



Breakfast

Seasonal Fruit Cup (GF & Vegan) \$6.95

Pineapple, honeydew melon, strawberry, blackberries, mint

Overnight Oats (GF & Vegan) \$6.50

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

Hard-Boiled Egg (GF & V) \$2.25

Free-range egg, hard-boiled and individually wrapped (*in the shell*)

Greek Yogurt Parfait (GF & V) \$7.50

Greek yogurt, house-made granola, fresh strawberries, Agave

Matcha Overnight Oats

(GF & V) \$7.50

Raspberry, Greek yogurt, matcha, gluten-free oats, caramelized almonds, agave, chia, honey

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) \$10.50

Cage-free scrambled eggs, grilled mushrooms, herb-roasted red potatoes, white cheddar, baby spinach, chipotle aioli

Power Breakfast with Bacon (GF) \$11.50

Cage-free scrambled eggs, nitrate-free bacon, herb-roasted red potatoes, white cheddar, baby spinach, chipotle aioli

Breakfast Muffin with Turkey Sausage \$8.95

Cage-free scrambled eggs, turkey sausage, tomato aioli, yellow cheddar, marinated tomatoes, basil, English muffin

Breakfast Muffin (V) \$7.95

Cage-free scrambled eggs, tomato aioli, yellow cheddar, marinated tomatoes, basil, English muffin

Croissant Jamon Sandwich \$9.95

Croissant, all-natural ham, Gruyere cheese, tarragon aioli

Egg White Power Breakfast Bowl with Steak (GF) \$15.50

Garlic-herb hanger steak, cage-free scrambled egg whites, baby spinach, spicy roasted sweet potatoes, avocado puree, feta cheese

Egg White Power Breakfast Bowl with Chicken Sausage (GF) \$14.50

All-natural chicken sausage, cage-free scrambled egg whites, baby spinach, spicy roasted sweet potatoes, avocado puree, feta cheese

Farmhouse Breakfast Wrap (V) \$8.50

Cage-free scrambled eggs, yellow cheddar, roasted onion, roasted potatoes, tomato aioli, parsley, flatbread

Farmhouse Breakfast Wrap with Bacon \$9.50

Cage-free scrambled eggs, crispy bacon, yellow cheddar, roasted onion, roasted potatoes, tomato aioli, parsley, flatbread

Protein Breakfast Bite with Prawns (GF) \$7.50

Poached prawns, cage-free eggs, grilled button mushrooms, sun-dried tomatoes, cottage cheese, steamed spinach, parsley

Protein Breakfast Bite (GF & V) \$6.50

Cage-free eggs, grilled button mushrooms, sun-dried tomatoes, cottage cheese, steamed spinach, parsley

Pastries From Colson Patisserie

(Requires 48-hour notice)

Classic Butter Croissant \$4.00

Light and flaky, delicately buttery

Blueberry Muffin \$3.25 (Vegan)

Bright, full of blueberries with a touch of lemon

Lemon Loaf \$4.00 (GF)

Almond flour lemon loaf cake; light and moist



Salads

Spring Salad (GF& V) \$14.95

Oven roasted potatoes, watermelon radish, roasted leeks, blanched green beans, ricotta salata, baby spinach & arugula, house-made tarragon vinaigrette

Spring Salad with Salmon (GF) \$17.95

Garlic-herb marinated salmon, oven roasted potatoes, watermelon radish, roasted leeks, blanched green beans, ricotta salata, baby spinach & arugula, house-made tarragon vinaigrette

Spring Salad with Chicken (GF) \$16.95

Garlic-herb marinated chicken, oven roasted potatoes, watermelon radish, roasted leeks, blanched green beans, ricotta salata, baby spinach & arugula, house-made tarragon vinaigrette

Lemon Quinoa Salad (GF & V) \$12.95

Lemon basil quinoa mix, cherry tomatoes, green olives, feta cheese, fresh chopped basil, organic baby kale, lemon wedge, house-made lemon vinaigrette

Thai Salad with Chicken (GF) \$16.95

Charred curry chicken thigh, agave salted almonds, red and napa shredded cabbage, sliced green onions, shredded carrots, Thai basil, spring mix, house-made ginger vinaigrette

Thai Salad with Tofu (GF & Vegan) \$15.95

Charred curry tofu, agave salted almonds, red and napa shredded cabbage, sliced green onions, shredded carrots, Thai basil, spring mix, house-made ginger vinaigrette

