



Nutrition (Winter 2024)

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			
Farmhouse Breakfast Wrap with Bacon	680	33	15	430	1	28	2	48	1160			
Farmhouse Breakfast Wrap	570	30	11	405	1	24	2	48	990		✓	
Chilaquiles	680	36	19	480	2	36	5	56	1720		✓	
Fruit Cup	120	0	0	0	3	2	25	30	20	✓		✓
Proper Yogurt Parfait	240	9	3	15	2	17	21	29	45	✓	✓	
Coconut Chia Pudding	180	7	3	0	3	2	21	31	210	✓		✓
Power Breakfast	360	21	6	445	2	16	2	27	400	✓	✓	
white cheddar cheese	70	6	3	20	0	5	0	1	115	✓	✓	
Power Breakfast with Bacon	510	21	11	480	2	20	1	25	650	✓		
white cheddar cheese	70	6	3	20	0	5	0	1	115	✓		
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

Winter Salad with Salmon	300	13	2	50	4	23	11	24	310	✓		
ricotta salata cheese	30	2	2	10	0	2	0	0	100	✓		
savory hazelnuts	50	5	1	0	1	1	0	1	20	✓		
orange dressing	210	20	3	0	1	1	7	9	200	✓		
Winter Salad with Chicken	260	8	1	55	4	27	11	24	440	✓		
ricotta salata cheese	30	2	2	10	0	2	0	0	100	✓		
savory hazelnuts	50	5	1	0	1	1	0	1	20	✓		
orange dressing	210	20	3	0	1	1	7	9	200	✓		
Winter Salad	190	8	1	0	5	5	12	28	200	✓	✓	
goat cheese	30	2	2	10	0	2	0	0	100	✓	✓	
spicy pecans	50	5	1	0	1	1	0	1	20	✓	✓	
apple cider vinaigrette	210	20	3	0	1	1	7	9	200	✓	✓	
Seasonal Grain Bowl with Steak	500	17	3	30	13	23	7	67	570	✓		
roasted garlic vinaigrette	110	7	2	0	1	1	7	11	170	✓		
Seasonal Grain Bowl	420	12	1	0	9	13	8	69	530	✓	✓	
roasted garlic vinaigrette	110	7	2	0	1	1	7	11	170	✓		
Quinoa Grain Bowl with Salmon	600	20	3	45	6	31	7	77	450	✓		
tahini lemon dressing	170	15	2	0	0	6	0	2	130	✓		
Quinoa Grain Bowl with Chicken	570	17	2	45	7	32	7	78	750	✓		
tahini lemon dressing	170	15	2	0	0	6	0	2	130	✓		
Quinoa Grain Bowl	480	14	1	0	6	14	6	76	380	✓	✓	
tahini lemon dressing	170	15	2	0	0	6	0	2	130	✓	✓	
Couscous & Spinach Salad with Salmon ²	630	32	7	65	4	31	8	51	690			
lemon vinaigrette	94	10	2	0	0	1	1	2	64			
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			
Thai Coconut Salmon Salad	180	8.5	3	25	5	13	7	15	110			
peanut lime dressing	220	16	5	0	0	6	13	18	860			
wontons	70	4.5	1	0	0	1	0	6	70			
Thai Chicken Salad	140	3.5	1	45	4	20	6	7	230			✓
peanut lime dressing	220	16	5	0	0	6	13	18	860			
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			
Mexican Harvest Bowl with Steak	710	31	11	80	3	41	8	68	1270			
Mexican Harvest Bowl with Chicken	640	22	7	175	3	33	8	68	1080			
Mexican Harvest Bowl with Cauliflower	500	15	5	15	6	18	11	76	1170		✓	
Proper Cobb Salad	340	19	5	285	4	31	2	10	570			
creamy lemon vinaigrette	200	22	4	10	0	1	1	2	500	✓		
blue cheese	60	4	3	15	0	3	0	0.5	220	✓		
Farro Salad with Pulpo	470	19	3	25	7	20	6	67	560			
chimichurri sauce	180	20	3	0	0	0	0	1	390			
Farro Salad	490	23	6	0	7	16	6	66	640		✓	
chimichurri sauce	180	20	3	0	0	0	0	1	390		✓	
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	✓		
Greek Salad with Shrimp	380	21	12	140	3	33	6	15	1245	✓		
red wine vinaigrette	140	15	3	0	0	0	0	0	95	✓		
Soba Noodle Salad with Miso-Tofu	320	16	2	0	5	16	11	35	290			✓
peanut sauce	220	16	5	0	0	6	13	17	780			✓
sweet thai chili sauce	40	0	0	0	0	0	8	8	190			✓
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	✓		
Flank Steak, Rice & Bean Bowl	468	28	5	30	11	21	4	37	977	✓		
queso fesco	32	2.5	2	3	0	2	0	1	81	✓		



