



## Nutrition (Fall 2019)

### Breakfast

	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
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 Steak	600	33	12	410	3	38	3	41	1280			
Proper Yogurt Parfait	260	9	3	15	2	17	24	31	50	✓	✓	
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, & 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	✓		
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	✓		✓
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 <sup>2</sup>	710	36	19	480	2	36	5	61	1760	✓	✓	
Fruit Cup	130	0	0	0	4	2	26	33	15	✓		✓

### Salads & Entrées

Fall Salad with Salmon	305	11	2	88	4	34	7	14	166	✓		
carrot-ginger vinaigrette	180	15	3	0	0	1	7	10	440	✓		
goat cheese	35	3	2	12	0	2	0	1	54	✓		
Fall Salad	225	3	1	0	8	4	10	27	316	✓	✓	
carrot-ginger vinaigrette	180	15	3	0	0	1	7	10	440	✓	✓	
goat cheese	35	3	2	12	0	2	0	1	54	✓	✓	
Couscous & Spinach Salad with Chicken <sup>2</sup>	616	27	6	70	5	38	11	55	980			
lemon vinaigrette	94	10	2	0	0	1	1	2	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	451	20	3	32	7	31	2	37	1185	✓		
sherry vinaigrette	123	10	2	0	0	0	1	5	285	✓		
Lemon Quinoa with Chicken <sup>2</sup>	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 <sup>2</sup>	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 fesco	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			
Salmon Teriyaki Hot Plate	449	13	2	85	3	37	7	50	690	✓		
teriyaki sauce	71	0	0	0	0	1	11	16	370	✓		
Tofu Teriyaki Hot Plate	410	9	1	0	3	18	10	51	650	✓		✓
teriyaki sauce	71	0	0	0	0	1	11	16	370	✓		✓
Korean BBQ Hot Plate	460	10	4	50	2	23	6	67	575	✓		



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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
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	✓	✓	
Salmon Avocado & Shiitake Sushi	330	8	1	30	4	15	9	50	270			
soy sauce	20	0	0	0	0	2	0	2	1758			
Spicy Miso Salmon and Green Tea Soba Noodle Salad	330	13	1	45	2	23	6	31	720			
soy & tahini dressing	70	3	1	0	0	3	9	11	950			
Roasted Shiitake and Green Tea Soba Noodle Salad	280	12	1	0	3	9	11	38	660			✓
soy & tahini dressing	70	3	1	0	0	3	9	11	950			✓
<b>Sandwiches &amp; Wraps</b>												
Turkey Avocado Sandwich	580	27	7	120	5	44	7	45	940			
Italian Sandwich	590	32	11	130	0	26	3	52	1530			
Ham & Cheese Sandwich	660	30	10	135	1	36	12	59	1820			
Grilled Chicken Wrap	570	24	5	50	3	35	5	58	1350			
Proper PB&J	570	24	6	0	2	18	14	82	830			✓
Ahi Tuna Melt	550	28	11	115	0	29	1	48	1100			
Carnitas Burrito <sup>2</sup>	780	33	11	70	16	36	3	94	1400			
Southwest Chicken Wrap <sup>2</sup>	670	21	6	65	5	36	4	83	1620			
'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	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	✓	✓	
Chicken BLT	510	14	7	90	1	23	2	52	890			
TLT Sandwich	570	28	3	0	1	21	3	56	870			✓
<b>Soup</b>												
Cauliflower	130	8	1.5	0	3	3	8	16	870	✓	✓	
Chicken Pozole	160	5	1	45	2	18	2	12	740	✓		
<b>Juice &amp; Drinks</b>												
Orange, Carrot, Ginger	190	1	0	0	1	3	33	41	130	✓		✓
Alkaline Green Juice	150	0	0	0	2	5	21	32	260	✓		✓
Pomegranate Coconut Juice	175	0	0	0	1	1	29	37	130	✓		✓
Acai Smoothie	350	18	11	0	2	4	32	40	85	✓		✓
Coconut Cold Brew Coffee <sup>3</sup>	190	19	16	0	0	3	2	2	40	✓		✓
Cold Brew Coffee <sup>3</sup>	5	0	0	0	0	1	0	0	10	✓		✓
Iced Tea <sup>3</sup>	15	0	0	0	0	3	0	0	15	✓		✓
<b>Cookies &amp; Bars</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	✓	✓	
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](mailto:info@properfood.com)