Seared Lemon Pepper Tuna Salad (GF) \$17.50

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

Chinese Chicken Salad \$16.95

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

Chinese Tofu Salad (Vegan) \$15.95

Citrus-miso organic tofu, toasted almonds, sesame seeds, carrots, crispy wontons, navel oranges, cilantro, red cabbage, romaine, sesame & green onion dressing

Greek Salad (GF & V) \$14.50

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

Greek Salad with Chicken (GF) \$16.50

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) \$16.50

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

Cobb Salad (GF & V) \$14.95

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

Cobb Salad with Chicken (GF) \$16.95

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

Pairing Salads & Proteins

Green Tea Soba Noodle Salad (Vegan) \$8.95

Green tea soba noodles, shredded pickled carrots, red cabbage, edamame, green onion, toasted sesame seeds, house-made peanut dressing

Pasta Salad with Creamy Basil Pesto (V) \$8.50

Red bell peppers, diced cucumber, charred broccolini, Kalamata olives, parsley, toasted garlic, penne pasta, lemon pesto dressing

**Proptato Salad (GF & V) \$6.95**

Red potatoes, sliced green onion, chopped celery, hard-boiled egg crumble, lemon zest, parsley, charred onion aioli, Aleppo pepper

FreeBird Grilled Chicken Breast (GF) \$7.95**Pulled Aleppo Chicken (GF) \$6.95****Line-Caught Roasted Salmon (GF) \$9.50****Lemon Garlic Shrimp (GF) \$7.95****All-Natural Hanger Steak (GF) \$9.50****Roasted Garlic-Herb Organic Tofu (GF & Vegan) \$5.95**

Hot Plates

Salmon Teriyaki Hot Plate (GF) \$17.95

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

Peri-Peri Chicken Hot Plate (GF) \$15.95

FreeBird Peri-Peri marinated chicken breast, garlicky green beans, sliced onions, lemon-thyme saffron rice, chopped parsley, house-made spicy peri-peri sauce

Peri-Peri Salmon Hot Plate (GF) \$17.50

Sustainably-sourced roasted Peri-Peri salmon, garlicky green beans, sliced onions, lemon-thyme saffron rice, chopped parsley, house-made spicy Peri-Peri 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

Coconut Curry Shrimp Hot Plate (GF) \$14.95

Marinated coconut-yellow curry shrimp, roasted salt & pepper broccoli, sliced toasted almonds, dried cherries, parsley, saffron rice, coconut-yellow curry

Chimichurri Steak (GF) \$17.95

Sustainably-sourced garlic-herb hanger steak, garlicky kale and caramelized onion mix, roasted red potatoes, chimichurri dressing

Chimichurri Salmon (GF) \$17.95

Sustainably-sourced garlic herb salmon, garlicky kale and caramelized onion mix, roasted red potatoes, chimichurri dressing

Chicken Protein Hot Plate (GF) \$15.95

Salt and pepper roasted chicken, grilled button mushrooms, roasted Brussels sprouts, brown rice, bone broth

Salmon Protein Hot Plate (GF) \$17.95

Salt and pepper sustainably-sourced salmon, grilled button mushrooms, roasted Brussels sprouts, brown rice, bone broth

Hanger Steak Protein Hot Plate (GF) \$17.95

Sustainably-sourced garlic-herb marinated hanger steak, grilled button mushrooms, roasted Brussels sprouts, brown rice, bone broth

Bowls

Seasonal Grain Bowl with Chicken (GF) \$15.95

Chimichurri chicken thigh, spicy roasted sweet potatoes, red and white quinoa mix, roasted baby carrots, pickled red onions, dried cranberries, goat cheese, baby spinach, house creamy lemon dressing

Seasonal Grain Bowl (GF & V) \$14.95

Spicy roasted sweet potatoes, red and white quinoa mix, roasted baby carrots, pickled red onions, dried cranberries, goat cheese, baby spinach, house creamy lemon dressing

Mediterranean Bowl (V) \$14.95

Garlic roasted cauliflower, pickled cucumbers, harissa feta cheese, crispy chickpeas, pickled red onion, baby spinach, lemon turmeric couscous, tahini lemon dressing

**Mediterranean Bowl with Chicken \$15.95**

Grilled garlic-herb chicken thigh, garlic roasted cauliflower, pickled cucumbers, harissa feta cheese, crispy chickpeas, pickled red onion, baby spinach, lemon turmeric couscous, tahini lemon dressing

Mediterranean Bowl with Salmon \$17.50

Sustainably-sourced roasted garlic-herb salmon, garlic roasted cauliflower, pickled cucumbers, harissa feta cheese, crispy chickpeas, pickled red onion, baby spinach, lemon turmeric couscous, tahini lemon dressing

