



Nutrition (Spring 2025) - NYC

Breakfast

	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Dietary Fiber (g)	Protein (g)	Sugars (g)	Carbohydrates (g)	Sodium (mg)	Gluten Free	Vegetarian	Vegan
Power Breakfast	380	22	6	445	3	17	2	28	455	✓	✓	
white cheddar cheese	70	6	3	20	0	5	0	1	115	✓	✓	
Power Breakfast with Bacon	530	21	11	480	3	21	1	27	695	✓		
white cheddar cheese	70	6	3	20	0	5	0	1	115	✓		
Farmhouse Breakfast Wrap with Bacon	580	29	12	405	1	25	1	46	1040			
Farmhouse Breakfast Wrap	530	29	10	390	1	24	1	46	950		✓	
Fruit Cup	110	0	0	0	5	2	20	27	25	✓		✓
Breakfast Muffin with Turkey Sausage	470	31	8	355	1	20	3	30	770			
Breakfast Muffin	410	26	6	325	1	16	3	30	580		✓	
Hardboiled Eggs	70	5	1	215	0	6	0	1	65	✓	✓	
Overnight Oats	290	7	0.5	0	0	8	19	50	75	✓		✓
Matcha Overnight Oats	350	12	1	5	5	13	13	50	90	✓	✓	
Proper Yogurt Parfait	260	9	3	15	1	14	29	36	40	✓	✓	
Chocolate Cherry Overnight Oats	310	9	1	0	1	10	9	49	210	✓		✓
Egg White Power Breakfast Bowl with Chicken Sausage	430	18	5	40	9	28	9	38	790	✓		
Egg White Power Breakfast Bowl with Steak	530	25	8	45	10	38	6	36	640	✓		
Egg Basket with Bacon	300	15	9	310	0	16	3	14	520			
Egg Basket	240	15	7	295	0	14	3	14	420		✓	
Coconut Chia Pudding	180	7	3	0	3	2	21	31	210	✓		✓
Croissant Jamon Sandwich	490	32	15	125	0	18	9	32	740			
Protein Breakfast Bite	150	8	3	365	1	13	4	6	170	✓	✓	
Protein Breakfast Bite with Prawns	190	9	3	425	1	20	4	6	250	✓		

Salads & Entrées

Spring Salad with Salmon	430	21	7	105	5	39	6	24	650	✓		
ricotta salata cheese	30	2	2	10	0	2	0	0	100	✓		
tarragon vinaigrette	160	16	3	0	1	2	1	7	270	✓		
Spring Salad with Chicken	370	13	5	110	5	43	6	24	920	✓		
ricotta salata cheese	30	2	2	10	0	2	0	0	100	✓		
tarragon vinaigrette	160	16	3	0	1	2	1	7	270	✓		
Spring Salad	250	12	5	30	5	11	7	27	560	✓	✓	
ricotta salata cheese	30	2	2	10	0	2	0	0	100	✓	✓	
tarragon vinaigrette	160	16	3	0	1	2	1	7	270	✓	✓	
Seasonal Grain Bowl with Chicken	360	2	0	45	5	26	11	59.5	280	✓		
creamy lemon dressing	200	22	4	10	0	1	1	2	200	✓		
goat cheese	60	4	3	15	0	3	0	0.5	220	✓		
Seasonal Grain Bowl (veg)	280	1	0	0	5	8	11	59.5	150	✓	✓	
creamy lemon dressing	200	22	4	10	0	1	1	2	200	✓	✓	
goat cheese	60	4	3	15	0	3	0	0.5	220	✓	✓	
Lemon Quinoa Salad	516	20	2	0	2	13	1	69	546	✓	✓	
feta cheese	30	3	2	0	0	2	0	0	110	✓	✓	
lemon vinaigrette	94	10	2	0	0	1	1	2	64	✓	✓	
Thai Salad with Chicken	150	4	2	25	5	15	7	15	370	✓		
agave almonds	70	5	0	0	0	2	2	4	30	✓		
ginger vinaigrette	180	12	2	0	1	1	11	18	290	✓		
Thai Salad with Tofu	140	5	1	0	8	9	9	23	180	✓	✓	
agave almonds	70	5	0	0	0	2	2	4	30	✓	✓	
ginger vinaigrette	180	12	2	0	1	1	11	18	290	✓	✓	
Soba Noodle Salad	190	10	2	0	1	7	7	22	440	✓		✓
Peri Peri Salmon	330	12	2	80	2	33	3	23	770	✓		
peri peri sauce	50	4	1	0	1	0	1	2	270	✓		
Peri Peri Chicken	240	5	0	60	2	28	4	23	980	✓		
peri peri sauce	50	4	1	0	1	0	1	2	270	✓		
Mediterranean Bowl with Salmon	450	9	2	40	7	25	27	72	1490			
tahini lemon dressing	170	15	2	0	0	6	0	2	130			
harissa feta cheese	70	6	4	0	0	4	0	0	260			
Mediterranean Bowl with Chicken	490	11	3	105	7	30	27	72	1520			
tahini lemon dressing	170	15	2	0	0	6	0	2	130			
harissa feta cheese	70	6	4	0	0	4	0	0	260			
Mediterranean Bowl (veg)	360	4	1	0	7	11	27	72	1460		✓	
tahini lemon dressing	170	15	2	0	0	6	0	2	130		✓	
harissa feta cheese	70	6	4	0	0	4	0	0	260		✓	
Chimichurri Steak	500	29	8.5	65	4	31	2	31	630	✓		
chimichurri sauce	150	17	2.5	0	0	0	0	2	320	✓		
Chimichurri Salmon	420	19	3.5	80	4	33	2	30	480	✓		
chimichurri sauce	150	17	2.5	0	0	0	0	2	320	✓		
Steak Protein Hot Plate	535	29	8	60	4	31	4	43	720	✓		
bone broth sauce	15	1	0	5	0	1	0	1	160	✓		
Chicken Protein Hot Plate	435	13	2	90	4	43	4	44	1040	✓		
bone broth sauce	15	1	0	5	0	1	0	1	160	✓		
Salmon Protein Hot Plate	475	20	3.5	80	4	36	4	43	670	✓		
bone broth sauce	15	1	0	5	0	1	0	1	160	✓		
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	✓		
Chinese Chicken Salad	291	6	1	80	4	37	13	22	440			



