



Breakfast

Seasonal Fruit Cup (GF & Vegan) \$5.95
Tangerines, grapes, pineapple, honeydew

Overnight Oats (GF & Vegan) \$4.95
Gluten-free oats, almond milk, almonds, raisins, and cinnamon

Greek Yogurt Parfait (GF & V) \$6.95
Greek yogurt, blueberry jam, blueberries, strawberries, chia seeds, agave

Coconut Chia Pudding (GF & Vegan) \$6.50
Chia seeds, vegan coconut yogurt, strawberries, toasted almonds, toasted coconut flakes, brown sugar, vanilla

Power Breakfast with Mushrooms (GF & V) \$8.95
Cage-free scrambled eggs, grilled mushrooms, herb-roasted red potatoes, white cheddar, parsley, chipotle aioli

Power Breakfast with Bacon (GF) \$9.95
Cage-free scrambled eggs, nitrate-free bacon, herb-roasted red potatoes, white cheddar, parsley, chipotle aioli

Breakfast Sandwich (GF & V) \$7.50
Free-range scrambled eggs, sharp cheddar cheese, roasted tomato aioli, gluten-free English muffin

Breakfast Sandwich with Turkey Sausage (GF) \$8.50
Free-range scrambled eggs, turkey sausage, sharp cheddar cheese, roasted tomato aioli, gluten-free English muffin

Croissant Jamon Sandwich \$8.50
Croissant, all-natural ham, gruyere cheese, tarragon aioli

Farmhouse Breakfast Wrap (V) \$7.95
Cage-free scrambled eggs, home fries, roasted tomato aioli, roasted onion, cheddar, lavash wrap

Farmhouse Breakfast Wrap with Bacon \$8.95
Cage-free scrambled eggs, home fries, nitrate-free bacon, roasted tomato aioli, roasted onion, cheddar, lavash wrap

Salads

Winter Salad with Salmon (GF) \$16.95
Sustainably sourced honey-lemon glazed salmon, fresh tangerines, roasted baby carrots, confit potatoes, pickled cabbage, charred radicchio, roasted green beans, savory hazelnuts, ricotta salata, arugula & mixed greens, charred orange vinaigrette

Winter Salad with Chicken (GF) \$14.50
Free-range honey-lemon glazed chicken, fresh tangerines, roasted baby carrots, confit potatoes, pickled cabbage, charred radicchio, roasted green beans, savory hazelnuts, ricotta salata, arugula & mixed greens, charred orange vinaigrette

Winter Salad (GF & V) \$13.50
Fresh tangerines, roasted baby carrots, confit potatoes, pickled cabbage, charred radicchio, roasted green beans, savory hazelnuts, ricotta salata, arugula & mixed greens, charred orange vinaigrette

Chinese Chicken Salad \$16.50
Roasted free-range chicken, Marcona almonds, sesame seeds, carrots, crispy wontons, Valencia oranges, cilantro, mixed greens, sesame & green onion dressing

Chinese Tofu Salad (Vegan) \$14.50
Citrus-miso organic tofu, toasted almonds, sesame seeds, carrots, crispy wontons, navel oranges, cilantro, red cabbage, romaine, sesame & green onion dressing

Seared Lemon Pepper Tuna Salad (GF) \$16.95
Line-caught Ahi tuna, saffron-infused basmati rice, beluga lentils, roasted almonds, Roma tomatoes, kale, sherry vinaigrette

**Greek Salad (GF & V) \$13.95**

Roma tomatoes, marinated feta, pickle red onions, kalamata olives, red pepper, cucumber, chopped romaine, red wine vinaigrette

Greek Salad with Chicken (GF) \$14.95

Free-range chicken, Roma tomatoes, marinated feta, pickle red onions, kalamata olives, red pepper, cucumber, chopped romaine, red wine vinaigrette

Greek Salad with Shrimp (GF) \$14.95

Lemon-garlic shrimp, Roma tomatoes, marinated feta, pickle red onions, kalamata olives, red pepper, cucumber, chopped romaine, red wine vinaigrette

Crispy Potato Salad (V) \$12.95

Confit crispy potatoes, shredded carrots, cherry tomatoes, chives, butter lettuce and arugula, hard boiled eggs, scallions, radishes, house made creamy herb vinaigrette

