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PROPER
FOOD
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Nutrition (Summer 20

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PROPER					(a)	.a) /	/ هـ			<i>.</i> (છે)	/ /	′ /	
Nutrition (Summer 20	١ ,	/ ,	(w)	\ \{\sigma_{\sigma_{\delta}}^{\delta}\)	701	inet in the	(A)	ره./	drate	אין /פֿאַ	g)	ar.	
		Ories Total	afrat (d)	Jasted Fa	Jesteroli Die	and Pro	sur Sur	gars (g)	pohydrati sof	as Chi	glitten free	getarian Ver	ar /
Breakfast	°ت ا ا	/ ~	/ 58° 	/ O\ 	/ QI	/ १ ९	/ s\ 	″ ℃ آ	/ 5º	/ (] 31, 16	 	7
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 white cheddar cheese	510 70	21 6	11 3	480 20	2 0	20 5	1 0	25 1	650 115	√ √			
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 Morning Muffin with Turkey Sausage	90 360	0 19	0 5	0 310	2 1	1 19	18 2	23 28	0 640	✓		✓	
Morning Muffin	300	14	4	285	1	14	2	28	440		✓		
Hardboiled Eggs Overnight Oats	70 280	5 7	0.5	215 0	0	6 8	0 18	1 48	65 70	√ √	√	√	
Proper Yogurt Parfait	260	9	3	15	1	14	29	36	40	√	✓		
Chocolate Cherry Overnight Oats Coconut Chia Pudding	310 180	9	1	0	1	10 2	9 21	49 31	210 210	√ √		✓ ✓	
Croissant Jamon Sandwich	490	32	15	125	0	18	9	32	740	V		V	
Calada 9 Entrása													
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 Summer Salad with Chicken	160 210	16 3	3 2	10 45	0 3	26	2 18	3 25	210 305	√ √			
feta cheese	60	5	3	0	0	4	0	0	220	,			
toasted sunflower seeds lemon caraway dressing	50 160	4 16	0	0 10	1 0	2 1	0	2	45 210	√ √			
Summer Salad	100	2	2	0	3	3	18	25	25	√	✓		
feta cheese toasted sunflower seeds	60 50	5 4	3	0	0	4 2	0	0	220 45	✓	1		
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 Seasonal Grain Bowl with Chicken	170 430	15 13	2	0 45	0 5	6 30	0 5	2 53	130 470	√ √			
tahini lemon dressing	170	15	2	0	0	6	0	2	130	✓			
Seasonal Grain Bowl (veg) tahini lemon dressing	350 170	12 15	2	0	5 0	11 6	5 0	54 2	250 130	√ √	√ √		
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 Tuscan Kale Salad with Chicken	94 255	10 10	3	0 70	0 3	1 29	1 2	2 15	64 735				
flatbread croutons	15	1	0	0	0	0	0	1	15				
pecorino vinaigrette Tuscan Kale Salad with Mushrooms	200 155	21 9	4	0 15	0 3	1 7	0 2	1 15	140 465		✓		
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 white cheddar	610 70	23	9	70 20	2	40 5	7	60 1	985				
salsa	10	0	0	0	1	0	1	2	60				
Soba Noodle Salad Lemon Quinoa Salad	190 563	10 25	2	0	1 2	7 13	7 1	22 70	440 578	√ √	1	✓	
lemon vinaigrette	47	5	1	0	0	1	1	1	32	v	*		
feta cheese Peri Peri Chicken	30 240	3 5	2 0	0 60	0 2	2 28	0 4	0 23	110 980	√ √	✓		
peri peri sauce	50	4	1	0	1	0	1	23	270	√ ✓			
