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Nutrition (Summer 20)

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	✓		
Wrapido Breakfast Wrap with Bacon	500	24	10	390	1	21	1	38	860			
Wrapido Breakfast Wrap	440	24	8	380	1	19	1	38	770		✓	
Fruit Cup	90	0	0	0	2	1	18	23	0	✓		✓
Morning Muffin with Turkey Sausage	360	19	5	310	1	19	2	28	640			
Morning Muffin	300	14	4	285	1	14	2	28	440		✓	
Hardboiled Eggs	70	5	1	215	0	6	0	1	65	✓	✓	
Overnight Oats	280	7	0.5	0	0	8	18	48	70	✓		✓
Proper Yogurt Parfait	260	9	3	15	1	14	29	36	40	✓	✓	
Chocolate Cherry Overnight Oats	310	9	1	0	1	10	9	49	210	✓		✓
Coconut Chia Pudding	180	7	3	0	3	2	21	31	210	✓		✓
Croissant Jamon Sandwich	490	32	15	125	0	18	9	32	740			

Salads & Entrées

Summer Salad with Shrimp	180	3	2	120	3	20	18	25	215	✓		
feta cheese	60	5	3	0	0	4	0	0	220	✓		
toasted sunflower seeds	50	4	0	0	1	2	0	2	45			
lemon caraway dressing	160	16	3	10	0	1	2	3	210	✓		
Summer Salad with Chicken	210	3	2	45	3	26	18	25	305	✓		
feta cheese	60	5	3	0	0	4	0	0	220			
toasted sunflower seeds	50	4	0	0	1	2	0	2	45	✓		
lemon caraway dressing	160	16	3	10	0	1	2	3	210	✓		
Summer Salad	100	2	2	0	3	3	18	25	25	✓	✓	
feta cheese	60	5	3	0	0	4	0	0	220			
toasted sunflower seeds	50	4	0	0	1	2	0	2	45	✓	✓	
lemon caraway dressing	160	16	3	10	0	1	2	3	210	✓	✓	
Seasonal Grain Bowl with Salmon	460	17	3	45	5	27	4	54	300	✓		
tahini lemon dressing	170	15	2	0	0	6	0	2	130	✓		
Seasonal Grain Bowl with Chicken	430	13	2	45	5	30	5	53	470	✓		
tahini lemon dressing	170	15	2	0	0	6	0	2	130	✓		
Seasonal Grain Bowl (veg)	350	12	2	0	5	11	5	54	250	✓	✓	
tahini lemon dressing	170	15	2	0	0	6	0	2	130	✓	✓	
Tuna Nicoise Salad	301	14	2	205	4	23	6	22	581			
flatbread croutons	15	1	0	0	0	0	0	1	15			
lemon thyme vinaigrette	94	10	2	0	0	1	1	2	64			
Tuscan Kale Salad with Chicken	255	10	3	70	3	29	2	15	735			
flatbread croutons	15	1	0	0	0	0	0	1	15			
pecorino vinaigrette	200	21	4	0	0	1	0	1	140			
Tuscan Kale Salad with Mushrooms	155	9	3	15	3	7	2	15	465		✓	
flatbread croutons	15	1	0	0	0	0	0	1	15		✓	
pecorino vinaigrette	200	21	4	0	0	1	0	1	140		✓	
Mexican Harvest Bowl with Steak	610	23	9	70	2	40	7	60	985			
white cheddar	70	6	3	20	0	5	0	1	115			
salsa	10	0	0	0	1	0	1	2	60			
Soba Noodle Salad	190	10	2	0	1	7	7	22	440	✓		✓
Lemon Quinoa Salad	563	25	3	0	2	13	1	70	578	✓	✓	
lemon vinaigrette	47	5	1	0	0	1	1	1	32			
feta cheese	30	3	2	0	0	2	0	0	110	✓	✓	
Peri Peri Chicken	240	5	0	60	2	28	4	23	980	✓		
peri peri sauce	50	4	1	0	1	0	1	2	270	✓		
Peri Peri Portobello	140	5	0	0	3	5	5	25	1300	✓		✓
peri peri sauce	50	4	1	0	1	0	1	2	270	✓		✓
Mexican Harvest Bowl with Chicken	560	16	4	155	2	39	7	65	905			
white cheddar	70	6	3	20	0	5	0	1	115			
salsa	10	0	0	0	1	0	1	2	60			
Steak Teriyaki	420	15	6	70	3	33	2	41	380	✓		
teriyaki sauce	70	0	0	0	0	1	11	15	360	✓		
Chicken Teriyaki	360	4	0	60	3	30	10	55	820	✓		
teriyaki sauce	70	0	0	0	0	1	11	15	360	✓		
Chimichurri Salmon	300	15	2.5	80	2	30	1	9	310	✓		
chimichurri sauce	150	17	2.5	0	0	0	0	2	320	✓		
Chimichurri Chicken	490	15	3	120	5	34	5	35	860	✓		
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		✓	



