

For the most current version, please ensure you refresh your browser window



Nutrition (Winter 2019/20)

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
Croissant Sandwich	380	24	12	250	0	15	6	26	480		✓	
Croissant Sandwich with Bacon	510	35	16	275	0	19	6	26	680			
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	✓		
Breakfast Burrito (vegetarian)	510	29	12	380	3	23	3	41	1140		✓	
Breakfast Burrito with Bacon	530	29	12	385	3	23	3	41	1170			
Proper Yogurt Parfait	260	9	3	15	2	17	24	31	50	✓	✓	
Coconut Chia Pudding	180	7	3	0	3	2	21	31	210	✓		✓
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	✓	✓	
Kale, Quinoa, & Tofu Bowl	480	22	3	0	2	15	2	54	590	✓		✓
Kale, Quinoa, & Egg Bowl	560	22	6	420	2	22	2	55	560	✓	✓	
Kale, Quinoa, & Egg Bowl with Bacon	670	28	9	445	2	26	2	55	730	✓		
Egg White Frittata	280	13	1	0	3	23	4	16	859	✓	✓	
Overnight Oats	280	7	0.5	0	0	8	18	48	70	✓		✓
Proper Breakfast Hot Plate	420	9	7	590	4	24	1	26	410	✓	✓	
ketchup	49	0	0	0	0	0	10	10	455	✓	✓	
Proper Breakfast Hot Plate with Bacon	510	17	9	610	4	26	1	26	550	✓		
ketchup	49	0	0	0	0	0	10	10	455	✓		
Chilaquiles ²	710	36	19	480	2	36	5	61	1760	✓	✓	
Fruit Cup	130	0	0	0	4	2	26	33	15	✓		✓
Bran Muffin	350	15	0	100	4	7	23	45	370		✓	

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	✓	✓	
Couscous & Spinach Salad with Chicken ²	616	27	6	70	5	38	11	55	980			
lemon vinaigrette	94	10	2	0	0	1	2	6	64			
Market Salad with Chicken	270	12	2	45	7	24	9	22	740	✓		
honey lemon dressing	230	20	4	0	0	2	13	16	230	✓		
Market Salad	230	13	3	0	8	6	11	25	810	✓	✓	
honey lemon dressing	230	20	4	0	0	2	13	16	230	✓	✓	
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			
Quinoa Beet Pesto with Chicken	431	19	2	28	3	22	4	40	569	✓		
red wine vinaigrette	54	6	1	0	0	0	1	1	37	✓		
goat cheese	35	3	2	12	0	2	0	1	54	✓		
Quinoa Beet Pesto	371	18	2	12	3	10	4	40	429	✓		
red wine vinaigrette	54	6	1	0	0	0	1	1	37	✓	✓	
goat cheese	35	3	2	12	0	2	0	1	54	✓	✓	
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	✓		
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	✓		
Pulpo Ensalada	580	24	4	20	9	23	12	80	410			



Nutrition (Winter 2019/20)