Nutrition (Winter 2024)

	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
tortilla chips	50	2.5	1	0	0	1	0	6	54	✓		
Salmon Teriyaki Hot Plate	449	13	2	85	3	37	7	50	690	✓		
teriyaki sauce	71	0	0	0	0	1	11	16	370	✓		
Chicken Enchilada	364	16	9	46	2	19	5	37	930	✓		
crème fraîche	96	10	7	39	0	1	1	1	10	✓		
Sweet Potato Enchilada	324	13	7	26	3	11	6	45	530	✓	✓	
crème fraîche	96	10	7	39	0	1	1	1	10	✓	✓	
Chimichurri Steak	485	26	3.5	75	6	34	3	32	760	✓		
parmesan cheese	15	1	1	5	0	1	0	0	40	✓		
chimichurri sauce	150	17	2.5	0	0	0	0	2	320	✓		
Chimichurri Salmon	495	27	4.5	75	6	35	3	32	800	✓		
parmesan cheese	15	1	1	5	0	1	0	0	40	✓		
chimichurri sauce	150	17	2.5	0	0	0	0	2	320	✓		
Lean & Clean Chicken Plate	410	5	0	120	3	33	2	41	900	✓		
bone broth sauce	15	1	0	5	0	1	0	1	160	✓		
Lean & Clean Salmon Plate	420	13	2	90	2	38	2	41	780	✓		
bone broth sauce	15	1	0	5	0	1	0	1	160	✓		
Tofu Teriyaki	280	8	1	0	3	15	2	44	320	✓		✓
teriyaki sauce	70	0	0	0	0	1	11	15	360	✓		✓
Mediterranean Steak Plate	440	26	11	60	2	33	2	20	880	✓		
tahini lemon dressing	170	15	2	0	0	6	0	2	130	✓		
Salmon Asada Bowl	390	17	6	65	2	25	4	34	540	✓		
Carne Asada Bowl	480	20	5	80	4	32	4	41	680	✓		
Carnitas Bowl	540	19	5	60	13	31	3	66	740	✓		
Sandwiches & Wraps												
Turkey Avocado Sandwich	580	27	7	120	5	44	7	45	940			
Tuna Sandwich	490	19	4	90	1	30	10	56	970			
Grilled Chicken Sandwich	550	25	7	175	1	36	2	46	550			
Ham Brie & Pear Sandwich	470	22	6	85	1	24	11	49	1010			
Turkey Salami Sandwich	450	16	4	60	0	32	8	47	860			
Portobello & Manchego Sandwich	400	18	5	15	1	16	10	50	650		✓	
Roasted Eggplant Wrap	510	27	5	0	4	11	8	60	1210			✓
cashew ricotta & romesco	180	14	2	0	1	6	3	11	370			✓
Crispy Chicken Wrap	680	26	10	100	1	30	3	76	2770			
Buffalo Shrimp Wrap	550	28	11	220	1	34	2	42	1690			
Buffalo Wrap - Chicken	590	29	13	120	1	32	2	52	1100			
Buffalo Wrap - Veg	560	23	13	80	3	19	3	58	1120		✓	
Mediterranean Chicken Wrap	620	37	11	115	1	32	2	42	1300			
Mediterranean Vegan Wrap	530	25	4	0	3	15	3	67	1170			✓
Proper PB&J	570	24	6	0	2	18	14	82	830			✓
Vegan Wrap	510	15	3	0	1	18	3	64	1030			✓
Chicken Pesto Wrap	590	33	5	45	2	29	3	45	1160			
Ham & White Cheddar Sandwich	450	21	8	100	0	29	2	38	1020			
Vegan Tofu Pesto Wrap	580	33	5	0	3	23	4	46	860			✓
Chicken BLT Wrap	620	17	10	115	1	35	2	52	1240			
Kids Quesadilla	290	18	11	40	0	13	1	21	590		✓	
Soup												
Chicken Pozole	160	4	1	45	2	19	2	13	740	✓		
Butternut Squash & Hazelnut	140	4	0	0	7	3	10	26	500	✓		✓
Juice & Drinks												
Proper Daily Green Juice	190	0	0	0	10	5	23	45	110	✓		✓
Proper Orange Carrot Ginger Juice	230	0	0	0	10	4	40	55	55	✓		✓
Oat Milk Cold Brew Coffee ³	50	0.5	0	0	0	1	0	8	130	✓		✓
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	✓		✓
Cheese Plate	440	28	16	75	1	23	11	28	760		✓	