Peri Peri Portobello	140	5	0	0	3	5	5	25	1300	√ ,		√	
peri peri sauce Mexican Harvest Bowl with Chicken	50 560	4 16	1 4	0 155	1 2	0 39	1 7	2 65	270 905	√		\	
white cheddar	70	6	3	20	0	5	0	1	115				
salsa Steak Teriyaki	10 420	0 15	0 6	0 70	1 3	0 33	1 2	2 41	60 380	✓			
teriyaki sauce	70	0	0	0	0	1	11	15	360	✓			
Chicken Teriyaki teriyaki sauce	360 70	4	0	60 0	3 0	30 1	10 11	55 15	820 360	√ √			
Chimichurri Salmon	300	15	2.5	80	2	30	1	15 9	310	✓			
chimichurri sauce Chimichurri Chicken	150 490	17 15	2.5	0 120	0 5	0 34	0 5	2 35	320 860	√ √			
chimichurri sauce	150	17	2.5	0	0	0	0	2	320	✓			
Lean & Clean Chicken Plate bone broth sauce	410 15	5	0	120	3 0	33 1	2	41 1	900 160	√ √	1		
Lean & Clean Steak Plate	470	21	7	165	3	31	2	41	590	✓			
bone broth sauce Chinese Chicken Salad	15 291	1 6	0 1	5 80	0 4	1 37	0 13	1 22	160 440	✓			
sesame & green onion dressing	240	23	4	0	1	2	0	7	830				
wontons Chinese Salad with Tofu	70 241	4.5 10	1 2	0 0	0 4	1 15	0 13	6 25	70 390		√		
sesame & green onion dressing	239	23	4	0	2	3	1	7	830		✓		



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Nutrition (Summer 20	/	, ies /	afrat (d)	Jrated Fat	diesterold	ary Fiber	sin (a)	re (a)	Donydrati	sturn (mg	Juten Free	getarian Ver	<u></u>
	\ c ₂ \	ories Tota	di sati	n, cho	die die	81. S/Q	is sid	, Co	0° 50	જો હ	ing 16	getario Ver	8.
wontons eared Lemon Pepper Tuna	70 500	4.5 23	3.5	30	0 3	32	0 3	6 43	70 1280	✓	√		
sherry vinaigrette	90	7	1.5	0	0	0	0	4	210	✓			
almon Teriyaki Hot Plate	449	13	2	85	3	37	7	50	690	√ /			
teriyaki sauce reek Salad with Shrimp	71 380	0 21	0 12	140	0	33	11 6	16 15	370 1245	√ √			
red wine vinaigrette	140	15	3	0	0	0	0	0	95	✓			
reek Salad with Chicken	370	18	10	60	4	38	5	14	960	✓.			
red wine vinaigrette reek Salad	140 310	15 20	3 12	0	0 4	0 15	0 6	0 17	95 900	√ √	√		
red wine vinaigrette	140	15	3	0	0	0	0	0	95	√	√ ✓		
oconut 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 2	10	0 8	1 31	130	√ /	,		
oconut Curry Tofu Hot Plate coconut-curry sauce	310 50	16 4.5	4 3.5	0	0	10	0	ا 1	990 130	√ √	√ √		
ouscous & 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				
aesar Salad (small)	90	4	2	10	3	7	1	9	180	√,	√ ,		
caesar dressing abouleh Kale Salad (small)	170 450	16 31	4 6	15 10	0 2	4 12	1 2	3 36	280 680	√ √	√ √		
esto Couscous Salad (small)	430	24	7	5	3	11	3	40	760	√ ✓	√ ✓		
nai Salad (small)	60	2	1	0	2	3	3	7	70	✓	✓		
peanut dressing	120	9	2	0	0	3	7	10	470	√,	✓		
rilled Chicken Breast (add-on protein) rilled Hanger Steak (add-on protein)	120 200	1 11	0 4	65 60	0	27 24	0	0	330 470	√ √			
arlic Herb Organic Tofu (add-on protein)	170	11	2	0	2	12	1	5	15	√		✓	
andwiches & Wraps													
