



Catering Menu



Our Takeaway to Your Doorway



From small team meetings to company-wide town halls, we've got you covered. We go all out to bring our good-for-you takeaway right to your door. We craft our fare by hand fresh every morning the only way we know how – with whole, seasonal ingredients sliced, chopped and seasoned with care. Nothing phony or factory-made. Just good, proper food that's packed and ready to go.









Catering Guidelines



Choose Proper platters (family style) or individual items from our in-store menu.

Breakfast orders must be submitted by 2 pm two business days prior.

Lunch orders must be submitted by 2 pm one business day prior.

In store pick-up is available for all orders. Delivery is available for a \$25 fee with a \$100 minimum order.

Please contact Proper Food catering regarding delivery area and availability.

Email: cater@properfood.com

Phone: 415.856.9558

PROPER BREAKFAST: A LA CARTE

Croissant Breakfast Sandwich V

Over easy free-range egg & New York white cheddar on a freshly baked butter croissant

\$3.50 ea

(WITH BACON: \$3.95 EACH)

Sweet Potato Egg Muffin Nest

GF, V

Free-range eggs, New York cheddar cheese, garnet yams, crème fraîche & green onion

\$3.50 ea

(WITH BACON: \$3.95 EACH)

Breakfast Burrito V

Free-range scrambled eggs, white cheddar cheese, crème fraîche, black bean hummus, cilantro, green onion, avocado, organic whole wheat tortilla & pico de gallo salsa

\$6.95 ea

Breakfast Burrito with Bacon

Free-range scrambled eggs, white cheddar cheese, crème fraîche, cilantro, green onion, avocado, organic wheat tortilla & pico de gallo salsa

\$8.50 ea

Egg White Frittata GF, V

Free-range egg whites, sautéed broccoli, roasted sweet potato, roasted garlic

\$5.95 ea

Gluten-Free Breakfast Sandwich GF, V

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

\$4.95 ea

(WITH TURKEY SAUSAGE \$5.95)

Quinoa, Egg & Kale Bowl GF, V

Free-range soft boiled eggs, kale, organic red and white quinoa, grilled bell peppers, basil-pesto w/lemon oil

\$9.95 ea

(WITH SMOKED BACON \$10.95)

Quinoa, Kale & Tofu Breakfast Bowl Vegan

Citrus-marinated tofu, kale, organic red and white quinoa, grilled bell peppers, basil-pesto, lemon oil

\$6.95 ea

Breakfast Hot Plate GF, V

Free-range scrambled eggs, sautéed garlic spinach, sweet potato home fries, green onions, chives, Sir Kensington's ketchup

\$7.95 ea

(WITH BACON \$8.95)

GF: Gluten Free: (note our kitchen is not a gluten free facility, so may contain traces of gluten).

V: Vegetarian

Seasonal Fruit Cup

\$4.50 ea

Yogurt Parfait GF, V

Greek yogurt, strawberries,
blueberries, cranberry-apple-almond
granola, agave \$5.75 ea

Overnight Oats GF, Vegan

Gluten-free oats, almond milk,
almonds, raisins, cinnamon
\$4.95 ea

Coconut Chia Pudding GF, Vegan

Chia Seeds, vegan coconut
yogurt, strawberries, sliced almonds,
coconut flakes, brown sugar, vanilla
\$5.95

Chilaquiles V (FRIDAYS ONLY)

Free range egg over easy, guajillo salsa,
corn tortilla chips, cheddar cheese,
creme fraîche, cilantro, red onion
\$7.95 ea



PROPER BREAKFAST: FAMILY STYLE

BREAKFAST

Croissant Breakfast Sandwich

V

Sunny-side up free-range egg, New York white cheddar, freshly baked butter croissant \$40.00

(WITH BACON: \$44.50)

Sweet Potato Egg Muffin Nest

GF

Free-range eggs, New York white cheddar, garnet yams, green onions \$40.00

(WITH BACON: \$44.50)

Egg White Frittata GF, V

Free-range egg whites, sautéed broccoli, roasted sweet potato, roasted garlic \$65.50

