



Breakfast

Seasonal Fruit Cup (GF & Vegan) \$5.95
Tangerines, grapes, pineapple, honeydew

Overnight Oats (GF & Vegan) \$4.95
Gluten-free oats, almond milk, almonds, raisins, and cinnamon

Greek Yogurt Parfait (GF & V) \$7.50
Strawberry compote, Greek yogurt, house-made granola

Coconut Chia Pudding (GF & Vegan) \$6.50
Chia seeds, vegan coconut yogurt, strawberries, toasted almonds, toasted coconut flakes, brown sugar, vanilla

Power Breakfast with Mushrooms (GF & V) \$8.95
Cage-free scrambled eggs, grilled mushrooms, sweet potatoes, white cheddar, parsley, house chipotle aioli

Power Breakfast with Bacon (GF) \$9.95
Cage-free scrambled eggs, sweet potatoes, nitrate-free bacon, white cheddar, parsley, house chipotle aioli

Breakfast Sandwich (GF & V) \$6.95
Free-range scrambled eggs, sharp cheddar cheese, roasted tomato aioli, gluten-free English muffin

Breakfast Sandwich with Turkey Sausage (GF) \$7.95
Free-range scrambled eggs, turkey sausage, sharp cheddar cheese, roasted tomato aioli, gluten-free English muffin

Farmhouse Breakfast Wrap (V) \$7.95
Cage-free scrambled eggs, home fries, roasted tomato aioli, roasted onion, cheddar, flatbread

Farmhouse Breakfast Wrap with Bacon \$8.50
Cage-free scrambled eggs, home fries, nitrate-free bacon, roasted tomato aioli, roasted onion, cheddar, flatbread

New! From Sunday Bakeshop!

(Minimum order: 1 dozen. Requires 72-hour notice)

Chocolate Hazelnut Twice Baked Croissant \$75
Butter croissant, toasted and brushed with vanilla syrup, filled with hazelnut frangipane and bittersweet chocolate, topped with hazelnut frangipane, and re-baked

Salads

Winter Salad with Salmon (GF) \$16.95
Sustainably sourced honey-lemon glazed salmon, fresh tangerines, roasted baby carrots, confit potatoes, pickled cabbage, charred radicchio, roasted green beans, savory hazelnuts, ricotta salata, arugula & mixed greens, charred orange dressing

Winter Salad with Chicken (GF) \$14.50
Free-range honey-lemon glazed chicken, fresh tangerines, roasted baby carrots, confit potatoes, pickled cabbage, charred radicchio, roasted green beans, savory hazelnuts, ricotta salata, arugula & mixed greens, charred orange dressing

Winter Salad (GF & V) \$12.95
Fresh tangerines, roasted baby carrots, confit potatoes, pickled cabbage, charred radicchio, roasted green beans, savory hazelnuts, ricotta salata, arugula & mixed greens, charred orange dressing

Seared Lemon Pepper Tuna Salad (GF) \$16.95
Line-caught ahi tuna, saffron-infused basmati rice, beluga lentils, roasted almonds, Roma tomatoes, kale, sherry vinaigrette

Chinese Chicken Salad \$15.95
Roasted free-range chicken, Marcona almonds, sesame seeds, carrots, crispy wontons, Valencia oranges, cilantro, mixed greens, sesame & green onion dressing

**Chinese Tofu Salad (V) \$14.50**

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

Proper Cobb Salad with Chicken (GF) \$15.95

Roasted free-range chicken, mixed greens, blue cheese, cherry tomatoes, crispy bacon, hard-boiled egg, avocado, green onion, creamy lemon vinaigrette

Couscous & Spinach Salad with Honey-Coriander Chicken \$15.95

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

Couscous & Spinach Salad with Honey-Ginger Salmon \$16.95

Sustainably sourced salmon, organic baby spinach, Mediterranean couscous, basil pesto, parmesan cheese, roasted red peppers, pine nuts, cranberries, goat cheese, house-made lemon vinaigrette

Greek Salad (GF & V) \$12.95

Roma tomatoes, marinated feta, pickle red onions, kalamata olives, red pepper, cucumber, chopped romaine, red wine vinaigrette

Greek Salad with Chicken (GF) \$14.95

Free-range chicken, Roma tomatoes, marinated feta, pickle red onions, kalamata olives, red pepper, cucumber, chopped romaine, red wine vinaigrette

Greek Salad with Shrimp (GF) \$14.95

Lemon-garlic shrimp, Roma tomatoes, marinated feta, pickle red onions, kalamata olives, red pepper, cucumber, chopped romaine, red wine vinaigrette