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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 ¹	Vegetarian	Vegan
sesame & green onion dressing	240	23	4	0	1	2	0	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		✓	
Chicken Teriyaki	360	4	0	60	3	30	10	55	820	✓		
teriyaki sauce	70	0	0	0	0	1	11	15	360	✓		
Salmon Teriyaki Hot Plate	450	13	2	85	3	37	7	50	690	✓		
teriyaki sauce	70	0	0	0	0	1	11	16	370	✓		
Greek Salad with Shrimp	380	21	12	140	3	33	6	15	1245	✓		
red wine vinaigrette	140	15	3	0	0	0	0	0	95	✓		
Greek Salad with Chicken	370	18	10	60	4	38	5	14	960	✓		
red wine vinaigrette	140	15	3	0	0	0	0	0	95	✓		
Greek Salad	310	20	12	0	4	15	6	17	900	✓	✓	
red wine vinaigrette	140	15	3	0	0	0	0	0	95	✓	✓	
Coconut Curry Shrimp Hot Plate	370	18.5	4.5	45	2	21	8	30	970	✓	✓	
coconut-curry sauce	50	4.5	3.5	0	0	1	0	1	130	✓	✓	
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	✓	✓	
Creamy Pasta Salad with Pesto	470	12	2	5	5	12	6	83	540		✓	
Grilled Chicken Breast (add-on protein)	120	1	0	65	0	27	0	0	330	✓		
Grilled Hanger Steak (add-on protein)	200	11	4	60	0	24	0	0	470	✓		
Lemon Garlic Shrimp (add-on protein)	110	6	1	105	0	12	0	1	680	✓		
Garlic Herb Organic Tofu (add-on protein)	170	11	2	0	2	12	1	5	15	✓		✓
Pulled Chicken Aleppo (add-on protein)	110	2	0	60	0	24	0	0	300	✓		
Line-caught Salmon (add-on protein)	179	10	3.1	59	0	20	0	0	47	✓		
Proptato Salad	350	23	5	105	2	6	4	28	830	✓	✓	
Herb Chicken Dinner Plate	500	18	7	140	5	52	5	34	1570	✓		
Salmon Dinner Plate	490	22	8	110	5	40	8	37	950	✓		
Braised Beef Dinner Plate	520	27	12	105	5	38	6	35	900	✓		
Chicken Stir Fry Dinner Plate	520	10	1	55	3	31	27	81	2430	✓		
Lemon Shrimp Stir Fry Dinner Plate	510	10	1	160	3	28	27	81	2380	✓		
Veggie Stir Fry Dinner Plate	420	9	1	0	3	8	27	81	2150	✓		✓
Sandwiches & Wraps												
Turkey Avocado Sandwich	510	20	6	120	2	43	8	42	1050			
Grilled Steak & Provolone Sandwich	570	33	12	105	0	32	1	36	680			
Crispy Cheddar Chicken Wrap	610	25	9	100	2	29	3	63	1670			
Line-Caught Tuna Sandwich	490	19	3	90	1	30	10	56	970			
Chicken BLT Sandwich	620	23	15	145	1	36	1	32	1120			
Garden Sanwich with Chicken	480	18	2	35	2	29	9	56	820			
Veggie Garden Sandwich	450	21	2	0	2	15	9	55	650			✓
Caesar Salad Wrap with Chicken	360	15	5	55	1	27	1	31	760			
Ham & White Cheddar Sandwich	450	21	6	100	0	29	2	28	1720			
Proper PB&J	570	24	6	0	2	18	14	82	830			✓
Buffalo Wrap - Chicken	590	29	13	120	1	32	2	52	1100			
Buffalo Wrap - Veg	560	23	13	80	3	19	3	58	1120		✓	
Chicken BLT Wrap	500	14	9	115	1	28	1	30	930			
Soup												
Chicken Tortilla	220	7	1	30	2	15	3	23	820	✓		
Lemongrass Potato & Leek	170	9	4	0	3	3	3	19	490	✓		✓
Juice & Drinks												
Proper Daily Green Juice	190	0	0	0	10	5	23	45	110	✓		✓
Proper Gold Juice	240	0.5	0	0	11	3	41	58	0	✓		✓
Proper Orange Carrot Ginger Juice	230	0	0	0	10	4	40	55	55	✓		✓
Oat Milk Cold Brew Coffee ³	50	0.5	0	0	0	1	0	8	130	✓		✓
Cold Brew Coffee ³	5	0	0	0	0	0	0	0	0	✓		✓
Cinnamon Mocha Cold Brew Coffee ³	80	1.5	0	0	1	3	0	14	360	✓		✓
Proper Mango Iced Tea ³	15	0	0	0	0	3	0	0	15	✓		✓
Iced Tea ³	10	0	0	0	0	2	0	0	10	✓		✓
Cookies, Bars, Snacks												
Chocolate Chip Cookie	260	13	8	40	0	3	22	35	300		✓	
Nutella Cookie	270	15	8	40	1	4	22	35	250		✓	
Gluten-Free Chocolate Chip Cookie	290	15	9	45	0	3	25	39	140	✓	✓	
Hummus Plate	290	17	2	0	6	12	5	22	480	✓		✓
Cheese Plate	300	16	10	50	1	16	10	23	570		✓	
Ratatouille Plate	160	11	1	10	1	4	3	15	1100		✓	
Proper Energy Bar	380	18	7	0	6	11	20	45	210	✓		✓



