



## Nutrition (Winter 2018)

### 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			
Vegan Tofu Wrap	510	15	3	0	1	18	3	73	1030			✓
Proper Yogurt Parfait	270	12	5	15	2	17	21	28	45	✓	✓	
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	✓		
Smoked Salmon Open-Faced Sandwich	240	7	3	45	0	22	2	22	980			
Hardboiled Eggs	70	5	1	215	0	6	0	1	65	✓	✓	
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 Plate	540	38	12	473	2	24	3	21	756	✓		
ketchup	30	0	0	0	0	0	6	6	280	✓		
Chilaquiles <sup>2</sup>	710	36	19	480	2	36	5	61	1760	✓	✓	

### Salads & Entrées

Winter Salad with Salmon	350	12	2	90	5	36	15	23	320	✓		
grapefruit vinaigrette	160	16	3	0	0	0	3	3	70	✓		
toma cheese	110	9	6	30	0	7	0	1	210	✓		
almonds	60	5	0	0	0	2	0	2	0	✓		
Winter Salad with Tofu	210	6	1	0	5	13	15	25	75	✓	✓	
grapefruit vinaigrette	160	16	3	0	0	0	3	3	70	✓	✓	
toma cheese	110	9	6	30	0	7	0	1	210	✓	✓	
almonds	60	5	0	0	0	2	0	2	0	✓	✓	
Harvest Salad with Chicken	271	8	1	62	6	29	8	16	105	✓		
creamy apple cider vinaigrette	169	15	3	106	0	3	1	6	331	✓		
goat cheese	35	3	2	12	0	2	0	1	54	✓		
caramelized pecans	54	5	1	0	1	1	2	3	9	✓		
Harvest Salad with Garnet Yams	216	7	1	0	8	5	10	40	75	✓	✓	
creamy apple cider vinaigrette	169	15	3	106	0	3	1	6	331	✓	✓	
goat cheese	35	3	2	12	0	2	0	1	54	✓	✓	
caramelized pecans	54	5	1	0	1	1	2	3	9	✓	✓	
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			
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	40		✓	
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			
Tuna Nicoise Salad	373	16	3	250	5	31	4	25	761	✓		
lemon-thyme vinaigrette	167	18	3	0	0	1	1	4	109	✓		
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 fresco	32	2.5	2	3	0	2	0	1	81	✓		
tortilla chips	50	2.5	1	0	0	1	0	6	54	✓		
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	✓	✓	
Pulpo Ensalada	480	18	3	35	7	23	9	64	680			
olive oil w/ lemon dressing	90	10	1	0	1	0	0	1	0			



## Nutrition (Winter 2018)

	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
Proper Chicken Hot Plate	330	5	1	85	6	39	5	36	580	✓		
chimichurri sauce	180	20	3	0	0	0	0	2	390	✓		
Salmon Teriyaki Hot Plate	449	13	2	85	3	37	7	50	690	✓		
teriyaki sauce	71	0	0	0	0	1	11	16	370	✓		
Korean BBQ Chicken Hot Plate	400	5	1	75	2	19	5	67	550	✓		
Coconut Curry Chicken Hot Plate	340	14.5	3.5	45	2	24	8	30	1230	✓		
coconut-curry dressing	50	4.5	3.5	0	0	1	0	1	130	✓		
<b>Sandwiches &amp; Wraps</b>												
Turkey BLT Sandwich	600	14	7	145	1	43	9	42	810			
Italian Sandwich	590	32	11	130	0	26	3	52	1530			
Proper PB&J	570	24	6	0	2	18	14	82	830			✓
Portobello Sandwich	465	27	8	48	3	18	3	40	742	✓		
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			
Ham & Cheese Croissant Sandwich	500	26	13	105	1	24	19	44	1110			
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	✓		✓
Tofu Spring Rolls	248	4	1	0	3	13	14	39	554	✓		✓
thai chili sauce	72	0.5	0	0	0	0	16	19	257	✓		✓
Prawn Spring Rolls	208	1.5	0	85	3	17	9	32	533	✓		
thai chili sauce	72	0.5	0	0	0	0	16	19	257	✓		
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	10	10	✓		
Sweet Potato Enchilada	324	13	7	26	3	11	6	45	530	✓	✓	
crème fraiche	96	10	7	39	0	1	1	10	10	✓	✓	
Chicken Pesto Sandwich	440	18	5	85	0	33	8	40	910			
<b>Soup</b>												
Butternut Squash & Hazelnut	140	4	0	0	7	3	10	26	500	✓		✓
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	✓		✓
Acai Smoothie	350	18	11	0	2	4	32	40	85	✓		✓
Apple, Celery, Cucumber, Kale	350	0.5	0	0	13	13	24	78	250	✓		✓
Turmeric Lemonade	170	0	0	0	1	1	39	46	5	✓		✓
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		✓	
Peanut Butter Cookie	300	13	6	35	1	5	23	39	500		✓	
Proper Energy Bar	380	18	7	0	6	11	20	45	210	✓		✓
Oatmeal Walnut Cookie	320	15	7	45	0	5	22	41	290		✓	

