



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

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, arugula, caramelized pecans, goat cheese, creamy apple cider vinaigrette

Fall Salad with Oregano Chicken (GF) \$12.95

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

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

Oregano-marinated organic tofu, roasted apples, radicchio, arugula, 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

Vegan Wrap (Vegan) \$7.95

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

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