Crispy Chicken Salad \$13.95

Crispy free-range FreeBird chicken, shredded carrots, cherry tomatoes, chives, butter lettuce and arugula, hard boiled eggs, scallions, radishes, house made creamy herb vinaigrette

Cobb Salad with Chicken (GF) \$14.95

Roasted free-range chicken, blue cheese, cherry tomatoes, crispy bacon, hard-boiled egg, Hass avocado, green onion, mixed greens, creamy lemon vinaigrette

Cobb Salad (GF & V) \$13.95

Blue cheese, cucumber, cherry tomatoes, hard-boiled egg, Hass avocado, green onion, mixed greens, creamy lemon vinaigrette

Hot Plates**Salmon Teriyaki Hot Plate (GF) \$16.95**

Fresh glazed salmon, brown rice, broccoli, nori, sesame, green onion, teriyaki sauce

Chicken Teriyaki Hot Plate (GF) \$15.95

Chicken, brown rice, broccoli, nori, sesame, green onion, teriyaki sauce

Coconut Curry Tofu Hot Plate (GF & V) \$13.95

Organic tofu, roasted broccoli, saffron rice, sliced almonds, cherries, parsley, coconut-yellow curry

Coconut Curry Chicken Hot Plate (GF) \$14.95

Free-range chicken, roasted broccoli, saffron rice, sliced almonds, cherries, parsley, coconut-yellow curry

Chimichurri Steak (GF) \$15.95

Charbroiled all-natural hanger steak, roasted brussels sprouts, shaved parmesan, herb-roasted red potatoes, chimichurri sauce

Chimichurri Salmon (GF) \$16.95

Charbroiled sustainably sourced salmon, roasted brussels sprouts, shaved parmesan, herb-roasted red potatoes, chimichurri sauce

Lean & Clean Chicken (GF) \$13.95

Grilled free-range chicken breast, brown rice with green onion, steamed broccoli, bone broth and herb sauce

Lean & Clean Salmon (GF) \$16.50

Charbroiled, sustainably sourced salmon, brown rice with green onion, steamed broccoli, bone broth and herb sauce

Bowls

(Made to be enjoyed cold or heated!)

Seasonal Grain Bowl with Beef (GF) \$15.95

Beef goulash, confit yellow baby potatoes, quinoa mix, spaghetti squash, baby spinach, charred radicchio, roasted garlic vinaigrette

Seasonal Grain Bowl (GF & V) \$12.95

Cauliflower goulash, confit yellow baby potatoes, quinoa mix, spaghetti squash, baby spinach, charred radicchio, roasted garlic vinaigrette



Mexican Harvest Bowl with Steak \$15.95

Carne-asada marinated hangar steak, roasted corn and black beans with cotija, roasted red peppers and caramelized onions, Mexican brown rice, house-made blistered tomato salsa, scallion and chopped cilantro, jalapeno crema, flour tortilla

Mexican Harvest Bowl with Chicken \$13.95

Garlic chicken, roasted corn and black beans with cotija, roasted red peppers and caramelized onions, Mexican brown rice, house-made blistered tomato salsa, scallion and chopped cilantro, jalapeno crema, flour tortilla

Mexican Harvest Bowl with Cauliflower (V) \$11.95

Spicy chili-roasted cauliflower, roasted corn and black beans with cotija, roasted red peppers and caramelized onions, Mexican brown rice, house-made blistered tomato salsa, scallion and chopped cilantro, jalapeno crema, flour tortilla

Quinoa Grain Bowl with Salmon (GF) \$15.95

Sustainably sourced salmon, marinated roasted carrots with za'atar, garlicky kale, caramelized onions, sweet and spicy garnet yams, roasted chickpeas, tahini lemon dressing

Quinoa Grain Bowl with Chicken (GF) \$13.95

Free Bird chicken thigh, marinated roasted carrots with za'atar, garlicky kale, caramelized onions, sweet and spicy garnet yams, roasted chickpeas, tahini lemon dressing

Quinoa Grain Bowl (GF & Vegan) \$12.95

Marinated roasted carrots with za'atar, garlicky kale, caramelized onions, sweet and spicy garnet yams, roasted chickpeas, tahini lemon dressing