Allergens (Spring 2025) - NYC

Breakfast

	Gluten	Dairy	Egg	Nuts	Fish (Seafood)	Shellfish	Soy	Onion	Cilantro	Garlic	Sesame	Gluten Free ¹	Vegetarian	Vegan
Power Breakfast Plate		✓	✓				✓			✓	✓	✓		
Power Breakfast Plate with Bacon		✓	✓				✓			✓	✓	✓		
Farmhouse Breakfast Wrap with Bacon	✓	✓	✓				✓			✓				
Farmhouse Breakfast Wrap	✓	✓	✓				✓			✓				
Proper Yogurt Parfait		✓		✓							✓	✓		
Chocolate Cherry Overnight Oats				✓							✓			✓
Breakfast Muffin with Turkey Sausage	✓	✓	✓				✓							
Breakfast Muffin	✓	✓	✓				✓					✓		
Egg White Power Breakfast Bowl with Steak		✓	✓								✓			
Egg White Power Breakfast Bowl with Chicken Sausage		✓	✓								✓			
Egg Basket with Bacon	✓	✓	✓											
Egg Basket	✓	✓	✓											
Hardboiled Eggs			✓								✓	✓		
Overnight Oats				✓							✓			✓
Matcha Overnight Oats		✓		✓							✓	✓		
Fruit Cup											✓			✓
Coconut Chia Pudding				✓							✓			✓
Croissant Jamon Sandwich		✓						✓		✓				
Protein Breakfast Bite		✓	✓								✓	✓		
Protein Breakfast Bite with Prawn		✓	✓			✓					✓			