	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
Salmon Teriyaki Hot Plate	449	13	2	85	3	37	7	50	690	✓		
teriyaki sauce	71	0	0	0	0	1	11	16	370	✓		
Korean BBQ Hot Plate	460	10	4	50	2	23	6	67	575	✓		
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	✓		
Tandoori Tofu Hot Plate	300	15	3	0	4	13	5	30	900	✓	✓	
tandoori sauce	150	14	9	0	1	2	1	4	370	✓	✓	
Salmon Avocado & Shiitake Sushi	330	8	1	30	4	15	9	50	270	✓		
soy sauce	20	0	0	0	0	2	0	2	1758	✓		
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		✓	
Sandwiches & Wraps												
Turkey Avocado Sandwich	580	27	7	120	5	44	7	45	940			
Italian Sandwich	590	32	11	130	0	26	3	52	1530			
Buffalo Chicken Sandwich	510	14	7	90	1	23	2	52	890			
Portobello Sandwich	465	27	8	48	3	18	3	40	742		✓	
Proper PB&J	570	24	6	0	2	18	14	82	830			✓
Ahi Tuna Melt	460	27	11	115	0	28	5	29	840			
Carnitas Burrito ²	780	33	11	70	16	36	3	94	1400			
Grilled Tandoori Chicken Wrap ²	580	23	5	45	4	37	6	57	1100			
Carne Asada Tofu Burrito	550	26	9	30	4	19	3	66	1270		✓	
Vietnamese Wrap with Tempeh	400	3.5	0	0	1	16	12	75	630	✓		✓
peanut Sauce	220	14	2.5	0	0	7	10	14	480	✓		✓
thai chili sauce	90	0.5	0.5	0	0	1	20	23	320	✓		✓
Hummus & Vegetables	260	17	2	0	5	10	4	18	630	✓		✓
Chicken Enchilada	364	16	9	46	2	19	5	37	930	✓		
crème fraiche	96	10	7	39	0	1	1	10	10	✓		
Sweet Potato Enchilada	324	13	7	26	3	11	6	45	530	✓	✓	
crème fraiche	96	10	7	39	0	1	1	10	10	✓	✓	
Soup												
Butternut Squash Soup	140	4	0.5	0	7	3	10	26	500	✓		✓
Chicken Pozole	160	5	1	45	2	18	2	12	740	✓		
Juice & Drinks												
Morning Immune Boost	170	1	0	0	1	4	29	39	200	✓		✓
Proper Detox	190	0	0	0	0	1	44	47	10	✓		✓
Alkaline Green Juice	150	0	0	0	2	5	21	32	260	✓		✓
Coconut Cold Brew Coffee ³	190	19	16	0	0	3	2	2	40	✓		✓
Cold Brew Coffee ³	5	0	0	0	0	1	0	0	10	✓		✓
Iced Tea ³	15	0	0	0	0	3	0	0	15	✓		✓
Cookies & Bars												
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	✓	✓	
Nutella Cookie	270	15	8	40	1	4	22	35	250		✓	
Proper Energy Bar	380	18	7	0	6	11	20	45	210	✓		✓
Oatmeal Walnut Cookie	320	15	7	45	0	5	22	41	290		✓	
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

For the most current version, please ensure you refresh your browser window



Allergens (Winter 2019/20)

Breakfast

	Gluten	Dairy	Egg	Nuts	Fish (Seafood)	Shellfish	Soy	Onion	Cilantro	Garlic	Sesame	Gluten Free 1	Vegetarian	Vegan
Croissant Sandwich	✓	✓	✓										✓	
Croissant Sandwich with Bacon	✓	✓	✓											
Sweet Potato and Egg Muffin Nest		✓	✓					✓				✓	✓	
Sweet Potato and Egg Muffin Nest with Bacon		✓	✓					✓				✓		
Breakfast Burrito (vegetarian)	✓	✓	✓				✓	✓	✓				✓	
Breakfast Burrito with Bacon	✓	✓	✓				✓	✓	✓					
Proper Yogurt Parfait		✓		✓								✓	✓	
Gluten-Free Breakfast Sandwich (vegetarian)		✓	✓				✓					✓	✓	
Gluten-Free Sausage Breakfast Sandwich		✓	✓				✓					✓	✓	
Hardboiled Eggs			✓									✓	✓	
Kale, Quinoa, & Tofu Bowl							✓		✓			✓		✓
Kale, Quinoa, & Egg Bowl		✓	✓									✓	✓	
Kale, Quinoa, & Egg Bowl with Bacon		✓	✓									✓	✓	
Egg White Frittata			✓					✓	✓			✓	✓	
Overnight Oats				✓								✓		✓
Proper Breakfast Hot Plate			✓					✓	✓			✓	✓	
Proper Breakfast Hot Plate with Bacon			✓					✓	✓			✓	✓	
Chilaquiles		✓	✓					✓	✓	✓		✓	✓	
Fruit Cup												✓		✓
Coconut Chia Pudding				✓								✓		✓
Bran Muffin	✓		✓				✓						✓	

