



## Proper Food Menu Fall 2020

### Breakfast

**Proper Yogurt Parfait (V & GF) \$5.75**

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

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

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

**Sweet Potato Breakfast Muffin with Kale & Bacon (GF) \$5.50**

Free-range eggs, Bakers bacon, roasted kale, cheddar cheese

**Sweet Potato Breakfast Muffin with Kale & Tomatoes (V & GF) \$4.95**

Free-range eggs, marinated tomatoes, roasted kale, cheddar cheese

**Breakfast Bacon Wrap \$8.95**

Free-range scrambled eggs, bacon, roasted sweet potatoes, roasted tomatoes, marinated kale, cheddar cheese, spicy aioli, wheat tortilla

**Breakfast Vegan Wrap (Vegan) \$7.95**

Citrus-marinated tofu, roasted sweet potatoes, hummus, roasted tomatoes, marinated kale, spicy lemon vinaigrette, wheat tortilla

**Gluten Free Breakfast Sandwich with Sausage (GF) \$5.95**

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

**Gluten Free Breakfast Sandwich (V & GF) \$4.95**

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

### Salads & Entrees

**Fall Salad with Oregano Salmon (GF) \$14.95**

Fresh oregano-marinated salmon, roasted apples, radicchio, Mizuna, caramelized pecans, goat cheese, creamy apple cider vinaigrette

**Fall Salad with Oregano Chicken (GF) \$12.95**

Grilled oregano free-range chicken, roasted apples, radicchio, Mizuna, caramelized pecans, goat cheese, creamy apple cider vinaigrette

**Fall Salad with Oregano Tofu (V & GF) \$11.95**

Oregano-marinated organic tofu, roasted apples, radicchio, Mizuna, caramelized pecans, goat cheese, creamy apple cider vinaigrette

**Charbroiled Flank Steak Rice & Bean Bowl (GF) \$11.95**

All-natural flank steak, black beans, cannellini beans, Mexican red rice, queso fresco, shredded iceberg lettuce, avocado, crispy corn tortillas, lime vinaigrette

**Quinoa Beet Salad with Chicken (GF) \$10.95**

Free-range chicken, beets, red quinoa, wild baby arugula, balsamic reduction, walnuts, goat cheese, mint, basil, red wine vinaigrette

**Quinoa Beet Salad (V & GF) \$8.50**

Beets, red quinoa, wild baby arugula, balsamic reduction, walnuts, goat cheese, mint, basil, red wine 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

**Chinese Tofu Salad (Vegan) \$11.95**

Citrus-miso organic tofu, marcona almonds, sesame seeds, carrots, crispy wontons, Valencia oranges, cilantro, mixed greens, sesame & green onion dressing

**Coconut Prawn & Kale Salad \$13.95**

Crispy coconut prawns, organic kale, citrus farro, grilled radicchio, toasted almonds, bulls blood micro greens, orange & coriander vinaigrette

**Couscous & Spinach Salad with Honey-Coriander Chicken \$11.95**

Honey-coriander free-range chicken, organic baby spinach, Mediterranean couscous, basil pesto, parmesan cheese, roasted red peppers, pine nuts, cranberries, goat cheese, house-made lemon vinaigrette

**Latin Grilled Steak Salad (GF) \$12.95**

Grilled all-natural flank steak, chopped baby romaine, roma tomatoes, roasted cebollitas, queso fresco, black beans, crispy chili tortilla strips, creamy cilantro-lime vinaigrette

**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

**Chicken Enchiladas (GF) \$10.95**

Roasted free-range chicken, guajillo salsa, roasted poblano peppers, corn tortilla, Oaxaca and manchego cheese, onions, cilantro, crème fraiche

**Sweet Potato Enchiladas (V & GF) \$9.95**

Roasted sweet potato, guajillo salsa, roasted poblano peppers, corn tortilla, Oaxaca and manchego cheese, onions, cilantro, crème fraiche

**Salmon Teriyaki Hot Plate (GF) \$13.95**

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

**Sandwiches & Burritos****Chicken Pesto Sandwich \$9.95**

Free-range chicken breast, roasted red peppers, fresh mozzarella, roasted tomato aioli, walnut-basil aioli, sliced sourdough bread

**Turkey Avocado Sandwich \$8.95**

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

**Southwest Chicken Wrap \$10.50**

Free-range grilled chicken, Mexican rice, avocado, crispy tortilla strips, black bean hummus, pico de gallo, crème fraiche, spinach tortilla

**Southwest Wrap with Tofu (V) \$9.95**

Organic citrus-marinated tofu, Mexican rice, avocado, crispy tortilla strips, black bean hummus, pico de gallo, crème fraiche, spinach tortilla

**Carne Asada Burrito \$10.95**

All-natural carne asada, Mexican rice, black beans, cheddar cheese, crème fraiche, avocado, salsa, organic flour tortilla

**'Carne Asada' Tofu Burrito (V) \$7.95**

"Carne asada" seasoned organic tofu, saffron rice, black beans, cheddar cheese, crème fraiche, avocado, puya salsa, organic flour tortilla

**Desserts, Side & Drinks****Proper Chocolate Chip Cookie \$1.95**

House-made, dark chocolate and sea salt

**Proper Energy Bar \$3.95**

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

**TCHO Mokaccino Chocolate Squares \$2.00**

Milk chocolate, with a hint of espresso (Pack of 3 squares)

**TCHO 70% Dark Chocolate Squares \$2.00**

70% dark chocolate (Pack of 3 squares)

**Cold Brew Coffee \$3.95**

100% organic, fair-trade cold brewed Weaver's coffee