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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 ¹	Vegetarian	Vegan
wontons	70	4.5	1	0	0	1	0	6	70			
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	✓	✓	
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			
Caesar Salad (small)	90	4	2	10	3	7	1	9	180	✓	✓	
caesar dressing	170	16	4	15	0	4	1	3	280	✓	✓	
Tabouleh Kale Salad (small)	450	31	6	10	2	12	2	36	680	✓	✓	
Pesto Couscous Salad (small)	430	24	7	5	3	11	3	40	760	✓	✓	
Thai Salad (small)	60	2	1	0	2	3	3	7	70	✓	✓	
peanut dressing	120	9	2	0	0	3	7	10	470	✓	✓	
Grilled Chicken Breast (add-on protein)	120	1	0	65	0	27	0	0	330	✓		
Grilled Hanger Steak (add-on protein)	200	11	4	60	0	24	0	0	470	✓		
Garlic Herb Organic Tofu (add-on protein)	170	11	2	0	2	12	1	5	15	✓		✓
Sandwiches & Wraps												
Turkey Avocado Sandwich	510	20	6	120	2	43	8	42	1050			
Portobello & Manchego Sandwich	400	18	5	15	1	16	10	50	650		✓	
Turkey Salami Sandwich	450	16	4	60	0	32	8	47	860			
Veggie Garden Sandwich	450	21	2	0	2	15	9	55	650		✓	
Tuna Sandwich	490	19	4	90	1	30	10	56	970			
Crispy Chicken Wrap	680	26	10	100	1	30	3	76	2770			
Crispy Shrimp Wrap	540	29	14	115	2	19	2	51	1780			
Vegan Eggplant Sandwich	530	30	4	0	3	14	7	59	920			✓
Chicken & Salami Pesto Sandwich	580	35	14	150	0	43	0	40	1290			
Mexican Chicken Wrap	460	22	10	95	1	29	2	39	840			
Mexican Wrap with Flank Steak	500	22	11	45	1	29	2	47	980			
Veggie Mexican Wrap	480	27	4	0	6	12	2	53	790			✓
Caesar Salad Wrap with Chicken	360	15	5	55	1	27	1	31	760			
Ham & White Cheddar Sandwich	450	21	6	100	0	29	2	28	1720			
Mediterranean Chicken Wrap	460	24	6	90	2	25	1	39	930			
Mediterranean Vegan Wrap	350	16	2	0	2	11	2	44	740			✓
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			
Vegan Tofu Pesto Wrap	580	33	5	0	3	23	4	46	860			✓
Soup												
Chicken Noodle Soup	160	6	1	40	2	10	4	17	750	✓		
Roasted Tomato Soup	60	1	0	0	3	2	7	12	510	✓		✓
Juice & Drinks												
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 ³	50	0.5	0	0	0	1	0	8	130	✓		✓
Proper Mango Iced Tea ³	15	0	0	0	0	3	0	0	15	✓		✓
Iced Tea ³	10	0	0	0	0	2	0	0	10	✓		✓
Cookies, Bars, Snacks												
Chocolate Chip Cookie	260	13	8	40	0	3	22	35	300		✓	
Nutella Cookie	270	15	8	40	1	4	22	35	250		✓	
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	✓		✓



Breakfast

Salads & Entrées

Sandwiches & Wraps

Turkey Avocado Sandwich	✓	✓	✓							✓		
Portobello & Manchego Sandwich	✓	✓							✓			✓
Veggie Garden Sandwich	✓								✓			✓
Ham Brie & Honey Sandwich	✓	✓	✓									
Turkey Coppa Sandwich	✓	✓	✓						✓			
Crispy Chicken Wrap	✓	✓	✓				✓		✓			
Chicken Salad Sandwich	✓		✓						✓			

Caesar Salad Wrap with Chicken	✓	✓	✓					✓		✓				
Mexican Chicken Wrap	✓	✓					✓	✓	✓	✓	✓			
Mexican Wrap with Flank Steak	✓	✓					✓	✓	✓	✓				
Veggie Mexican Wrap	✓						✓	✓	✓	✓				✓
Steak Sandwich	✓	✓	✓					✓		✓				
Grilled Chicken Sandwich	✓	✓	✓					✓		✓				
Mediterranean Chicken Wrap	✓	✓					✓	✓	✓	✓	✓			
Mediterranean Vegan Wrap	✓						✓	✓	✓	✓	✓			✓
Chicken & Salami Pesto Sandwich	✓	✓	✓					✓		✓				
Ham & White Cheddar Sandwich	✓	✓	✓					✓		✓				
Tuna Sandwich	✓	✓	✓		✓			✓	✓					
Proper PB&J	✓			✓			✓							✓
Buffalo Wrap - Chicken	✓	✓	✓							✓				
Buffalo Wrap - Veg	✓	✓	✓							✓			✓	
Chicken BLT Wrap	✓		✓					✓		✓				
Soup														
Chicken Noodle Soup	✓		✓					✓		✓				
Roasted Tomato Soup								✓		✓		✓		✓
Juice & Drinks														
Proper Daily Green Juice												✓		✓
Proper Gold Juice												✓		✓
Proper Orange Carrot Ginger Juice												✓		✓
Oat Milk Cold Brew Coffee ³												✓		✓
Proper Mango Iced Tea												✓		✓
Cold Brew Coffee ³												✓		✓
Cookies, Bars, Snacks														
Chocolate Chip	✓	✓	✓				✓						✓	
Gluten-Free Chocolate Chip		✓	✓				✓					✓	✓	
Nutella	✓	✓	✓	✓			✓						✓	
Crudite with Hummus										✓	✓	✓	✓	
Power Date Bites				✓								✓		✓
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