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Nutrition (Winter 2024) - NYC

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
Power Breakfast Plate	360	21	6	445	2	16	2	27	400	✓	✓	
white cheddar cheese	70	6	3	20	0	5	0	1	115	✓	✓	
Power Breakfast Plate with Bacon	510	21	11	480	2	20	1	25	650	✓		
white cheddar cheese	70	6	3	20	0	5	0	1	115	✓		
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		✓	
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	✓		✓
Fruit Cup	110	0	0	0	3	2	21	26	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	✓		✓
Croissant Jambon Sandwich	490	32	15	125	0	18	9	32	740			

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	✓		
Crispy Chicken Salad	280	6	1	175	3	18	5	33	1020	✓		
creamy herb vinaigrette	290	30	8	125	0	3	1	3	190	✓		
Crispy Potato Salad	170	8	2	150	4	8	5	18	240	✓	✓	
creamy herb vinaigrette	290	30	8	125	0	3	1	3	190	✓	✓	
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		✓	
Chicken Teriyaki	360	4	0	60	3	30	10	55	820	✓		
teriyaki sauce	70	0	0	0	0	1	11	15	360	✓		
Chimichurri Steak	570	37	9.5	65	6	32	3	32	950	✓		
chimichurri sauce	150	17	2.5	0	0	0	0	2	320	✓		
Chimichurri Salmon	500	27	4.5	80	6	35	3	32	800	✓		
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 Steak Plate	470	21	7	165	3	31	2	41	590	✓		
bone broth sauce	15	1	0	5	0	1	0	1	160	✓		
Chinese Chicken Salad	291	6	1	80	4	37	13	22	440			
sesame & green onion dressing	240	23	4	0	1	2	0	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		✓	
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	✓		
Proper Cobb Salad	150	9	2	215	4	8	2	10	170	✓	✓	
creamy lemon vinaigrette	200	22	4	10	0	1	1	2	500	✓	✓	
blue cheese	60	4	3	15	0	3	0	0.5	220	✓	✓	
Proper Cobb Salad with Chicken	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	✓		
Quinoa Grain Bowl with Salmon	600	20	3	45	6	31	7	77	450	✓		



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	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
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	✓	✓	
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	✓		
Salmon Teriyaki Hot Plate	449	13	2	85	3	37	7	50	690	✓		
teriyaki sauce	71	0	0	0	0	1	11	16	370	✓		
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	✓		
Greek Salad with Chicken	370	18	10	60	4	38	5	14	960	✓		
red wine vinaigrette	140	15	3	0	0	0	0	0	95	✓		
Greek Salad	310	20	12	0	4	15	6	17	900	✓	✓	
red wine vinaigrette	140	15	3	0	0	0	0	0	95	✓	✓	
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	✓	✓	
<b>Sandwiches &amp; Wraps</b>												
Turkey Avocado Sandwich	510	20	6	120	2	43	8	42	1050			
Portobello & Manchego Sandwich	400	18	5	15	1	16	10	50	650		✓	
Steak Sandwich	560	28	9	85	1	30	2	46	630			
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			
Tuna Sandwich	490	19	4	90	1	30	10	56	970			
Grilled Chicken Sandwich	550	25	7	175	1	36	2	46	550			
Crispy Chicken Wrap	680	26	10	100	1	30	3	76	2770			
Chicken & Salami Pesto Sandwich	580	35	14	150	0	43	0	40	1290			
Ham & White Cheddar Sandwich	450	21	6	100	0	29	2	28	1720			
Chicken Pesto Wrap	480	31	7	55	2	33	3	55	1260			
Proper PB&J	570	24	6	0	2	18	14	82	830			✓
Buffalo Wrap - Chicken	590	29	13	120	1	32	2	52	1100			
Buffalo Wrap - Veg	560	23	13	80	3	19	3	58	1120		✓	
Chicken BLT Wrap	500	14	9	115	1	28	1	30	930			
<b>Soup</b>												
White Bean Kale Soup with Chicken Sausage	190	4	1	0	12	10	4	33	1060	✓		
chicken sausage	50	3	1	30	0	3	0	2	240	✓		
Butternut Squash & Hazelnut	140	4	0	0	7	3	10	26	500	✓		✓
<b>Juice &amp; Drinks</b>												
Proper Daily Green Juice	190	0	0	0	10	5	23	45	110	✓		✓
Proper Gold Juice	240	0.5	0	0	11	3	41	58	0	✓		✓
Proper Orange Carrot Ginger Juice	230	0	0	0	10	4	40	55	55	✓		✓
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	✓		✓
<b>Cookies, Bars, Snacks</b>												
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	✓	✓	
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

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## Allergens (Winter 2024) - NYC

### Breakfast

	Gluten	Dairy	Egg	Nuts	Fish (Seafood)	Shellfish	Soy	Onion	Cilantro	Garlic	Sesame	Gluten Free <sup>1</sup>	Vegetarian	Vegan
Power Breakfast Plate		✓	✓					✓		✓		✓		
Power Breakfast Plate with Bacon		✓	✓					✓		✓		✓		
Farmhouse Breakfast Wrap with Bacon	✓	✓	✓				✓	✓			✓			
Farmhouse Breakfast Wrap	✓	✓	✓				✓	✓			✓			
Proper Yogurt Parfait		✓	✓	✓								✓	✓	
Gluten-Free Breakfast Sandwich (vegetarian)		✓	✓				✓					✓	✓	
Gluten-Free Egg White Turkey Sausage Breakfast Sandwich		✓	✓				✓					✓	✓	
Gluten-Free Turkey Sausage Breakfast Sandwich		✓	✓				✓					✓	✓	
Hardboiled Eggs			✓									✓	✓	
Overnight Oats				✓								✓		✓
Fruit Cup												✓		✓
Coconut Chia Pudding				✓								✓		✓
Croissant Jamon Sandwich		✓						✓		✓				✓