urkey Avocado Sandwich	510	20	6	120	2	43	8	42	1050		,		
ortobello & Manchego Sandwich urkey Salami Sandwich	400 450	18 16	5 4	15 60	1	16 32	10 8	50 47	650 860		✓		
eggie Garden Sandwich	450	21	2	0	2	15	9	55	650		✓		
una Sandwich	490	19	4	90	1	30	10	56	970				
rispy Chicken Wrap	680	26 29	10	100	1	30	3	76	2770				
rispy Shrimp Wrap egan Eggplant Sandwich	540 530	30	14 4	115	2	19 14	7	51 59	1780 920			√	
hicken & Salami Pesto Sandwich	580	35	14	150	0	43	0	40	1290				
exican Chicken Wrap	460	22	10	95	1	29	2	39	840				
exican Wrap with Flank Steak	500 480	22 27	11 4	45 0	1 6	29 12	2	47 53	980 790			√	
eggie Mexican Wrap aesar Salad Wrap with Chicken	360	15	5	55	1	27	1	31	760			V	
am & White Cheddar Sandwich	450	21	6	100	0	29	2	28	1720				
editerranean Chicken Wrap	460	24	6	90	2	25	1	39	930				
editerranean Vegan Wrap hicken Pesto Wrap	350 480	16 31	2 7	0 55	2	11 33	2	44 55	740 1260			✓	
oper PB&J	570	24	6	0	2	18	14	82	830			√	
uffalo Wrap - Chicken	590	29	13	120	1	32	2	52	1100				
uffalo Wrap - Veg	560	23	13	80	3	19	3	58	1120		✓		
hicken BLT Wrap egan Tofu Pesto Wrap	500 580	14 33	9 5	115	1	28 23	1	30 46	930 860			√	
sgair roid resid wrap	500	55	J	۰	3	23	7	40	000			•	
oup													
hicken Noodle Soup	160	6	1	40	2	10	4	17	750	✓			
pasted Tomato Soup	60	1	0	0	3	2	7	12	510	✓		✓	
uice & Drinks													
roper Daily Green Jiuce	190	0	0	0	10	5	23	45	110	√		√	
oper Gold Juice	240	0.5	0	0	11	3	41	58	0	√ ✓		√	
roper Orange Carrot Ginger Juice	230	0	0	0	10	4	40	55	55	✓		√	
at Milk Cold Brew Coffee ³	50	0.5	0	0	0	1	0	8	130	✓		✓	
roper Mango Iced Tea ³	15	0	0	0	0	3	0	0	15	✓		✓	
ed Tea ³	10	0	0	0	0	2	0	0	10	✓		✓	
tooking Para Spacks													
cookies, Bars, Snacks	260	13	8	40	0	3	22	35	300		√		
nocolate Chip Cookie utella Cookie	260	13	8	40	1	4	22	35	250		√ √		
luten-Free Chocolate Chip Cookie	290	15	9	45	0	3	25	39	140	✓	√		
rudite	25	0	0	0	2	1	6	9	45	✓	√ ✓		
oper Energy Bar	380	18	7	0	6	11	20	45	210	✓		✓	

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Allergens (Summ	er 2	ster O	ild fo	53 AII	, 5/3	St Seato	elfish 50		ior ci	antro Gr	stiic se	same G	uten tre	Setation Net
Breakfast State		/ v	/ & 	/ 4	/ (`	/ 5 	/ 5	/ O	/ 		/ 	/ G	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	
Power Breakfast Plate		✓	✓					✓		✓		✓	✓	
Power Breakfast Plate with Bacon		√	✓					√		√		✓		
Wrapido Breakfast Wrap with Bacon	✓	✓	✓					✓						
Wrapido Breakfast Wrap	✓	✓	✓					✓					✓	
Proper Yogurt Parfait		✓		✓								✓	✓	
Chocolate Cherry Overnight Oats				✓								✓		✓
Morning Muffin with Turkey Sausage	✓	✓	✓				✓							
Morning Muffin	✓	✓	√				✓						✓.	