### 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 (Winter 2018)

### 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	✓	✓	✓				✓	✓	✓					
Vegan Tofu Wrap	✓			✓			✓	✓	✓	✓				✓
Proper Yogurt Parfait		✓		✓								✓	✓	
Gluten-Free Breakfast Sandwich (vegetarian)		✓	✓				✓					✓	✓	
Gluten-Free Sausage Breakfast Sandwich		✓	✓				✓					✓	✓	
Smoked Salmon Open-Faced Sandwich	✓	✓			✓		✓	✓						
Hardboiled Eggs			✓									✓	✓	
Spanish Egg White Frittata			✓					✓				✓	✓	
Overnight Oats				✓								✓	✓	✓
Proper Breakfast Plate			✓					✓				✓	✓	
Chilaquiles		✓	✓					✓	✓	✓		✓	✓	

### Salads & Entrées

Winter Salad with Salmon <sup>2</sup>					✓								✓	
Winter Salad with Tofu <sup>2</sup>							✓					✓	✓	
Harvest Salad with Chicken <sup>2</sup>			✓	✓								✓	✓	
Harvest Salad with Garnet Yams <sup>2</sup>			✓	✓			✓					✓	✓	
Couscous & Spinach Salad with Chicken	✓	✓		✓				✓	✓					
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	✓		✓	✓		✓	✓		✓	✓				
Tuna Nicoise Salad			✓		✓		✓				✓	✓	✓	
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		✓							✓	✓		✓	✓	
Quinoa Beet Pesto with Chicken <sup>2</sup>		✓ <sup>2</sup>		✓								✓	✓	
Quinoa Beet Pesto <sup>2</sup>		✓ <sup>2</sup>		✓								✓	✓	
Pulpo Ensalada	✓			✓	✓			✓						
Proper Chicken Hot Plate									✓			✓	✓	
Salmon Teriyaki Hot Plate					✓		✓	✓			✓	✓	✓	
Korean BBQ Chicken Hot Plate							✓	✓		✓	✓	✓	✓	
Coconut Curry Chicken Hot Plate				✓						✓		✓	✓	

### Sandwiches & Wraps

Turkey BLT Sandwich	✓		✓											
Italian Sandwich	✓	✓	✓							✓				
Proper PB&J	✓			✓			✓							✓
Portobello Sandwich	✓	✓	✓	✓				✓		✓			✓	
Ahi Tuna Melt	✓	✓	✓				✓	✓	✓	✓				
Carnitas Burrito	✓	✓	✓				✓	✓	✓	✓				
Ham & Cheese Croissant Sandwich	✓	✓	✓				✓							
Vietnamese Wrap				✓			✓	✓	✓	✓	✓		✓	✓
Southwest Chicken Wrap	✓	✓					✓	✓	✓	✓				
'Carne Asada' Tofu Burrito	✓	✓					✓	✓	✓	✓			✓	
Tofu Spring Rolls							✓	✓	✓	✓		✓	✓	✓
Prawn Spring Rolls					✓		✓	✓		✓		✓	✓	✓
Hummus & Vegetables									✓	✓	✓		✓	✓
Chicken Enchilada		✓					✓		✓	✓		✓	✓	
Sweet Potato Enchilada		✓					✓		✓			✓	✓	
Chicken Pesto Sandwich	✓	✓	✓	✓			✓							

### Soup

Butternut Squash & Hazelnut				✓				✓		✓		✓		✓
Chicken Pozole								✓	✓	✓		✓		

### Juice & Drinks

Orange, Carrot, Ginger												✓		✓
Acai Smoothie				✓ <sup>3</sup>								✓		✓



## Allergens (Winter 2018)

	Gluten	Dairy	Egg	Nuts	Fish (Seafood)	Shellfish	Soy	Onion	Cilantro	Garlic	Sesame	Gluten Free <sup>1</sup>	Vegetarian	Vegan
Apple, Celery, Cucumber, Kale												✓		✓
Turmeric Lemonade												✓		✓
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	✓	✓	✓	✓			✓						✓	
Peanut Butter	✓	✓	✓	✓									✓	
Oatmeal Walnut	✓	✓	✓	✓									✓	
Proper Energy Bar				✓			✓				✓			✓

### 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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