Salads & Entrées

Winter Salad with Salmon ²		✓ ²		✓				✓				✓		
Winter Salad with Tofu ²		✓ ²					✓	✓				✓	✓	
Couscous & Spinach Salad with Chicken	✓	✓		✓				✓	✓					
Market Salad with Chicken ²				✓				✓	✓			✓		
Market Salad ²				✓				✓	✓			✓	✓	
Chinese Chicken Salad ⁴	✓ ⁴			✓			✓	✓	✓		✓	✓ ⁴		
Chinese Salad with Tofu ⁴	✓ ⁴			✓			✓	✓	✓		✓	✓ ⁴	✓	
Coconut Prawn & Kale Salad	✓		✓	✓	✓	✓	✓	✓	✓					
Quinoa Beet Pesto with Chicken ²		✓ ²		✓								✓		
Quinoa Beet Pesto ²		✓ ²		✓								✓	✓	
Seared Lemon Pepper Tuna				✓	✓			✓		✓		✓	✓	
Lemon Quinoa with Chicken ²		✓ ²										✓		
Lemon Quinoa ²		✓ ²										✓	✓	
Flank Steak, Rice & Bean Bowl		✓							✓	✓		✓		
Pulpo Ensalada	✓			✓	✓									
Salmon Teriyaki Hot Plate					✓		✓	✓			✓	✓		
Korean BBQ Hot Plate							✓	✓		✓	✓	✓		
Tandoori Chicken Hot Plate		✓						✓	✓	✓		✓		
Tandoori Tofu Hot Plate							✓	✓	✓	✓		✓		✓
Salmon Avocado & Shiitake Sushi				✓	✓		✓	✓			✓			
Crispy Prawns and Green Tea Soba Noodle Salad	✓			✓	✓	✓	✓	✓	✓	✓				
Roasted Shiitake and Green Tea Soba Noodle Salad	✓			✓			✓	✓	✓	✓			✓	

Sandwiches & Wraps

Turkey Avocado Sandwich	✓	✓	✓				✓							
Italian Sandwich	✓	✓	✓						✓					
Buffalo Chicken Sandwich	✓	✓	✓					✓						
Portobello Sandwich	✓	✓	✓	✓				✓					✓	
Proper PB&J	✓			✓			✓							✓
Ahi Tuna Melt	✓	✓	✓		✓			✓	✓	✓				
Carne Asada Tofu Burrito	✓	✓					✓	✓	✓	✓			✓	
Carnitas Burrito	✓	✓					✓	✓	✓	✓				
Vietnamese Wrap				✓			✓	✓	✓	✓		✓		✓
Grilled Tandoori Chicken Wrap	✓	✓					✓	✓	✓	✓				
Chicken Enchilada		✓					✓	✓	✓	✓		✓		
Sweet Potato Enchilada		✓					✓		✓			✓	✓	
Hummus & Vegetables									✓	✓		✓		✓

Soup

Butternut Squash Soup			✓					✓		✓		✓		✓
Chicken Pozole							✓	✓	✓	✓		✓		✓



Allergens (Winter 2019/20)

	Gluten	Dairy	Egg	Nuts	Fish (Seafood)	Shellfish	Soy	Onion	Cilantro	Garlic	Sesame	Gluten Free ¹	Vegetarian	Vegan
Juice & Drinks														
Morning Immune Boost												✓		✓
Proper Detox												✓		✓
Acai Smoothie												✓		✓
Coconut Cold Brew Coffee ⁵												✓		✓
Cold Brew Coffee ⁵												✓		✓
Iced Tea ⁵												✓		✓
Cookies & Bars														
Chocolate Chip	✓	✓	✓				✓						✓	
Gluten-Free Chocolate Chip		✓	✓				✓					✓	✓	
Nutella	✓	✓	✓	✓			✓						✓	
Oatmeal Walnut	✓	✓	✓	✓									✓	
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

For more information, please contact info@properfood.com