



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

Yogurt Parfait GF, V

Greek yogurt, coconut-almond granola, strawberries, blackberries, agave nectar \$5.75 ea

Seasonal Fruit Cup

\$4.50 ea

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

(WITH CARNE ASADA STEAK: \$8.95)

Vegan Tofu Wrap Vegan

"Carne asada"seasoned organic tofu, roasted potatoes, black bean hummus, Mexican rice, guajillo salsa, organic flour tortilla \$6.95 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)

Spanish Egg White Frittata GF, V

Free-range egg whites, organic baby spinach, marinated artichokes, basil, green onion, spanish paprika \$5.95 ea

Quinoa, Egg & Kale Bowl GF, V

Free-range soft boiled eggs, kale, organic red and white quinoa, grilled bell peppers, basil-pesto wil lemon oil \$9.95 ea (WITH SMOKED BACON \$10.95)

Overnight Oats GF, Vegan

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

**Most items can be prepared as platters,
please see our platters section on page 9.**

Breakfast Hot Plate GF, V

Free-range scrambled eggs,
sautéed garlic spinach, breakfast
potatoes, green onions, Sir
Kensington's ketchup \$6.95 ea
(WITH CRISPY BACON \$7.95)

Chilaquiles V

(FRIDAYS ONLY)

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



Proper PB&J Vegan

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

Chicken Pesto Sandwich

Free-range chicken breast, roasted red peppers, fresh mozzarella, pepperoncinis, roasted tomato aioli, walnut-basil pesto, sliced sourdough \$8.95ea

El Atún Sandwich

Yellowfin tuna, crispy kale, roasted tomato & jalapeño aioli, onion and garlic soubise, sliced sourdough bread \$8.95ea

Portobello Sandwich V

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

Pastrami Sandwich

All-natural beef pastrami, tomatoes, pickled onions, sharp cheddar cheese, jalapeno, lettuce, whole grain honey mustard, aioli, basil-garlic pesto, grilled Rye bread \$8.95 ea

Turkey-Avocado Sandwich

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

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

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

Southwest Chicken Wrap

Free-range grilled chicken breast, Mexican rice, avocado, tortilla chips, black bean hummus, pico de gallo, crème fraîche, organic spinach tortilla \$110 ea

Tofu Spring Rolls GF, Vegan

Miso-glazed tofu, shredded carrots, green onion, romaine, Thai basil, marinated shitake mushrooms, rice paper, Thai chili sauce \$6.95 ea

Prawn Spring Rolls GF

Miso-glazed prawns, shredded carrots, green onion, romaine, Thai basil, marinated shitake mushrooms, rice paper, Thai chili sauce \$8.95 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 V

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, teriyaki sauce \$12.95 ea

Coconut Curry Chicken Hot Plate

GF
Grilled free-range chicken, roasted broccoli, saffron rice, sliced almonds, tart cherries, parsley, coconut-yellow curry \$10.95 ea
(WITH SEARED ORGANIC TOFU \$9.95)

Check properfood.com/food for the latest seasonal menu

Pulpo Primavera

Braised octopus, salsa verde, garbanzo beans, pimiento, roasted garlic, arugula, frisée, lemon
\$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)

Tuna Niçoise GF

Line-caught Ahi Tuna, fingerling potatoes, roasted tomatoes, green beans, picholine olives, hard boiled free-range eggs, chives, crispy capers, mixed greens, lemon-thyme vinaigrette \$14.95 ea

Chinese Chicken Salad

Roasted free-range chicken, marcona almonds, sesame seeds, carrots, crispy wontons, Valencia oranges, cilantro, red cabbage, mixed greens, 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

Spring Salad with Salmon (Seasonal) GF

Fresh roasted salmon, spring mix lettuce, rainbow chard, marinated artichokes, roasted carrots, watermelon radish, charred lemon, sugar snap peas, red quinoa, chives, pecorino cheese, lemon herb vinaigrette \$13.95 ea

(WITH ORGANIC PAPRIKA-MARINATED TOFU: \$10.95 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

Harvest Salad with Chicken GF

Free-range charred lemon chicken, baby romaine lettuce, tart cherries, strawberries, golden beets ,mint, toasted flax seeds, fromage blanc cheese, toasted pistachios, yuzu dressing
\$12.95 ea

(VEGETARIAN: \$10.95)

Check properfood.com/food for the latest seasonal menu

PROPER 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

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** \$6.95

Orange, Carrot & Ginger

Apple, Celery, Cucumber, & Kale

Strawberry, Watermelon, Beet



PREPARED
BY

**Crunchy Protein
and Kale Salad**

100% Natural Ingredients
No MSG, No Artificial Flavors
No Preservatives
No High Fructose Corn Syrup
No Trans Fats
No Added Sugar
No Added Salt
No Added Fat
No Added Cholesterol
No Added Protein

100g





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.



PROPER BREAKFAST PLATTERS

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)

Spanish Egg White Frittata

GF, V

Free-range egg whites, organic baby spinach, marinated artichokes, basil, green onion, spanish paprika \$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

Spring Salad (Seasonal) GF, V

Spring mix lettuce, rainbow chard, marinated artichokes, roasted carrots, watermelon radish, charred lemon, sugar snap peas, red quinoa, chives, pecorino cheese, lemon-herb vinaigrette \$94.95

Organic Baby Spinach Salad

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

Harvest Salad GF

Baby romaine lettuce, tart cherries, strawberries, golden beets, mint, toasted flaxseeds, fromage blanc cheese, toasted pistachios, yuzu dressing \$94.95

Chinese Salad GF, Vegan

Marcona almonds, sesame seeds, carrots, crispy wontons, Valencia oranges, cilantro, red cabbage, mixed greens, 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

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 PLATTERS

SANDWICHES & WRAPS

Chicken Pesto Sandwich

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

FULL: \$94.50 | HALF: \$47.25

El Atún Sandwich

Yellowfin tuna, crispy kale, roasted tomato & jalapeño aioli, onion and garlic soubise, sliced sourdoughbread

FULL: \$94.50 | HALF: \$47.25

Portobello Sandwich V

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

FULL: \$94.50 | HALF: \$47.25

Pastrami Sandwich

All-natural beef pastrami, tomatoes, pickled onions, sharp cheddar cheese, jalapeno, lettuce, whole grain honey mustard, aioli, basil-garlic pesto, grilled Rye bread

FULL: \$94.50 | HALF: \$47.25

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

Southwest Chicken Wrap

Free-range grilled chicken breast, Mexican rice, avocado, tortilla chips, black bean hummus, pico de gallo, crème fraîche, organic spinach tortilla

FULL: \$110.00 | HALF: \$57.50

Spring Rolls GF, Vegan

Shredded carrots, organic miso-glazed tofu, green onion, Napa cabbage, Thai basil, marinated shitate mushrooms, rice paper, Thai chili sauce

\$59.95

(WITH MISO GLAZED PRAWNS: \$69.95)

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

