



Proper Food Menu Winter 2021

Breakfast

Seasonal Fruit Cup (Vegan & GF) \$4.95

Selection of fresh cut seasonal fruit

Proper Yogurt Parfait (V & GF) \$5.95

Greek yogurt, cranberry-apple-almond granola, strawberries, blueberries, agave

House-Made Overnight Oats (Vegan & GF) \$4.95

Gluten-free oats, almond milk, almonds, raisins, cinnamon

Hard-boiled Eggs (GF) \$1.00/ea.

Individually wrapped

Chiquito Breakfast Burrito with Bacon \$6.95

Free-range scrambled eggs, Baker's bacon, avocado, tomatillo salsa, black bean hummus, whole wheat tortilla

Chiquito Breakfast Burrito (V) \$4.95

Free-range scrambled eggs, avocado, tomatillo salsa, black bean hummus, whole wheat tortilla

Gluten Free Breakfast Sandwich with Sausage (GF) \$6.95

Free-range scrambled eggs, turkey sausage, marinated tomatoes, white cheddar, basil aioli, gluten-free English muffin

Gluten Free Breakfast Sandwich (V & GF) \$5.50

Free-range scrambled eggs, marinated tomatoes, white cheddar, basil aioli, gluten-free English muffin

Salads & Entrees

Jerk Chicken Hot Plate \$12.95

Free-range jerk chicken, roasted winter veggies (Brussels sprouts, curry cauliflower, baby carrots), lemon quinoa salad, yogurt & cilantro sauce

Salmon Quinoa Hot Plate \$15.50

Sustainably-sourced roasted salmon, roasted winter veggies (Brussels sprouts, curry cauliflower, baby carrots), lemon quinoa salad, yogurt & cilantro sauce

Coconut Curry Chicken Hot Plate (GF) \$9.95

Grilled free-range chicken, roasted broccoli, saffron rice, almonds, cranberries, parsley, coconut-yellow curry

Coconut Curry Tofu Hot Plate (V & GF) \$8.95

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

Salmon Teriyaki Hot Plate (GF) \$15.50

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

Korean Chicken Hot Plate \$11.95

Grilled Korean chicken thigh, organic brown rice, roasted ginger & garlic broccolini, roasted carrots, green onions, sesame seeds, soy sauce, Gochujang sauce

Grilled Hanger Steak Hot Plate (GF) \$12.95

Grilled all-natural hanger steak, roasted Brussels sprouts, caramelized carrots, grilled onions, roasted potatoes, Chimichurri sauce

Seared Lemon Pepper Tuna Salad (GF) \$13.95

Line-caught Ahi tuna, saffron-infused basmati rice, beluga lentils, roasted almonds, Roma tomatoes, kale, sherry vinaigrette

Curry Cauliflower Salad (V) \$9.95

Curry cauliflower, saffron-infused basmati rice, beluga lentils, roasted almonds, Roma tomatoes, kale, sherry vinaigrette

Roasted Shiitake & Green Tea Soba Noodle Salad (V) \$11.50

Roasted shiitake mushrooms, soba noodles, broccoli, roasted peanuts, shredded carrots, scallions, black sesame, green tea, soy & tahini dressing

Winter Citrus Salad with Agave Curry Salmon (GF) \$14.95

Fresh salmon, navel orange, satsuma tangerine, grapefruit, fennel, red cabbage, feta cheese, spinach, arugula, curry-sunflower seeds, mint, blood orange-beet vinaigrette

Mediterranean Quinoa Salad with Chicken (GF) \$10.95

Free-range Aleppo pepper-chicken, cherry tomatoes spinach, feta, mint, parsley, scallions, lemon vinaigrette

Mediterranean Quinoa Salad (V & GF) \$8.95

Cherry tomatoes spinach, feta, mint, parsley, scallions, lemon vinaigrette

Chinese Chicken Salad \$12.95

Roasted free-range chicken, Marcona almonds, sesame seeds, carrots, crispy wontons, Valencia oranges, cilantro, mixed greens, sesame & green onion dressing

Sandwiches & Wraps**Proper PB&J (Vegan) \$6.95**

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

Grilled Chicken Wrap \$9.95

Free-range grilled chicken, sun-dried tomatoes, English cucumber, spring mix lettuce, hummus, whole wheat tortilla

Saffron Quinoa Veggie Wrap (V) \$9.95

Saffron-infused quinoa, caramelized mushrooms, curry cauliflower, roasted broccoli, grilled carrots, almonds, hummus, lime & tahini sauce, whole wheat wrap

Italian Sandwich \$10.95

Spicy coppa salami, all-natural ham, mozzarella cheese, pepperoncini, sweet peppers, mint, basil, roasted garlic aioli, filone bun

Turkey Avocado Sandwich \$9.95

Roasted all-natural turkey, avocado, red leaf lettuce, jack cheese, lemon aioli, honey mustard, nine-grain bread

Chicken BLT \$7.95

Grilled all-natural chicken, bacon, herb aioli, oven-roasted tomatoes, lettuce, Dijon mustard, sourdough bread

Soup**Butternut Squash & Hazelnut with Aleppo Pepper (Vegan & GF) \$5.25****Greek Chicken with Lemon & Rice Soup (GF) \$5.25****Desserts & Sides****Proper Energy Bar (Vegan & GF) \$3.95**

Goji berry, rolled oats, flaxseed, coconut peanut butter, dark chocolate, dried cherries, sea salt

Proper Chocolate Chip Cookie \$1.95

House-made, dark chocolate and sea salt

Artisanal Chips \$2.25

North Fork, sea salt

Juices**Proper Green Juice (Vegan & GF) \$8.95**

Cold-pressed juice made with granny smith apples, cucumber, broccoli, kale, spinach, celery, lemon juice, salt

Orange Apple Carrot Ginger (Vegan & GF) \$8.50

Cold-pressed juice made with oranges, apples, ginger, lemon juice

Watermelon Strawberry Beet (Vegan & GF) \$8.50

Cold-pressed juice made with watermelon, strawberries, red beets, lime juice