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.



Allergens (Winter 2024)

Breakfast

	Gluten	Dairy	Egg	Nuts	Fish (Seafood)	Shellfish	Soy	Onion	Cilantro	Garlic	Sesame	Gluten Free 1	Vegetarian	Vegan
Croissant Sandwich	✓	✓	✓										✓	
Croissant Sandwich with Bacon	✓	✓	✓											
Farmhouse Breakfast Wrap with Bacon	✓	✓	✓				✓	✓			✓			
Farmhouse Breakfast Wrap	✓	✓	✓				✓	✓			✓		✓	
Breakfast Burrito Vegan	✓							✓		✓				✓
Chilaquiles	✓	✓	✓					✓	✓	✓			✓	
Fruit Cup												✓		✓
Proper Yogurt Parfait		✓		✓								✓	✓	
Pumpkin Chai Overnight Oats				✓								✓		✓
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

Winter Salad with Salmon ²		✓		✓	✓					✓	✓	✓		
Winter Salad with Chicken ²		✓		✓						✓	✓	✓		
Winter Salad ²		✓		✓						✓	✓	✓	✓	
Seasonal Grain Bowl with Steak			✓					✓		✓		✓		
Seasonal Grain Bowl			✓					✓		✓		✓	✓	
Quinoa Grain Bowl with Salmon					✓			✓		✓	✓	✓		
Quinoa Grain Bowl with Chicken								✓		✓	✓	✓		
Quinoa Grain Bowl								✓		✓	✓	✓	✓	
Couscous & Spinach Salad with Chicken	✓	✓		✓				✓	✓					
Couscous & Spinach Salad with Salmon	✓	✓		✓	✓			✓	✓					
Couscous & Spinach Salad	✓	✓		✓				✓	✓				✓	
Thai Coconut Shrimp Salad	✓			✓		✓	✓	✓	✓	✓	✓			
Thai Coconut Salmon Salad	✓			✓	✓		✓	✓	✓	✓	✓			
Thai Chicken Salad	✓			✓			✓	✓	✓	✓	✓			
Thai Coconut Cauliflower Salad	✓			✓			✓	✓	✓	✓	✓			✓
Mexican Harvest Bowl with Steak	✓	✓					✓	✓	✓	✓	✓			
Mexican Harvest Bowl with Chicken	✓	✓					✓	✓	✓	✓	✓			
Mexican Harvest Bowl with Cauliflower	✓	✓					✓	✓	✓	✓			✓	
Chinese Chicken Salad ⁴	✓ ⁴			✓			✓	✓	✓		✓	✓ ⁴		
Chinese Salad with Tofu ⁴	✓ ⁴			✓			✓	✓	✓		✓	✓ ⁴	✓	
Proper Cobb Salad		✓	✓					✓		✓		✓		
Seared Lemon Pepper Tuna				✓	✓			✓		✓		✓		
Greek Salad with Shrimp		✓				✓		✓				✓		
Greek Salad with Chicken		✓						✓				✓		
Greek Salad		✓						✓				✓	✓	
Quinoa Beet Pesto with Chicken ²		✓		✓								✓		
Quinoa Beet Pesto ²		✓		✓								✓	✓	
Farro Salad with Pulpo	✓				✓			✓		✓				
Farro Salad	✓	✓						✓		✓			✓	
Salmon Teriyaki Hot Plate					✓		✓	✓			✓	✓		
Coconut Curry Chicken Hot Plate				✓						✓		✓		
Coconut Curry Tofu Hot Plate				✓			✓			✓		✓		
Chicken Enchilada		✓					✓		✓	✓		✓		
Sweet Potato Enchilada		✓					✓		✓			✓	✓	
Chimichurri Salmon		✓			✓			✓		✓		✓		
Chimichurri Steak		✓						✓		✓		✓		
Lean & Clean Chicken Plate								✓		✓		✓		
Lean & Clean Salmon Plate					✓			✓		✓		✓		
Hummus & Vegetables									✓	✓		✓		✓
Tofu Teriyaki							✓	✓		✓	✓	✓		✓
Chicken Teriyaki							✓	✓		✓	✓	✓		