Thai Chicken Salad \$14.50

Free-range pulled chicken, sliced almonds, black sesame seeds, green onions, shredded carrot and cabbage, spring mix, crispy wontons, cilantro, fresh lime, peanut-lime dressing

Thai Coconut - Lime Cauliflower Salad (Vegan) \$12.50

Coconut-lime cauliflower, sliced almonds, black sesame seeds, green onions, shredded carrot and cabbage, spring mix, crispy wontons, cilantro, fresh lime, peanut-lime dressing

Hot Plates**Salmon Teriyaki Hot Plate (GF) \$16.95**

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

Chicken Teriyaki Hot Plate (GF) \$15.95

Chicken, brown rice, broccoli, nori, sesame, green onion, teriyaki sauce

Tofu Teriyaki Hot Plate (GF & Vegan) \$13.50

Crispy tofu, brown rice, broccoli, nori, sesame, green onion, teriyaki sauce

Coconut Curry Tofu Hot Plate (GF & V) \$13.95

Organic tofu, roasted broccoli, saffron rice, sliced almonds, cherries, parsley, coconut-yellow curry

Coconut Curry Chicken Hot Plate (GF) \$14.95

Free-range chicken, roasted broccoli, saffron rice, sliced almonds, cherries, parsley, coconut-yellow curry

Chimichurri Hanger Steak (GF) \$16.50

Charbroiled all-natural hangar steak, roasted Brussel sprouts with shaved parmesan, herb-roasted red potatoes, chimichurri sauce

Chimichurri Salmon (GF) \$16.95

Charbroiled sustainably sourced salmon, roasted Brussel sprouts with shaved parmesan, herb-roasted red potatoes, chimichurri sauce

**Lean & Clean Salmon (GF) \$16.50**

Charbroiled, sustainably sourced salmon, brown rice with green onion, steamed broccoli, bone broth and herb sauce

Lean & Clean Chicken (GF) \$14.95

Grilled free-range chicken breast, brown rice with green onion, steamed broccoli, bone broth and herb sauce

Chicken Enchiladas (GF) \$14.95

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

Sweet Potato Enchiladas (GF & V) \$13.95

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

Bowls

(Made to be enjoyed cold or heated!)

Mexican Harvest Bowl with Steak \$15.95

Carne-asada marinated hangar steak, roasted corn, and black beans with cotija, roasted red peppers and caramelized onions, Mexican brown rice, house-made blistered tomato salsa, scallion and chopped cilantro, jalapeno crema, flour tortilla

Mexican Harvest Bowl with Chicken \$13.95

Garlic chicken, roasted corn, and black beans with cotija, roasted red peppers and caramelized onions, Mexican brown rice, house-made blistered tomato salsa, scallion and chopped cilantro, jalapeno crema, flour tortilla

Mexican Harvest Bowl with Cauliflower (V) \$11.95

Spicy chili-roasted cauliflower, roasted corn, and black beans with cotija, roasted red peppers and caramelized onions, Mexican brown rice, house-made blistered tomato salsa, scallion and chopped cilantro, jalapeno crema, flour tortilla

Quinoa Grain Bowl (GF & Vegan) \$10.95

Marinated roasted carrots with za'atar, garlicky kale, caramelized onions, sweet and spicy garnet yams, roasted chickpeas, tahini lemon dressing

Quinoa Grain Bowl with Salmon (GF) \$15.95

Sustainably sourced salmon, marinated roasted carrots with za'atar, garlicky kale, caramelized onions, sweet and spicy garnet yams, roasted chickpeas, tahini lemon dressing

Quinoa Grain Bowl with Chicken (GF) \$12.95

Free Bird chicken thigh, marinated roasted carrots with za'atar, garlicky kale, caramelized onions, sweet and spicy garnet yams, roasted chickpeas, tahini lemon dressing

Seasonal Grain Bowl with Beef (GF) \$15.95

Beef goulash, confit yellow baby potatoes, quinoa mix, spaghetti squash, baby spinach, charred radicchio, roasted garlic vinaigrette

Seasonal Grain Bowl (GF & V) \$12.95

Cauliflower goulash, confit yellow baby potatoes, quinoa mix, spaghetti squash, baby spinach, charred radicchio, roasted garlic vinaigrette

Sandwiches & Wraps**Turkey Avocado Sandwich \$12.95**

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

Proper Tuna Sandwich \$10.95

Roasted jalapeño tuna salad, romaine salad, grilled wheat bread

Grilled Herb Chicken Sandwich \$12.50

Herb-marinated chicken thigh, avocado and green tomatillo sauce, lemon aioli, roasted peppers, sliced provolone, grilled ciabatta bread