Sandwiches & Wraps**Garden Sandwich with Chicken \$11.95**

Salt and pepper chicken, tomato-cucumber salad, house-made hummus, alfalfa sprouts, vegan za'atar aioli, nine-grain bread

Line-Caught Tuna Sandwich \$11.50

Line-caught albacore tuna, green onion, chopped celery, parsley, lime, jalapeno aioli, romaine lettuce, wheat bread

Chicken BLT Sandwich \$14.50

Salt and pepper chicken, pepperjack cheese, crispy bacon, sliced Roma tomatoes, chipotle aioli, red leaf lettuce, nine grain hero

Grilled Steak & Provolone Sandwich \$13.95

Grilled herb-marinated shaved hanger steak, sauteed bell peppers, caramelized onions, provolone cheese, roasted garlic aioli, ficelle

Chef's Artisanal PB&J (Vegan) \$9.50

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

Turkey Avocado Sandwich \$13.50

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

Veggie Garden Sandwich \$9.95 (V)

Tomato-cucumber salad, house-made hummus, alfalfa sprouts, vegan za'atar aioli, wheat bread

Ham & White Cheddar Sandwich \$12.50

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

Crispy Cheddar Chicken Wrap \$11.95

Free-range crispy chicken, white cheddar cheese, roasted garlic aioli, red cabbage, shredded romaine lettuce

Caesar Salad Wrap with Chicken \$10.50

Salt and pepper chicken, chopped romaine lettuce, shaved Parmesan, creamy Caesar dressing, flatbread

Buffalo Chicken Wrap \$13.95

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

Buffalo Cauliflower Wrap (V) \$12.95

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



Sandwiches & Wraps

Choose two of the selections below to create a platter for 10

Turkey Avocado Sandwich \$70

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

Ham & White Cheddar Sandwich \$65

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

Veggie Garden Sandwich (V) \$55

Tomato-cucumber salad, house-made hummus, alfalfa sprouts, vegan za'atar aioli, wheat bread

Proper PB&J (Vegan) \$50

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

Buffalo Cauliflower Wrap (V) \$67

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

Buffalo Chicken Wrap \$72

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

Salad Platters

Each salad platter serves 10 people

Spring Salad (V & GF) \$148

Oven roasted potatoes, watermelon radish, roasted leeks, blanched green beans, ricotta salata, baby spinach & arugula, house-made tarragon vinaigrette

Spring Salad with Chicken (GF) \$168

Garlic-herb marinated chicken, oven roasted potatoes, watermelon radish, roasted leeks, blanched green beans, ricotta salata, baby spinach & arugula, house-made tarragon vinaigrette

Cobb Veg Salad (V & GF) \$143

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

Cobb Veg Salad with Chicken (GF) \$163

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

Chinese Tofu Salad (V) \$155

Citrus-miso organic tofu, toasted almonds, sesame seeds, carrots, crispy wontons, navel oranges, cilantro, red cabbage, romaine, sesame & green onion dressing

Chinese Chicken Salad (Dairy-free) \$165

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



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

Proper Date Bites (GF & Vegan) \$4.95

Dates, peanut butter, cocoa powder, coconut spirulina

Nutella Cookie (V) \$3.75

Chocolate Chip Cookie (V) \$3.50

House-made with dark chocolate, sea salt

Gluten-Free Chocolate Chip Cookie (GF) \$3.75

House-made with dark chocolate, sea salt

Crudit  & House-Made Hummus (Vegan & GF) \$5.95

Broccoli, celery, carrots, cucumber, house-made hummus

Cheese Tray (V) \$5.95

Provolone cheese, yellow cheddar cheese, red grapes, crostini

Ratatouille Snack (V) \$6.50

Ratatouille mix (eggplant, yellow squash, zucchini, red pepper, green pepper, tomato sauce), lemon herb ricotta, green olives, parsley, arugula, crostini

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

Proper Mango Iced Tea \$5.95

Black tea blend with dried mangos, hibiscus, and rosehips

Cold Brew Coffee \$5.50

100% organic, direct trade, cold brewed in collaboration with Partners Coffee Roasters

Oat Cold Brew Coffee \$5.95

100% organic, direct-trade cold brew with oat milk in collaboration with Partners Coffee Roasters

Cinnamon Mocha Cold Brew Coffee \$5.95

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

Nama Water \$2.50

Olipop Sodas – assorted flavors \$3.75

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)