Proper PB&J Vegan

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

FULL: \$79.95 | HALF: \$39.95

Fresh Seasonal Fruit

\$49.95

Gluten-Free Breakfast Sandwich GF, V

Free-range scrambled eggs, white cheddar cheese, basil aioli, gluten-free English muffin \$54.50

(WITH TURKEY SAUSAGE: \$64.50)

All platters serve approximately 10 people

PROPER LUNCH: A LA CARTE

SANDWICHES, WRAPS & ROLLS

Proper PB&J Vegan

House-made coconut peanut butter, Proper's all-natural blueberry jam, bananas, walnut bread
\$6.95ea

Buffalo Chicken Sandwich

All-natural buffalo chicken, pepperoncini, fresh tomatoes, iceberg lettuce, aioli, sharp cheddar cheese, wheat roll \$9.95ea

Italian Sandwich

Spicy coppa salami, all-natural ham, mozzarella cheese, pepperoncini, sweet peppers, mint, basil, roasted garlic aioli, filone bun \$10.95 ea

Portobello Sandwich

Tomato-marinated portobello mushroom, fresh mozzarella, arugula, basil pesto, lemon aioli, cibatta bun \$7.95ea

Turkey-Avocado Sandwich

Roasted free-range turkey, avocado, red leaf lettuce, jack cheese, lemon aioli, honey mustard, nine-grain bread \$8.95 ea

Ahi Tuna Melt

Line-caught ahi tuna, cheddar cheese, roasted garlic, pico de gallo, roasted jalapeño aioli, wheat bread
\$8.95 ea

Grilled Tandoori Chicken Wrap

Tandoori and yogurt-marinated chicken, Roma tomatoes, house-made hummus, saffron rice, mint, basil, romaine, spiced-lemon yogurt, wheat wrap \$10.95ea

Carnitas Burrito

All Natural citrus braised carnitas (pork), Mexican rice, black beans, cheddar cheese, avocado, crème fraîche, organic flour tortilla
\$8.95 ea

'Carne Asada' Tofu Burrito V

"Carne asada" seasoned organic tofu, saffron rice, black beans, cheddar cheese, crème fraîche, avocado, puya salsa, organic flour tortilla \$7.95 ea

Vietnamese Wrap with

Tempeh

GF, Vegan

Tempeh, glass noodles, carrots, pickled cabbage, mint, red leaf lettuce, rice paper, Thai chili sauce \$9.95 ea

Salmon, Avocado & Shiitake Sushi

GF

Fresh salmon, avocado, English cucumber, shiitake mushrooms, green onion, sushi rice, nori, wasabi, house ginger, gluten-free soy sauce \$10.95 ea

Chicken Enchiladas

Roasted free-range chicken, guajillo salsa, roasted poblano peppers, corn tortilla, oaxaca and manchego cheese, onions, cilantro, crème fraîche \$10.95 ea

Sweet Potato Enchiladas

Sweet potato, guajillo salsa, corn tortilla, Oaxaca and manchego cheese, onions, cilantro, crème fraîche \$9.95 ea

Korean BBQ Hot Plate

GF

All-natural Angus short ribs, sushi rice, napa cabbage, green onions, sesame seeds, soy sauce, Gochujang sauce \$13.75 ea

Salmon Teriyaki Hot Plate

GF

Fresh poached salmon, brown rice, broccoli, sugar snap peas, nori, sesame, green onion, teriyaki sauce \$13.95 ea

Tandoori Chicken Hot Plate

GF

Grilled tandoori marinated chicken breast, roasted lemon brussels sprouts, roasted baby carrots, sumac, saffron rice, coconut garam masala sauce \$9.95 ea

(WITH GRILLED TANDOORI MARINATED TOFU \$8.95)

Check properfood.com/food for the latest seasonal menu

Pulpo Ensalada

Wild fresh grilled octopus, farro, cherry tomatoes, roasted corn, frisée, agave-cayenne almonds, parsley, yuzu dressing \$13.95 ea