Sandwiches & Wraps

Proper PB&J (Vegan) \$7.95

House-made coconut peanut butter, Proper's all-natural jam, bananas, walnut bread

Turkey Avocado Sandwich \$12.95

Roasted all-natural turkey, smashed Haas avocado, red leaf lettuce, Monterey jack cheese, lemon aioli, honey mustard, honey wheat bread

Turkey & Salami Sandwich \$8.50

Roasted all-natural turkey, provolone cheese, aged salami, house-made pesto mayo, arugula, roasted red peppers, Ficelle (petite baguette)

Ham, Pear & Brie Sandwich \$8.50

Black Forest Ham, brie cheese, poached pears, arugula, house-made lemon aioli, Ficelle (petite baguette)

Portobello & Manchego Sandwich (V) \$8.50

Roasted-pepper portobello mushrooms, Manchego cheese, house-made pesto, nut-free Romesco, arugula, Ficelle (petite baguette)

Ham & White Cheddar Sandwich \$11.95

Black Forest ham, white cheddar, red leaf lettuce, BBQ & Dijon aioli, grilled sourdough bread

Grilled Herb Chicken Sandwich \$12.50

Herb-marinated chicken thigh, avocado and green tomatillo sauce, lemon aioli, roasted peppers, sliced provolone, grilled ciabatta bread

Proper Tuna Sandwich \$11.95

Roasted jalapeño tuna salad, romaine salad, grilled wheat bread

Steak Sandwich \$13.50

Herb marinated hanger steak, avocado and green tomato sauce, lemon aioli, roasted peppers, sliced provolone, grilled ciabatta

Chicken BLT Wrap \$8.50

Grilled chicken breast, herb aioli, nitrate-free bacon, Roma tomatoes, red leaf lettuce, flatbread

Buffalo Chicken Wrap \$13.50

Buffalo chicken, roasted corn aioli, yellow cheddar, iceberg lettuce, lavash

Buffalo Cauliflower Wrap (V) \$12.50

Buffalo cauliflower, roasted corn aioli, yellow cheddar, iceberg lettuce, lavash

Crispy Chicken Wrap \$12.95

Free-range crispy chicken, buffalo aioli, romaine lettuce, house-made ranch dressing, parmesan cheese, flatbread



Proper Snacks & Treats

Proper Energy Bar (GF & Vegan) \$4.95
Goji berry, rolled oats, flax seed, coconut peanut butter, dark chocolate, dried cherries, sea salt

Chocolate Chip Cookie \$2.95
House-made with dark chocolate, sea salt

Gluten-Free Chocolate Chip Cookie (GF) \$3.50
House-made with dark chocolate, sea salt

Crudit  & House-Made Hummus (V & GF) \$5.50
Broccoli, celery, carrots, cucumber, house-made Hummus

Beverages

Proper Green Juice – 16oz. \$8.95
Cold pressed, Granny Smith apples, cucumber, kale, celery

Proper Orange Carrot Juice – 16oz. \$8.95
Cold pressed, oranges, carrots, ginger, lemon

Proper Gold Juice – 16oz. \$8.95
Cold pressed, Granny Smith apples, oranges, pineapple, pears, turmeric, black pepper, ginger

Cold Brew Coffee \$4.50
100% organic, direct-trade cold brewed in collaboration with Partners Coffee Roasters

Oat Cold Brew Coffee \$4.95
100% organic, direct-trade cold brew with Oat milk in collaboration with Partners Coffee Roasters

Cinnamon Mocha Cold Brew Coffee \$5.25
Mexican chocolate, oat milk and sea salt. Coffee brewed with Partners Coffee Roasters

Coffee Carafe \$25.00 (serves 8)
100% organic, direct-trade brewed in collaboration with Partners Coffee Roasters

Boxed Water \$2.00

Boylan’s Lime Seltzer \$2.75

Boylan’s Ginger Ale \$2.5.75

Topo Chico Sparkling Water \$2.50

Spindrift Sparkling Water – assorted flavors \$2.75

Iced Green Tea \$3.00

Hint ‘Watermelon’ Water \$2.50

Coconut Water \$3.25
(Once upon a Coconut)