## Allergens (Fall 2019)

### 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 Steak	✓	✓	✓				✓	✓	✓					
Proper Yogurt Parfait		✓		✓								✓	✓	
Gluten-Free Breakfast Sandwich (vegetarian)		✓	✓				✓					✓	✓	
Gluten-Free Sausage Breakfast Sandwich		✓	✓				✓					✓	✓	
Hardboiled Eggs			✓									✓	✓	
Kale, Quinoa, & Egg Bowl		✓	✓									✓	✓	
Kale, Quinoa, & Egg Bowl with Bacon		✓	✓									✓	✓	
Spanish Egg White Frittata			✓					✓				✓	✓	
Overnight Oats				✓								✓		✓
Proper Breakfast Hot Plate			✓					✓		✓		✓	✓	
Proper Breakfast Hot Plate with Bacon			✓					✓		✓		✓	✓	
Chilaquiles		✓	✓					✓	✓	✓		✓	✓	
Fruit Cup												✓		✓

### Salads & Entrées

Fall Salad with Salmon <sup>2</sup>		✓ <sup>2</sup>			✓			✓				✓		
Fall Salad <sup>2</sup>		✓ <sup>2</sup>						✓				✓	✓	
Couscous & Spinach Salad with Chicken	✓	✓		✓				✓	✓					
Market Salad with Chicken <sup>2</sup>				✓				✓		✓		✓		
Market Salad <sup>2</sup>				✓				✓		✓		✓	✓	
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>	✓	
Coconut Prawn & Kale Salad	✓		✓	✓		✓	✓		✓	✓				
Quinoa Beet Pesto with Chicken <sup>2</sup>		✓ <sup>2</sup>		✓								✓		
Quinoa Beet Pesto <sup>2</sup>		✓ <sup>2</sup>		✓								✓	✓	
Seared Lemon Pepper Tuna				✓	✓			✓		✓		✓		
Lemon Quinoa with Chicken <sup>2</sup>		✓ <sup>2</sup>										✓		
Lemon Quinoa <sup>2</sup>		✓ <sup>2</sup>										✓	✓	
Flank Steak, Rice & Bean Bowl		✓						✓	✓			✓		
Pulpo Ensalada	✓			✓	✓				✓	✓		✓		
Roasted Tuna Salad					✓			✓				✓		
Salmon Teriyaki Hot Plate					✓		✓	✓		✓		✓		
Tofu Teriyaki Hot Plate							✓	✓		✓		✓		✓
Korean BBQ Hot Plate							✓	✓		✓		✓		
Coconut Curry Chicken Hot Plate				✓					✓	✓		✓		
Coconut Curry Tofu Hot Plate				✓			✓		✓	✓		✓		
Salmon Avocado & Shiitake Sushi					✓		✓	✓		✓		✓		
Spicy Miso Salmon and Green Tea Soba Noodle Salad	✓			✓	✓		✓	✓		✓				
Roasted Shiitake and Green Tea Soba Noodle Salad	✓			✓			✓	✓					✓	

### Sandwiches & Wraps

Turkey Avocado Sandwich	✓	✓	✓				✓							
Italian Sandwich	✓	✓	✓							✓				
Ham & Cheese Sandwich	✓	✓	✓											
Proper PB&J	✓			✓			✓							✓
Ahi Tuna Melt	✓	✓	✓		✓			✓	✓	✓				
Carnitas Burrito	✓	✓					✓	✓	✓					
Vietnamese Wrap				✓			✓	✓	✓	✓	✓	✓		✓
Southwest Chicken Wrap	✓	✓					✓	✓	✓	✓				
Hummus & Vegetables									✓	✓		✓		✓
Chicken Enchilada			✓				✓		✓	✓		✓		
Sweet Potato Enchilada			✓				✓		✓			✓		
Chicken BLT	✓		✓					✓						
TLT Sandwich	✓						✓			✓				✓

### Soup

Cauliflower								✓		✓		✓	✓	
Chicken Pozole								✓	✓	✓		✓		



## Allergens (Fall 2019)

	Gluten	Dairy	Egg	Nuts	Fish (Seafood)	Shellfish	Soy	Onion	Cilantro	Garlic	Sesame	Gluten Free <sup>1</sup>	Vegetarian	Vegan
<b>Juice &amp; Drinks</b>														
Orange, Carrot, Ginger												✓		✓
Alkaline Green Juice												✓		✓
Pomegranate Coconut Juice												✓		✓
Acai Smoothie												✓		✓
Coconut Cold Brew Coffee <sup>5</sup>												✓		✓
Cold Brew Coffee <sup>5</sup>												✓		✓
Iced Tea <sup>5</sup>												✓		✓
<b>Cookies &amp; Bars</b>														
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

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