Lemon Quinoa Salad with Aleppo-Pepper Chicken GF

Aleppo-Pepper free range chicken lemon quinoa, organic spinach, feta cheese, cherry tomatoes, basil, picholine olives, lemon vinaigrette \$11.95 ea

(VEGETARIAN: \$8.95 EACH)

Quinoa Beet Pesto Salad with Chicken GF

Rosated free-range chicken, beets, red quinoa, wild baby arugula, balsamic reduction, walnuts, goat cheese, mint basil, red wine vinaigrette \$10.95 ea

(VEGETARIAN: \$8.50 EACH)

Chinese Chicken Salad

Roasted free-range chicken, marcona almonds, sesame seeds, carrots, crispy wontons, Valencia oranges, cilantro, red cabbage, romaine, sesame and green onion dressing \$12.95 ea

Chinese Tofu Salad Vegan

Citrus-miso organic tofu, marcona almonds, sesame seeds, carrots, crispy wontons, Valencia oranges, cilantro, red cabbage, mixed greens, sesame and green onion dressing \$11.95 ea

Seared Lemon Pepper Tuna Salad GF

Line-caught ahi tuna, saffron-infused basmati rice, beluga lentils, roasted almonds, roma tomatoes, kale & sherry vinaigrette \$13.75 ea

Winter Salad with Agave Curried Salmon (Seasonal) GF

Agave-curry salmon, tangerine, ruby grapefruit, navel oranges, fennel, red cabbage, mint, feta cheese, curried sunflower seeds, arugula, baby organic spinach, orange-beet vinaigrette \$14.95 ea

(WITH AGAVE CURRIED TOFU: \$11.95 EACH)

**Charbroiled Flank Steak
Rice & Bean Bowl**

All-natural Flank Steak, black beans, cannellini beans, Mexican rice, queso fresco, lettuce, avocado, crispy corn tortillas, lime vinaigrette
\$11.95 ea

Coconut Prawn & Kale

Crispy coconut Prawns, organic kale, citrus farro, grilled radicchio, toasted almonds, bulls' blood microgreen, orange & coriander vinaigrette
\$13.95 ea

**Couscous & Spinach
Salad with Honey
Coriander Chicken**

Honey-coriander free-range chicken, organic baby spinach, Mediterranean couscous, basil pesto, parmesan cheese, roasted red peppers, pine nuts, cranberries, goat cheese, lemon vinaigrette
\$11.95 ea

**Crispy Prawns & Green Tea
Soba Noodle Salad**

Paprika prawns, soba noodles, broccoli, roasted peanuts, shredded carrots, scallions, black sesame, green tea-soy-tahini dressing
\$13.50 ea

(WITH ROASTED SHIITAKE MUSHROOMS: \$11.50 EACH)

**Market Salad with Balsamic
Glazed Chicken GF**

All-natural balsamic glazed chicken, roasted cauliflower with almonds, charred ancho chilis, Brussels sprouts, roasted carrots, charred fennel, organic baby spinach, honey-lemon dressing
\$13.50 ea

(WITH HERB-BRAISED BEETS: \$12.50 EACH)

Check properfood.com/food for the latest seasonal menu

Winter Salad (Seasonal) GF, V

Tangerine, ruby grapefruit, navel oranges, fennel, red cabbage, mint, feta cheese, curried sunflower seeds, arugula, baby organic spinach, orange-beet vinaigrette \$124.50

Organic Baby Spinach Salad

GF
Spinach, roasted walnuts, Laura Chenel goat cheese, Granny Smith apples, bing cherries, lemon vinaigrette \$49.95

Chinese Salad Vegan

Marcona almonds, sesame seeds, carrots, crispy wontons, Valencia oranges, cilantro, red cabbage, roamine, sesame and green onion dressing \$99.95

Chef's Seasonal Salad

GF, Vegan
Mixed greens, strawberries, mint, sugar snap peas, cherry tomatoes, lemon vinaigrette \$39.95

Lemon Quinoa Salad GF

Lemon quinoa, organic spinach, feta cheese, cherry tomatoes, basil, picholine olives, lemon vinaigrette \$94.50

