



Nutrition (Late Fall 2018) - NYC

Breakfast

	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
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)	530	30	12	580	4	27	3	34	1170		✓	
Breakfast Burrito with Steak	550	31	11	420	4	36	4	35	1240			
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	✓	✓	
Overnight Oats	280	7	0.5	0	0	8	18	48	70	✓		✓
Proper Frittata	340	23	8	660	2	23	4	8	940	✓	✓	
Proper Breakfast Hot Plate	420	9	7	590	4	24	1	26	410	✓	✓	
Proper Breakfast Hot Plate with Bacon	510	17	9	610	4	26	1	26	550	✓		

Salads & Entrées

Fall Salad with Salmon	317	10	2	92	3	35	12	20	211	✓		
honey-shallot vinaigrette	175	17	3	0	1	1	4	6	162	✓		
pecorino cheese	63	5	3	13	0	4	0	0	116	✓		
caramelized walnuts	65	7	1	0	0	2	2	3	1	✓		
Fall Salad with Tofu	222	5	1	2	3	13	12	22	71	✓	✓	
honey-shallot vinaigrette	175	17	3	0	1	1	4	6	162	✓	✓	
pecorino cheese	63	5	3	13	0	4	0	0	116	✓	✓	
caramelized walnuts	65	7	1	0	0	2	2	3	1	✓	✓	
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	✓	✓	
Spinach & Farro with Honey Chicken ²	609	15	4	40	7	33	12	94	677			
lemon vinaigrette	81	9	2	0	0	0	1	2	53			
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 ²	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 ²	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	✓		
Steak, Rice & Bean Bowl	468	28	5	30	11	21	4	37	977	✓		
queso fesco	32	2.5	2	3	0	2	0	1	81	✓		
tortilla chips	50	2.5	1	0	0	1	0	6	54	✓		
Pulpo Ensalada (Octopus)	480	18	3	35	7	23	9	64	680			
olive oil w/ lemon dressing	90	10	1	0	1	0	0	1	0			
Salmon Teriyaki Hot Plate	449	13	2	85	3	37	7	50	690	✓		
teriyaki sauce	71	0	0	0	0	1	11	16	370	✓		
Chicken Fajita Hot Plate	290	15	3	60	3	26	6	17	980	✓		
Ancho Sesame Ahi Tuna Salad	248	12	2	24	5	20	3	15	510	✓		
creamy lime vinaigrette	162	17	5	6	0	1	1	3	90	✓		
Teriyaki Chicken & Avocado Salad	310	11	2	35	5	20	12	34	710	✓		
orange-sesame vinaigrette	220	23	4	0	0	1	2	4	540	✓		
Chicken Bánh Mi Hot Plate	550	12	3	105	8	32	7	79	730	✓		
Coconut Curry Chicken Hot Plate	320	11.5	3.5	45	4	24	8	31	920	✓		
coconut-curry dressing	50	4.5	3.5	0	0	1	0	1	130	✓		



Nutrition (Late Fall 2018) - NYC

Sandwiches & Wraps

	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
Turkey BLT Sandwich	600	14	7	145	1	43	9	42	810			
Portobello Sandwich	465	27	8	48	3	18	3	40	742	✓		
Proper PB&J	570	24	6	0	2	18	14	82	830			✓
Carnitas Burrito ²	710	29	10	60	13	33	3	88	1310			
Grilled Chicken Wrap	570	24	5	50	3	35	5	58	1350			
Chicken Bacon Sandwich	520	27	8	150	1	23	2	44	930			
Chicken Pesto Sandwich	440	18	5	85	0	33	8	40	910			
Mexian Tofu Burrito	510	27	10	40	4	18	4	52	990	✓		
Turkey Cranberry Sandwich	670	26	6	115	1	39	11	72	1260			

Soup

Butternut Squash & Hazelnut	140	4	0	0	7	3	10	26	500	✓		✓
Chicken Noodle	160	6	1.5	40	2	10	4	17	750	✓		

Juice & Drinks

Orange, Carrot, Ginger	190	1	0	0	1	3	33	41	130	✓		✓
Apple, Celery, Cucumber, Kale	350	0.5	0	0	13	13	24	78	250	✓		✓
Golden Beet, Pear, Mint	260	0	0	0	2	3	47	64	190	✓		✓
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	5	✓		✓
Iced Tea ³	10	0	0	0	0	2	0	0	10	✓		✓