### Salads & Entrées

Winter Salad with Salmon <sup>2</sup>		✓		✓	✓					✓	✓	✓		
Winter Salad with Chicken <sup>2</sup>		✓		✓						✓	✓	✓		
Winter Salad <sup>2</sup>		✓		✓						✓	✓	✓	✓	
Mexican Harvest Bowl with Steak	✓	✓					✓	✓	✓	✓				
Mexican Harvest Bowl with Chicken	✓	✓					✓	✓	✓	✓				
Mexican Harvest Bowl with Cauliflower	✓	✓					✓	✓	✓	✓			✓	
Seasonal Grain Bowl with Steak			✓				✓	✓	✓	✓		✓		
Seasonal Grain Bowl			✓				✓	✓	✓	✓		✓	✓	
Crispy Chicken Salad	✓	✓	✓				✓	✓	✓	✓				
Crispy Potato Salad	✓	✓	✓				✓	✓	✓	✓			✓	
Chicken Teriyaki							✓	✓	✓	✓		✓		
Chinese Chicken Salad <sup>4</sup>	✓ <sup>4</sup>			✓			✓	✓	✓		✓	✓ <sup>4</sup>		
Chinese Salad with Tofu <sup>4</sup>	✓ <sup>4</sup>			✓			✓	✓	✓		✓	✓ <sup>4</sup>	✓	
Proper Cobb Salad		✓	✓				✓	✓	✓	✓		✓	✓	
Proper Cobb Salad with Chicken		✓	✓				✓	✓	✓	✓		✓	✓	
Seared Lemon Pepper Tuna				✓	✓		✓	✓	✓	✓		✓	✓	
Salmon Teriyaki Hot Plate				✓	✓		✓	✓	✓	✓	✓	✓	✓	
Coconut Curry Chicken Hot Plate				✓			✓	✓	✓	✓		✓	✓	
Coconut Curry Tofu Hot Plate				✓			✓	✓	✓	✓		✓	✓	
Chimichurri Salmon		✓			✓		✓	✓	✓	✓		✓	✓	
Chimichurri Steak		✓					✓	✓	✓	✓		✓	✓	
Quinoa Grain Bowl with Salmon					✓		✓	✓	✓	✓	✓	✓	✓	
Quinoa Grain Bowl with Chicken							✓	✓	✓	✓	✓	✓	✓	
Quinoa Grain Bowl							✓	✓	✓	✓	✓	✓	✓	✓
Lean & Clean Salmon Plate					✓		✓	✓	✓	✓	✓	✓	✓	
Lean & Clean Chicken Plate							✓	✓	✓	✓	✓	✓	✓	
Lean & Clean Steak Plate							✓	✓	✓	✓	✓	✓	✓	
Greek Salad with Shrimp		✓				✓	✓	✓	✓	✓		✓	✓	
Greek Salad with Chicken		✓					✓	✓	✓	✓		✓	✓	
Greek Salad		✓					✓	✓	✓	✓		✓	✓	

### Sandwiches & Wraps

Turkey Avocado Sandwich	✓	✓	✓											
Portobello & Manhego Sandwich	✓	✓								✓			✓	
Ham Brie & Pear Sandwich	✓	✓	✓											
Turkey Salami Sandwich	✓	✓	✓							✓				
Crispy Chicken Wrap	✓	✓	✓					✓		✓				
Steak Sandwich	✓	✓	✓					✓		✓				
Grilled Chicken Sandwich	✓	✓	✓					✓		✓				
Chicken & Salami Pesto Sandwich	✓	✓	✓					✓		✓				
Ham & White Cheddar Sandwich	✓	✓	✓					✓		✓				
Tuna Sandwich	✓	✓	✓		✓			✓		✓				
Proper PB&J	✓	✓	✓	✓			✓		✓					✓
Buffalo Wrap - Chicken	✓	✓	✓							✓				
Buffalo Wrap - Veg	✓	✓	✓							✓			✓	
Chicken BLT Wrap	✓		✓				✓	✓		✓	✓			

### Soup

White Bean Kale Soup with Chicken Sausage								✓		✓		✓		
Butternut Squash & Hazelnut				✓				✓		✓		✓		✓

### Juice & Drinks

Proper Daily Green Juice												✓		✓
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Proper Gold Juice												✓		✓
Proper Orange Carrot Ginger Juice												✓		✓
Oat Milk Cold Brew Coffee <sup>3</sup>												✓		✓
Cold Brew Coffee <sup>3</sup>												✓		✓
<b>Cookies, Bars, Snacks</b>														
Chocolate Chip	✓	✓	✓					✓						✓
Gluten-Free Chocolate Chip		✓	✓					✓				✓	✓	
Crudite with Hummus									✓	✓		✓	✓	
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 Caffeine per bottle: Oat Milk Cold Brew 91mg; Cold Brew 136mg; Iced Tea 39mg
- 4 Wontons are served in a separate container - without wontons, this salad is gluten-free

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