Rice & Bean Bowl

Black beans, cannellini beans, Mexican rice, queso fresco, lettuce, avocado, crispy corn tortillas, lime vinaigrette \$89.95

Quinoa Beet Pesto Salad GF

Beets, red quinoa, wild baby arugula, balsamic reduction, walnuts, goat cheese, mint, basil, red wine vinaigrette \$79.95

Market Salad GF

Herb-braised beets, roasted almond cauliflower, charred ancho chili brussels sprouts, roasted carrots, charred fennel, organic baby spinach, honey-lemon dressing \$130.00

Add protein to any salad platter

Free-range Grilled Chicken: add \$30

Charbroiled Flank Steak: add \$35

Fresh Roasted Salmon: add \$50

Organic Tofu: add \$25

PROPER LUNCH: FAMILY STYLE

SANDWICHES & WRAPS

Buffalo Chicken Sandwich

All-natural buffalo chicken, pepperoncini, fresh tomatoes, iceberg lettuce, aioli, sharp cheddar cheese, wheat roll

FULL: \$104.50 | HALF: \$52.25

Italian Sandwich

Spicy coppa salami, all-natural ham, mozzarella cheese, pepperoncini, sweet peppers, mint, basil, roasted garlic aioli, filone bun

FULL: \$114.50 | HALF: 57.25

Turkey-Avocado Sandwich

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

FULL: \$94.50 | HALF: \$47.25

Portobello Sandwich

Tomato-marinated portobello mushroom, fresh mozzarella, arugula, basil pesto, lemon aioli, ciabatta bun

FULL: \$84.50 | HALF: \$42.25

Ahi Tuna Melt

Line-caught ahi tuna, cheddar cheese, roasted garlic, pico de gallo, roasted jalapeño aioli, wheat bread

FULL: \$94.50 | HALF: \$47.25

Grilled Tandoori Chicken Wrap

Tandoori and yogurt-marinated chicken, toma tomatoes, house-made hummus, saffron rice, mint, basil, tomaine, spiced-lemon yogurt, wheat wrap

FULL: \$110.00 | HALF: \$55.00

Vietnamese Wrap with Tempeh

GF, Vegan

Tempeh, glass noodles, carrots, pickled cabbage, mint, red leaf lettuce, rice paper, Thai chili sauce
\$104.50

Full sandwich platters have 10 sandwiches cut in half (20 halves)

Half sandwich platters have 5 sandwiches cut in half (10 halves)

Want an assortment? Inquire within



PROPER SNACKS: DESSERTS, SIDES & DRINKS

DESSERTS & SIDES

Dried Mango \$2.95

Artisanal Potato Chips \$1.95

Luke's Organic, Sea Salt

One Bar \$1.95

Energy Bar GF, Vegan \$3.95

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

Cookies \$1.95

Chocolate Chip Cookie

Gluten-Free Chocolate Chip Cookie

Oatmeal Walnut Cookie

Nutella Cookie

**Proper Hummus with
Vegetables** GF, Vegan \$6.95

Proper Hummus, picholine olives,
aleppo pepper, parsley, lemon oil,
celery, carrots, English cucumber

DRINKS

GUS Soda \$2.50

Orange

Lemonade

Lime Seltzer \$1.95

Pellegrino \$1.95

Boxed Water \$1.95

Hint Water \$2.50

Ginger Ale \$2.95

Root Beer \$2.95

Nirvana Coconut Water \$2.95

Koast Kombucha \$4.50

Coffee Carafe (96 oz) \$25.00

**House-Made Cold
Brew Coffee** \$3.95

**House-Made Coconut
Cold Brew Coffee** \$4.95

**House-Made Iced
Mango-Black Tea** \$2.50

**Fresh Pressed
House-Made Juices**

Morning Immune Boost \$6.95

Alkaline Green Juice \$7.95

Proper Detox \$7.95





Ingredients Matter



Every grower, rancher and supplier we partner with shares our belief that food with integrity starts from the ground up. Ocean up, too. We take these exceptional ingredients and make them into Proper meals.