



Nutrition (Spring 2020)

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	23	11	355	0	16	6	26	460		✓	
Croissant Sandwich with Bacon	460	30	14	370	0	19	6	26	580			
Chiquito Breakfast Burrito	480	21	6	430	1	24	2	50	710		✓	
Chiquito Breakfast Burrito with Bacon	580	21	9	430	1	27	2	50	860			
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	✓		
Proper Yogurt Parfait	260	9	3	15	2	17	24	31	50	✓	✓	
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	✓	✓	
Overnight Oats	280	7	0.5	0	0	8	18	48	70	✓		✓
Egg White Frittata	280	13	1	0	3	23	4	16	859	✓	✓	
Ricotta Frittata	250	16	7	445	1	19	2	7	1050		✓	
Bagel with Cream Cheese	380	12	6	30	0	11	6	58	580		✓	
Fruit Cup	130	0	0	0	4	2	26	33	15	✓		✓
Coconut Chia Pudding	180	7	3	0	3	2	21	31	210	✓		✓

Salads & Entrées

Winter Salad with Salmon	350	13.2	2.5	85	6	36	11	19	235	✓		
winter dressing	150	14	2.5	0	0	0	6	7	105	✓		
feta cheese	40	3	2	15	0	2	1	1	140	✓		
sunflower seeds	30	2.5	0	0	0	1	0	1	0			
Winter Salad with Tofu	160	6.2	1.5	0	12	19	8	19	95	✓	✓	
winter dressing	150	14	2.5	0	0	0	6	7	105	✓	✓	
feta cheese	40	3	2	15	0	2	1	1	140	✓	✓	
sunflower seeds	30	2.5	0	0	0	1	0	1	0	✓	✓	
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		✓	
Mediterranean Quinoa Salad with Chicken	514	23	3	45	2	28	1	44	650	✓		
lemon vinaigrette	100	12	3	0	0	0	0	0	50	✓		
feta cheese	36	3	2	0	0	2	0	1	130	✓		
Mediterranean Quinoa Salad	444	21	3	0	3	11	1	50	450	✓	✓	
lemon vinaigrette	100	12	3	0	0	0	0	0	50	✓	✓	
feta cheese	36	3	2	0	0	2	0	1	130	✓	✓	
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	✓		
Pulpo Ensalada	580	24	4	20	9	23	12	80	410			
Stuffed Portobello Hot Plate	250	11	3.5	5	4	11	5	30	410		✓	
Korean BBQ Chicken Hot Plate	400	5	1.5	75	2	20	6	67	250			
gochujang sauce	10	0	0	0	0	1	2	3	70			
Salmon Teriyaki Hot Plate	449	13	2	85	3	37	7	50	690	✓		
teriyaki sauce	71	0	0	0	0	1	11	16	370	✓		
Coconut Curry Chicken Hot Plate	320	11.5	3.5	45	4	24	8	31	920	✓		
coconut-curry dressing	50	4.5	3.5	0	0	1	0	1	130	✓		
Coconut Curry Tofu Hot Plate	310	16	4	0	2	10	8	31	990	✓	✓	
coconut-curry sauce	50	4.5	3.5	0	0	1	0	1	130	✓	✓	
Tandoori Chicken Hot Plate	330	14	2.5	55	4	28	5	27	930	✓		
tandoori sauce	150	14	9	0	1	2	1	4	370	✓		
Korean BBQ Chicken Hot Plate	400	5	1.5	75	2	20	6	67	250			
gochujang sauce	10	0	0	0	0	1	2	3	70			
Chimichurri Steak Hot Plate	410	24	8	70	4	28	7	20	620	✓		
chimichurri sauce	150	17	2.5	0	0	0	0	2	320	✓		
Crispy Prawns and Green Tea Soba Noodle Salad	350	20	1.5	70	3	16	2	31	510			
green tea-soy-tahini dressing	70	3	1	0	0	3	9	11	950			
Roasted Shiitake and Green Tea Soba Noodle Salad	300	13	1.5	0	4	9	12	38	660		✓	
green tea-soy-tahini dressing	70	3	1	0	0	3	9	11	950		✓	
Latin Kale & Prawn Salad	230	10	0.5	105	2	15	6	23	555	✓		
Avocado dressing	220	22	4	0	5	1	0	7	75	✓		



## Nutrition (Spring 2020)

### Sandwiches & Wraps

	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
Turkey Avocado Sandwich	580	27	7	120	5	44	7	45	940			
Chicken Pesto Half Sandwich	250	12	1	35	0	15	6	23	460			
Italian Sandwich	590	32	11	130	0	26	3	52	1530			
Proper PB&J	570	24	6	0	2	18	14	82	830			✓
Grilled Veggie Vegan Wrap	450	20	4.5	57	6	14	9	57	1040			✓
Chicken BLT	510	14	7	90	1	23	2	52	890			
Greek Chicken Wrap	550	23	2.5	50	4	37	5	52	1160			
Smoked Salmon Sandwich	240	7	3.5	45	0	23	2	21	1000			
Chicken Banh Mi Sandwich	430	20	4	150	1	26	8	37	970			

### Soup

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	✓		

### Juice & Drinks

Fruity Detox Juice	200	1	0	0	8	4	36	48	110	✓		✓
Orange, Carrot, Ginger Juice	190	1.5	0	0	1	3	33	41	130	✓		✓
Apple, Celery, Cucumber, Kale	350	0.5	0	0	13	13	24	78	250	✓		✓
Oat Milk Cold Brew Coffee <sup>3</sup>	50	0.5	0	0	0	1	0	8	130	✓		✓
Cold Brew Coffee <sup>3</sup>	5	0	0	0	0	0	0	0	5	✓		✓
Iced Tea <sup>3</sup>	10	0	0	0	0	2	0	0	10	✓		✓

### 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	✓	✓	
Proper Vegan Date Bar	160	12	0	0	1	5	19	27	160	✓		✓
Crudite	25	0	0	0	2	1	6	9	45	✓	✓	
Proper Energy Bar	380	18	7	0	6	11	20	45	210	✓		✓
Dried Mango	171	0	0	0	1.5	2	25	43	15	✓		✓

### 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: Oat Milk Cold Brew 91mg; Cold Brew 136mg; Iced Tea 39mg

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