Salads & Entrées

Spring Salad with Salmon ²		✓			✓			✓		✓	✓	✓		
Spring Salad with Chicken ²		✓						✓		✓	✓	✓		
Spring Salad ²		✓						✓		✓	✓	✓		
Mediterranean Bowl with Salmon	✓	✓			✓			✓		✓	✓			
Mediterranean with Chicken	✓	✓						✓		✓	✓			
Mediterranean Bowl	✓	✓						✓		✓	✓		✓	
Seasonal Grain Bowl with Chicken		✓	✓					✓		✓	✓	✓		
Seasonal Grain Bowl		✓	✓					✓		✓		✓		
Chinese Chicken Salad ⁴	✓ ⁴			✓			✓		✓		✓	✓ ⁴		
Chinese Salad with Tofu ⁴	✓ ⁴			✓			✓	✓	✓		✓	✓ ⁴	✓	
Thai Salad with Chicken				✓			✓	✓		✓	✓	✓		
Thai Salad with Tofu				✓			✓	✓		✓	✓	✓		
Crispy Chicken Salad	✓	✓	✓					✓		✓				
Proper Cobb Salad		✓	✓					✓		✓			✓	
Proper Cobb Salad with Chicken		✓	✓					✓		✓				
Salmon Teriyaki Hot Plate					✓		✓	✓		✓	✓	✓		
Chicken Teriyaki Hot Plate							✓	✓		✓	✓	✓		
Coconut Curry Shrimp Hot Plate				✓		✓				✓	✓	✓		
Coconut Curry Chicken Hot Plate				✓				✓		✓	✓	✓		
Coconut Curry Tofu Hot Plate				✓			✓			✓	✓	✓	✓	
Chimichurri Salmon					✓		✓	✓		✓	✓	✓		
Chimichurri Steak							✓	✓		✓	✓	✓		
Peri Peri Salmon					✓				✓	✓	✓	✓		
Peri Peri Chicken							✓	✓	✓	✓	✓	✓		
Steak Protein Plate		✓					✓	✓		✓	✓	✓		
Chicken Protein Plate		✓					✓	✓		✓	✓	✓		
Salmon Protein Plate		✓			✓		✓	✓		✓	✓	✓		
Seared Lemon Pepper Tuna				✓	✓		✓	✓		✓	✓	✓		
Greek Salad with Shrimp		✓				✓		✓		✓	✓	✓		
Greek Salad with Chicken		✓						✓		✓	✓	✓		
Greek Salad		✓						✓		✓	✓	✓		
Soba Noodle Salad	✓			✓			✓	✓		✓	✓			✓
Creamy Pasta Salad with Pesto	✓		✓					✓		✓		✓		
Grilled chicken (add-on protein)											✓	✓		
Steak (add-on protein)										✓		✓		
Lemon Pepper Shrimp (add-on protein)						✓				✓				
Garlic-Herb Tofu (add-on protein)										✓				✓
Pulled Chicken Aleppo (add-on protein)											✓			
Line-caught Salmon (add-on protein)					✓						✓			
Proptato Salad			✓					✓			✓		✓	
Lentil Protein Salad				✓				✓			✓			✓
Salmon Dinner Plate		✓			✓			✓		✓	✓	✓		
Braised Beef Dinner Plate		✓						✓		✓	✓	✓		
Chicken Stir Fry Dinner Plate								✓		✓	✓	✓		
Lemon Shrimp Stir Fry Dinner Plate						✓		✓		✓	✓	✓		
Veggie Stir Fry Dinner Plate								✓		✓	✓	✓		✓

Sandwiches & Wraps

Turkey Avocado Sandwich	✓	✓	✓								✓			
Garden Sandwich with Chicken	✓									✓				
Veggie Garden Sandwich	✓									✓				✓
Crispy Cheddar Chicken Wrap	✓	✓	✓							✓				
Caesar Salad Wrap with Chicken	✓	✓	✓					✓		✓				
Line-Caught Tuna Sandwich	✓		✓		✓			✓	✓					
Chicken BLT Sandwich	✓		✓											
Grilled Steak & Provolone Sandwich	✓	✓	✓					✓		✓				
Ham & White Cheddar Sandwich	✓	✓	✓					✓		✓				
Proper PB&J	✓			✓			✓							✓

Buffalo Wrap - Chicken	✓	✓	✓							✓				
Buffalo Wrap - Veg	✓	✓	✓							✓			✓	
Chicken BLT Wrap	✓		✓					✓		✓				
Soup														
Chicken Tortilla								✓	✓	✓		✓		
Lemongrass Potato Leek								✓		✓		✓		✓
Juice & Drinks														
Proper Daily Green Juice												✓		✓
Proper Gold Juice												✓		✓
Proper Orange Carrot Ginger Juice												✓		✓
Oat Milk Cold Brew Coffee ³												✓		✓
Proper Mango Iced Tea												✓		✓
Cold Brew Coffee ³												✓		✓
Cinnamon Mocha Cold Brew Coffee ³												✓		✓
Cookies, Bars, Snacks														
Chocolate Chip	✓	✓	✓					✓					✓	
Gluten-Free Chocolate Chip		✓	✓					✓				✓	✓	
Nutella	✓	✓	✓	✓				✓					✓	
Hummus Plate										✓	✓	✓	✓	
Cheese Plate	✓	✓								✓				
Ratatouille Plate	✓	✓						✓		✓				
Power Date Bites				✓								✓		✓
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 Caffeine per bottle: Oat Milk Cold Brew 91mg; Cold Brew 136mg; Iced Tea 39mg

4 Wontons are served in a separate container - without wontons, this salad is gluten-free

For more information, please contact info@properfood.com