



Nutrition (Summer 2020)

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
Egg & Cheese Breakfast Wrap (vegetarian)	400	24	8	475	0	21	0	25	570		✓	
Bacon, Egg & Cheese Breakfast Wrap	460	24	11	485	0	23	0	25	670			
Proper Yogurt Parfait	260	9	3	15	2	17	24	31	50	✓	✓	
Spanish Egg White Frittata	150	1.5	0	0	2	23	1	5	400	✓	✓	
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	✓		

Salads & Entrées

Summer Salad with Salmon	283	12	2.5	80	3	33	5	18	320	✓		
creamy herb-lemon dressing	160	17	3	10	0	1	1	2	220	✓		
feta cheese	40	3	2	0	0	2	0	0	140	✓		
honey almond	57	5	0.5	0	1	2	2	3	20	✓		
Summer Salad	213	4	1.5	0	5	5	10	25	180	✓	✓	
creamy herb-lemon dressing	160	17	3	10	0	1	1	2	220	✓	✓	
feta cheese	40	3	2	0	0	2	0	0	140	✓	✓	
honey almond	57	5	0.5	0	1	2	2	3	20	✓	✓	
Summer Salad with Chicken	270	11	3	70	3	32	5	18	320	✓		
creamy herb-lemon dressing	160	17	3	10	0	1	1	2	220	✓		
feta cheese	40	3	2	0	0	2	0	0	140	✓		
honey almond	57	5	0.5	0	1	2	2	3	20	✓		
Latin Grilled Steak Salad	380	15	6	70	4	33	5	27	340	✓		
cilantro lime vinaigrette	190	19	6	10	1	1	2	5	140	✓		
queso fresco	70	6	3	15	0	4	1	1	180	✓		
tortilla chips										✓		
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		✓	
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			
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	✓		
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	340	14.5	3.5	45	2	24	8	30	1230	✓		
coconut-curry sauce	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	✓	✓	
Chicken Enchilada	364	16	9	46	2	19	5	37	930	✓		
crème fraiche	96	10	7	39	0	1	1	1	10	✓		
Sweet Potato Enchilada	324	13	7	26	3	11	6	45	530	✓	✓	
crème fraiche	96	10	7	39	0	1	1	1	10	✓	✓	

Sandwiches & Wraps

Chicken Pesto Sandwich	440	18	5	85	0	33	8	40	910			
Turkey Avocado Sandwich	580	27	7	120	5	44	7	45	940			
Carne Asada Burrito ²	600	25	7	80	4	41	3	58	1140			



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Carne Asada' Tofu Burrito	550	26	9	30	4	19	3	66	1270		✓	
Greek Chicken Wrap	550	23	4.5	50	4	37	5	52	1160			
Soup												
Roasted Tomato (per 12oz portion)	60	1	0	0	3	2	7	12	510	✓		✓
Juice & Drinks												
Cold Brew Coffee ³	5	0	0	0	0	1	0	0	10	✓		✓
Cookies & Bars												
Chocolate Chip Cookie	260	13	8	40	0	3	22	35	300		✓	
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: Coconut Cold Brew 136mg; Cold Brew 178mg; Iced Tea 52mg

For more information, please contact info@properfood.com



Allergens (Summer 2020)

Breakfast

	Gluten	Dairy	Egg	Nuts	Fish (Seafood)	Shellfish	Soy	Onion	Cilantro	Garlic	Sesame	Gluten Free ¹	Vegetarian	Vegan
Egg & Cheese Breakfast Wrap (vegetarian)	✓	✓	✓				✓	✓					✓	
Bacon, Egg & Cheese Breakfast Wrap	✓	✓	✓				✓	✓						
Spanish Egg White Frittata			✓					✓					✓	
Overnight Oats				✓										✓
Gluten-Free Breakfast Sandwich (vegetarian)		✓	✓				✓					✓	✓	
Gluten-Free Sausage Breakfast Sandwich		✓	✓				✓					✓		

Salads & Entrées

Summer Salad with Salmon ²		✓ ²	✓	✓	✓			✓		✓		✓		
Summer Salad		✓ ²	✓	✓				✓		✓		✓	✓	
Summer Salad with Chicken		✓ ²	✓	✓				✓		✓		✓		
Latin Grilled Steak Salad														
Couscous & Spinach Salad with Chicken	✓	✓		✓				✓	✓					
Chinese Chicken Salad ⁴	✓ ⁴			✓			✓	✓	✓		✓	✓ ⁴		
Chinese Salad with Tofu ⁴	✓ ⁴			✓			✓	✓	✓		✓	✓ ⁴	✓	
Coconut Prawn & Kale Salad	✓		✓	✓		✓	✓		✓	✓				
Lemon Quinoa with Chicken ²		✓ ²										✓		
Lemon Quinoa ²		✓ ²										✓	✓	
Flank Steak, Rice & Bean Bowl		✓							✓	✓		✓	✓	
Salmon Teriyaki Hot Plate					✓		✓	✓			✓	✓		
Coconut Curry Chicken Hot Plate				✓						✓		✓		
Coconut Curry Tofu Hot Plate				✓			✓			✓		✓		
Chicken Enchilada		✓					✓		✓	✓		✓		
Sweet Potato Enchilada		✓					✓		✓			✓	✓	

Sandwiches & Wraps

Chicken Pesto Sandwich	✓	✓	✓	✓			✓							
Turkey Avocado Sandwich	✓	✓	✓	✓			✓							
Carne Asada Burrito	✓	✓					✓	✓	✓	✓				
Carne Asada Tofu Burrito	✓	✓					✓	✓	✓	✓			✓	
Greek Chicken Wrap	✓	✓					✓			✓				

Soup

Tomato Soup								✓	✓	✓		✓		✓
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Juice & Drinks

Cold Brew Coffee ⁵												✓		✓
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Cookies & Bars

Chocolate Chip	✓	✓	✓				✓						✓	
Proper Energy Bar				✓			✓					✓		✓
Dried Mango												✓		✓

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 is served in a separate container - without the cheese, these items are dairy-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

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