Cookies & Bars

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	✓	✓	
Proper Energy Bar	380	18	7	0	6	11	20	45	210	✓		✓

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: Oat Milk Cold Brew 91mg; Cold Brew 136mg; Iced Tea 39mg



Allergens (Late Fall 2018) NYC

	Gluten	Dairy	Egg	Nuts	Fish (Seafood)	Shellfish	Soy	Onion	Cilantro	Garlic	Sesame	Gluten Free ¹	Vegetarian	Vegan
Breakfast														
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	✓	✓	✓				✓	✓	✓				✓	
Proper Yogurt Parfait		✓		✓								✓	✓	
Gluten-Free Breakfast Sandwich (vegetarian)		✓	✓				✓					✓	✓	
Gluten-Free Sausage Breakfast Sandwich		✓	✓				✓					✓		
Smoked Salmon Open-Faced Sandwich	✓	✓			✓		✓	✓						
Hardboiled Eggs			✓									✓	✓	
Overnight Oats				✓								✓		✓
Proper Frittata		✓	✓					✓				✓	✓	
Proper Breakfast Hot Plate			✓					✓		✓		✓	✓	
Proper Breakfast Hot Plate with Bacon			✓					✓		✓		✓		
Salads & Entrées														
Fall Salad with Salmon ²					✓				✓			✓		
Fall Salad with Tofu ²							✓		✓			✓	✓	
Harvest Salad with Chicken ²			✓	✓								✓		
Harvest Salad with Garnet Yams ²			✓	✓			✓					✓	✓	
Spinach & Farro with Honey Chicken	✓	✓	✓	✓			✓	✓	✓					
Seared Lemon Pepper Tuna				✓	✓			✓		✓		✓		
Lemon Quinoa with Chicken ²		✓ ²										✓		
Lemon Quinoa ²		✓ ²										✓	✓	
Steak, Rice & Bean Bowl		✓						✓	✓			✓		
Pulpo Ensalada (Octopus)	✓			✓	✓			✓				✓		
Salmon Teriyaki Hot Plate					✓		✓	✓		✓		✓		
Chicken Fajita Hot Plate				✓			✓	✓	✓	✓		✓		
Ancho Sesame Ahi Tuna Salad		✓			✓			✓	✓	✓		✓		
Teriyaki Chicken & Avocado Salad							✓	✓	✓	✓		✓		
Chicken Bánh Mi Hot Plate							✓	✓	✓	✓		✓		
Coconut Curry Chicken Hot Plate				✓					✓			✓		
Sandwiches & Wraps														
Turkey BLT Sandwich	✓		✓											
Portobello Sandwich	✓	✓	✓	✓				✓		✓			✓	
Proper PB&J	✓		✓	✓			✓							✓
Carnitas Burrito	✓	✓					✓	✓	✓	✓				
Grilled Chicken Wrap	✓						✓		✓	✓	✓			
Chicken Bacon Sandwich	✓	✓	✓				✓			✓				
Chicken Pesto Sandwich	✓	✓	✓	✓			✓							
Mexican Tofu Burrito	✓	✓					✓	✓	✓	✓			✓	
Turkey Cranberry Sandwich	✓	✓	✓											
Soup														
Butternut Squash & Hazelnut				✓				✓		✓		✓		✓
Chicken Noodle			✓					✓		✓		✓		
Juice & Drinks														
Orange, Carrot, Ginger												✓		✓
Apple, Celery, Cucumber, Kale												✓		✓
Watermelon, Strawberry, Beet												✓		✓
Oat Milk Cold Brew Coffee ⁵												✓		✓
Cold Brew Coffee ⁵												✓		✓
Iced Tea ⁵												✓		✓
Cookies & Bars														
Chocolate Chip	✓	✓	✓				✓						✓	
Gluten-Free Chocolate Chip		✓	✓				✓					✓	✓	
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 Mango Lassi is made with coconut milk
- 4 Wontons are served in a separate container - without wontons, this salad is gluten-free
- 5 Caffeine per bottle: Oat Milk Cold Brew 91mg; Cold Brew 136mg; Iced Tea 39mg