	✓		✓		
Sweet Potato Enchilada		✓					✓		✓			✓	✓	
Hummus & Vegetables									✓	✓	✓	✓		✓
Chicken Teriyaki							✓	✓		✓		✓		
BBQ Salmon Hot Plate		✓			✓			✓		✓	✓	✓		

Sandwiches & Wraps

Turkey Avocado Sandwich	✓	✓	✓				✓							
Chicken BLT	✓		✓					✓						
Buffalo Wrap - Vegetarian	✓	✓	✓										✓	
Buffalo Wrap - Chicken	✓	✓	✓											
Proper PB&J	✓			✓			✓							✓
Turkey Bacon Wrap	✓	✓	✓											
Carnitas Burrito	✓	✓					✓	✓	✓	✓				
Vegan Wrap	✓						✓	✓	✓	✓				✓
BBQ Chicken Wrap	✓	✓	✓							✓				
Ham & White Cheddar Sandwich	✓	✓	✓							✓				

Soup

Carrot Ginger Soup				✓				✓		✓		✓		✓
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Juice & Drinks

Proper Green Juice											✓			✓
Watermelon Strawberry Beet											✓			✓
Orange Carrot Apple Ginger											✓			✓
Coconut Cold Brew Coffee ⁵											✓			✓
Cold Brew Coffee ⁵											✓			✓
Iced Tea ⁵											✓			✓



Allergens (Fall 2021)

Cookies, Bars & Snacks

	Gluten	Dairy	Egg	Nuts	Fish (Seafood)	Shellfish	Soy	Onion	Cilantro	Garlic	Sesame	Gluten Free ¹	Vegetarian	Vegan
Chocolate Chip	✓	✓	✓				✓						✓	
Gluten-Free Chocolate Chip		✓	✓				✓				✓	✓		
Nutella	✓	✓	✓	✓			✓						✓	
Oatmeal Walnut	✓	✓	✓	✓								✓		
Proper Energy Bar				✓			✓					✓		✓
Dried Mango											✓			✓
Crudite with Hummus									✓	✓	✓			✓

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 and nuts are served in a separate container - without the cheese, these items are dairy-free/nut-free
- 3 Acai Smoothie is made with coconut and almond milk
- 4 Wontons are served in a separate container - without wontons, this salad is gluten-free
- 5 Caffeine per bottle: Coconut Cold Brew 136mg; Cold Brew 178mg; Iced Tea 52mg

For more information, please contact info@properfood.com