Hardboiled Eggs			✓	,								√	✓	,
Overnight Oats				✓								√		√
Fruit Cup				,								√		√
Coconut Chia Pudding Croissant Jamon Sandwich		√		✓				√		√		✓		✓
Doissant Jamon Sandwich		V						V		V				
Salads & Entrées														
Summer Salad with Shrimp ²		✓	✓			✓		✓		✓		✓		
Summer Salad with Chicken ²		✓	✓					✓		✓		✓		
Summer Salad ²		· ✓	✓					1		√		√		
Funa Nicoise Salad	✓	·	\ \		√			Ţ		√				
Fuscan Salad with Chicken	\ \ \	✓								√				
Fuscan Salad with Mushroom	√	✓								√				
Mexican Harvest Bowl with Steak	✓	✓					✓	✓	✓	✓				
Mexican Harvest Bowl with Chicken	✓	✓					✓	✓	✓	✓				
Mexican Harvest Bowl with Cauliflower	✓	✓					✓	✓	✓	✓			✓	
Seasonal Grain Bowl with Salmon					✓			✓		✓	✓	✓		
Seasonal Grain Bowl with Chicken								✓		✓	✓	✓		
Seasonal Grain Bowl with Cauliflower	,							√		✓.	✓	✓	✓	
Crispy Chicken Salad	✓	✓	✓				,	√		✓		١,		
Chicken Teriyaki							√	√		√		√		
Steak Teriyaki	.4						✓	✓		✓		√ .4		
Chinese Chicken Salad ⁴	√ ⁴			✓			✓	✓	✓		✓	√ ⁴		
Chinese Salad with Tofu 4	$\sqrt{4}$			✓			✓	✓	✓		✓	$\sqrt{4}$	✓	
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		√ √			V			√	V	√ √		√ √		
Peri Peri Chicken		V						√	√	√		\ \		
Peri Peri Portobello								√	✓	√		√	✓	
Lean & Clean Salmon Plate					√			√ ✓				\ \		
Lean & Clean Chicken Plate								√		✓		√		
Lean & Clean Steak Plate								✓		√		✓		
Greek Salad with Shrimp		✓				✓		√				✓		
Greek Salad with Chicken		√						√				√		
Greek Salad		✓						✓				✓	✓	
Soba Noodle Salad	✓			✓			✓	✓		✓	✓			
emon Quinoa		✓												
Caesar Salad (small)		✓	✓					✓		✓		✓	✓	
abouleh Kale (small)		✓		✓				✓		✓		✓	✓	
hai Salad (small)				✓			✓	✓	✓	✓	✓	✓		✓
Pesto Couscous Salad (small)	✓	✓		✓						✓			✓	
Grilled chicken (add-on protein)												✓.		
Steak (add-on protein) Garlic-Herb Tofu (add-on protein)										√ √		√ √		√
, ,														
Sandwiches & Wraps														
urkey Avocado Sandwich	✓	✓	✓								✓			
Portobello & Manchego Sandwich	✓	✓								✓			✓.	
/eggie Garden Sandwich	✓									✓			✓	
Ham Brie & Honey Sandwich	√	√	√											
Furkey Coppa Sandwich	√	√	√					,		√				
Crispy Chicken Wrap Chicken Salad Sandwich	\ \ \	✓	✓ ✓					✓		√ √				

Caesar Salad Wrap with Chicken	/	✓	✓	l	1	ĺ	I	✓		✓	ĺ	ĺ	l	1 1
Mexican Chicken Wrap	√	1	•				√	√	✓	√	√			
Mexican Wrap with Flank Steak	Ĭ,	1					<i>\</i>	√	√ √	√	•			
Veggie Mexican Wrap	1	·					1	√	√ ✓	√				1
Steak Sandwich	1	√	√					√ √	•	<i>\</i>				
Grilled Chicken Sandwich	1	1	√					√		<i>\</i>				
Mediterranean Chicken Wrap	1	1					✓	· ✓	√	· /	✓			
Mediterranean Vegan Wrap	1	-					1	✓	✓	√	✓			✓
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												<i>'</i>		1
Proper Orange Carrot Ginger Juice												✓		√
Oat Milk Cold Brew Coffee ³												√		1
Proper Mango Iced Tea												√		√ /
Cold Brew Coffee ³														1
Cold Brew Collee												· ·		·
Cookies, Bars, Snacks														
Chocolate Chip	√	√	√				√						√	
Gluten-Free Chocolate Chip	V	✓ ✓	✓ ✓				√					√	✓ ✓	
Nutella	√	√	√	√			√					· ·	√	
Crudite with Hummus	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	V	V	V			V			√	√	√	✓ ✓	
Power Date Bites				√						· ·	· ·	√	· ·	√
Proper Energy Bar				√			√					√		√
Dried Mango				\ \ \			\ \ \					√ ✓		√
Diloa Mango												· ·		V

- 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