Turkey & Salami Sandwich \$8.95

Roasted all-natural turkey, provolone cheese, aged salami, house-made pesto mayo, arugula, roasted red peppers, Ficelle (*petite baguette*)

Ham, Pear & Brie Sandwich \$8.95

Black Forest ham, Brie cheese, poached pears, arugula, house-made lemon aioli, Ficelle (*petite baguette*)



Portobello & Manchego Sandwich (V) \$8.95

Roasted pepper portobello mushrooms, Manchego cheese, house-made pesto, nut-free Romesco, arugula, Ficelle (*petite baguette*)

Ham & White Cheddar Sandwich \$10.95

Black Forest ham, white cheddar, red leaf lettuce, BBQ & Dijon aioli, grilled sourdough bread

Proper PB&J (Vegan) \$7.95

House-made coconut peanut butter, Proper's all-natural jam, bananas, walnut bread

Crispy Chicken Wrap - \$12.50

Free-range crispy chicken, buffalo aioli, romaine lettuce, house-made ranch dressing, parmesan cheese, flatbread

Roasted Eggplant Wrap (Vegan) \$11.95

Romesco marinated eggplant, caramelized garnet yams, house-made vegan pesto, flatbread, cashew ricotta and Romesco medley spread

Buffalo Chicken Wrap \$13.50

Buffalo chicken, roasted corn aioli, yellow cheddar, iceberg lettuce, lavash

Buffalo Cauliflower Wrap (V) \$12.50

Buffalo cauliflower, roasted corn aioli, yellow cheddar, iceberg lettuce, lavash

Vegan Wrap (Vegan) \$10.95

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

Chicken BLT Wrap \$12.95

All-natural grilled chicken breast, herb aioli, nitrate-free bacon, Roma tomatoes, red leaf lettuce, flatbread

Mediterranean Cauliflower Wrap (Vegan) \$10.50

Roasted cauliflower, garlicky kale, saffron rice tossed in lemon oil, vegan harissa cream, tahini lemon, cucumber and tomato salad, flatbread

Mediterranean Chicken Wrap \$12.50

Grilled spiced all-natural chicken thigh, saffron rice tossed in lemon oil, vegan harissa cream, tahini lemon, cucumber and tomato salad, flatbread

Chicken Pesto Wrap \$12.50

Pesto chicken, house-made hummus, roasted tomatoes, mixed greens, spicy lemon aioli, flatbread

Proper Snacks & Treats

Proper Energy Bar (GF & Vegan) \$4.95

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

Chocolate Chip Cookie \$2.95

House-made with dark chocolate, sea salt

Gluten-Free Chocolate Chip Cookie \$3.50

House-made with dark chocolate, sea salt

Nutella Cookie \$3.50

House-made

Dried Mango \$2.95

Organic dried mango. No sugar added.

Kettle Sea Salt Chips \$2.25

Crudit  & House-Made Hummus (GF & Vegan) \$5.50

Broccoli, celery, carrots, cucumber, house-made hummus

Shar mini's (GF & Vegan) \$4.50

Impossibly good trail mix! 100% organic, plant-based, paleo-friendly, non-GMO, gluten-free, and preservative-free. (1.5 oz)



Beverages

Proper Green Juice – 16oz. \$8.95

Cold pressed, Granny Smith apples, cucumber, kale, celery

Proper Orange Carrot Juice – 16oz. \$8.95

Cold pressed, oranges, carrots, ginger, lemon

Proper Gold Juice – 16oz. \$8.95

Cold pressed, Granny Smith apples, oranges, pineapple, pears, turmeric, black pepper, ginger

Cold Brew Coffee - \$3.95

100% organic cold brewed coffee in collaboration with Andytown Roasting Company

Oat Milk Cold Brew Coffee - \$4.95

100% organic, cold brewed coffee with Oat milk, in collaboration with Andytown Roasting Company

Cinnamon Mocha Cold Brew Coffee \$5.25

Mexican chocolate, oat milk and sea salt. Coffee brewed with Andytown Roasting Company

Nama Water - \$2.50

(Individual, multi-use, sustainable & recyclable bottles that can be reused up to 20 times)

San Pellegrino Sparkling - \$1.95

Spindrift Lemon - \$2.75

Spindrift Raspberry - \$2.75

Hint 'Watermelon' sparkling Water - \$2.50

Kombucha - \$4.50

Boylan's Root Beer - \$2.95

Coconut Water - \$2.95

wildwonder Guava, Peach, or Mango - \$3.95

(A Sparkling Prebiotic & Probiotic Drink)

**Consistent with other San Francisco restaurants, we have instituted a 5% surcharge on all catering and restaurant orders to offset the high cost of providing healthcare benefits to our employees*