Sandwiches & Wraps

Turkey Avocado Sandwich	✓	✓	✓				✓							
Ham Brie & Pear Sandwich	✓	✓	✓											
Turkey Salami Sandwich	✓	✓	✓							✓				
Portobello & Manhego Sandwich	✓	✓								✓			✓	
Tuna Sandwich	✓	✓	✓		✓			✓	✓					



Allergens (Winter 2024)

	Gluten	Dairy	Egg	Nuts	Fish (Seafood)	Shellfish	Soy	Onion	Cilantro	Garlic	Sesame	Gluten Free ¹	Vegetarian	Vegan
Roasted Eggplant Wrap	✓			✓						✓				✓
Crispy Chicken Wrap	✓	✓	✓					✓		✓				
Buffalo Shrimp Wrap	✓	✓	✓		✓					✓				
Mediterranean Chicken Wrap	✓	✓					✓	✓	✓	✓	✓			
Mediterranean Vegan Wrap	✓						✓	✓	✓	✓	✓			✓
Buffalo Wrap - Chicken	✓	✓	✓				✓			✓	✓			
Buffalo Wrap - Veg	✓	✓	✓				✓			✓	✓		✓	
Proper PB&J	✓			✓			✓							✓
Carne Asada Burrito	✓	✓					✓	✓	✓	✓	✓			
Vegan Wrap	✓						✓	✓	✓	✓	✓			✓
Chicken Pesto Wrap	✓	✓					✓			✓	✓			
Ham & White Cheddar Sandwich	✓	✓	✓							✓				
Chicken BLT Wrap	✓		✓				✓	✓		✓	✓			
Grilled Chicken Sandwich	✓	✓	✓					✓		✓				
Kids Quesadilla	✓	✓											✓	
Soup														
Chicken Pozole								✓	✓	✓		✓		
Butternut Squash & Hazelnut				✓				✓		✓		✓		✓
Juice & Drinks														
Proper Daily Greens Juice												✓		✓
Proper Gold Juice												✓		✓
Proper Orange Carrot Ginger Juice												✓		✓
Oat Milk Cold Brew Coffee ⁵												✓		✓
Iced Tea ⁵												✓		✓
Cookies, Bars & Snacks														
Chocolate Chip	✓	✓	✓				✓						✓	
Gluten-Free Chocolate Chip		✓	✓				✓					✓	✓	
Nutella	✓	✓	✓	✓			✓						✓	
Proper Energy Bar				✓			✓					✓		✓
Dried Mango												✓		✓
Crudite with Hummus									✓	✓		✓		✓
Cheese Plate	✓	✓											✓	

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 Nuts are served in a separate container - without the nuts, these items are 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