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**OFFICE MEAL  
OFFERINGS**  
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SUMMER  
JUNE 2021





A fresh take on office meals – delicious, delivered and healthy in every way.

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We're at the ready with options to suit every office need. We offer something for everyone with plenty of vegan, vegetarian and gluten-free options, all individually packaged and sustainably sourced.

We put great care into everything we do. Our sandwiches, salads, hot entrees, breakfast items and snacks are made-from-scratch each day under the highest safety standards in our central kitchen.



## OFFICE MEAL SOLUTIONS

### Proper Meal Program

Set it and forget it! Individually packaged meals delivered fresh each day based on a pre-approved rotating menu.

### Proper Pick-Up Point

Employees place individual orders online. We drop-off in a single delivery to a designated Pick-up Point in your office. Optional employer subsidy.

### Proper Fridge

Self-service Proper Fridge installed in your office. We will refill fresh meals, snacks and beverages each day. Employees pay directly by credit card. Optional employer subsidy.

### Ad Hoc Orders

Delicious, delivered and individually packaged! Place orders online, by email or phone as-needed. Choose between delivery or pick-up at the nearest Proper location.

## WE'RE HERE FOR YOU!

Email us at  
[OfficeMeals@properfood.com](mailto:OfficeMeals@properfood.com)  
or visit  
[properfood.com](http://properfood.com)



## PROPER FOOD MENU – NEW YORK SUMMER 2021

### Breakfast

#### Seasonal Fruit Cup (Vegan & GF) \$4.95

Selection of fresh cut seasonal fruit

#### Proper Yogurt Parfait (V & GF) \$5.95

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

#### House-Made Overnight Oats (Vegan, Dairy-free & GF) \$4.95

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

#### Coconut Chia Pudding (Vegan & GF) \$4.95

Black chia seeds, coconut milk, brown sugar, strawberries, toasted coconut flakes, almonds

#### Chiquito Breakfast Burrito with Bacon \$6.95

Free-range scrambled eggs, Baker's bacon, avocado, tomatillo salsa, black bean hummus, whole wheat tortilla

#### Chiquito Breakfast Burrito (V) \$4.95

Free-range scrambled eggs, avocado, tomatillo salsa, black bean hummus, whole wheat tortilla

#### Gluten Free Breakfast Sandwich with Sausage (GF) \$6.95

Free-range scrambled eggs, turkey sausage, sharp cheddar cheese, roasted tomato aioli, gluten-free English muffin

#### Gluten Free Breakfast Sandwich (V & GF) \$5.95

Free-range scrambled eggs, sharp cheddar cheese, roasted tomato aioli, gluten-free English muffin

#### Roasted Tomato & Egg White Frittata (V, GF) \$6.50

Free-range egg whites, roasted tomatoes, parmesan cheese, basil

#### Power Breakfast Plate (V, GF) \$6.95

Free-range scrambled eggs, roasted sweet potato, blanched kale, green onions

#### Power Breakfast Plate with Bacon (GF) \$8.95

Free-range scrambled eggs, bacon, roasted sweet potato, blanched kale, green onions

### Salads

#### Seared Lemon Pepper Tuna Salad (GF) \$13.95

Line-caught Ahi tuna, saffron-infused basmati rice, beluga lentils, roasted almonds, Roma tomatoes, kale, sherry vinaigrette

#### Roasted Shiitake & Green Tea Soba Noodle Salad (V) \$11.50

Roasted shiitake mushrooms, soba noodles, broccoli, roasted peanuts, shredded carrots, scallions, black sesame, green tea, soy & tahini dressing

#### Summer Salad with Salmon (GF) \$14.95

Fresh roasted salmon, peaches, thyme-marinated heirloom cherry tomatoes, honey-toasted almonds, feta cheese, creamy herb-lemon dressing

#### Summer Salad with Shrimp (GF) \$13.95

Seared shrimp, grilled peaches, thyme-marinated heirloom cherry tomatoes, honey-toasted almonds, feta cheese, creamy herb-lemon dressing

#### Summer Salad (V & GF) \$11.95

Grilled peaches, thyme-marinated heirloom cherry tomatoes, honey-toasted almonds, feta cheese, creamy herb-lemon dressing

#### Tuscan Chicken Salad (GF) \$12.95

All-natural Free Bird chicken, roasted pepper medley, toasted Marcona almonds, pickled red onions, basil, kale, spinach, garlic-herb dressing

#### Mediterranean Quinoa Salad with Chicken (GF) \$10.95

Free-range Aleppo pepper-chicken, cherry tomatoes spinach, feta, mint, parsley, scallions, lemon vinaigrette

#### Mediterranean Quinoa Salad (V & GF) \$8.95

Cherry tomatoes spinach, feta, mint, parsley, scallions, lemon 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



## Entrées

### Seasonal Salmon Hot Plate \$15.95

Fresh roasted salmon, roasted sweet potato, roasted broccolini, chimichurri sauce

### Coconut Curry Chicken Hot Plate (GF) \$10.95

Grilled free-range chicken, roasted broccoli, saffron rice, almonds, cranberries, parsley, coconut-yellow curry

### Coconut Curry Tofu Hot Plate (V & GF) \$9.95

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

### Chicken Teriyaki Hot Plate (GF) \$13.50

Chicken, brown rice, broccoli, sugar snap peas, nori, sesame, green onion, teriyaki sauce

### Salmon Teriyaki Hot Plate (GF) \$15.95

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

### Chimichurri Steak Protein Plate (GF) \$14.50

All-natural hanger steak, roasted sweet potato, roasted broccolini, chimichurri sauce

### Miso-Chicken Stir Fry (GF) \$11.95

Organic brown rice, miso-glazed free-range chicken, sautéed red bell peppers, steamed broccoli, carrots, sugar snap peas, bean sprouts, miso sauce, green onions

### Miso-Shrimp Stir Fry (GF) \$11.95

Organic brown rice, miso-glazed prawns, sautéed red bell peppers, steamed broccoli, carrots, sugar snap peas, bean sprouts, miso sauce, green onions

### Plant-Based Miso-Tofu Stir Fry (GF) \$9.95

Organic brown rice, miso-glazed organic tofu, sautéed red bell peppers, steamed broccoli, carrots, sugar snap peas, bean sprouts, miso sauce, green onions

## Sandwiches & Wraps

### Proper PB&J (Vegan) \$6.95

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

### Off the Hook Tuna Sandwich \$8.95

Wild caught albacore tuna, house-made lemon aioli, red bell peppers, cranberries, sliced almonds, roma tomatoes, red leaf lettuce, chives, whole wheat bread

### Caprese Sandwich (V) \$8.95

Smoked mozzarella, beefsteak tomatoes, pine nut pesto, garlic aioli, fresh basil, wheat roll

### Turkey Avocado Sandwich \$9.95

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

### Chicken BLT \$7.95

Grilled all-natural chicken, bacon, herb aioli, oven-roasted tomatoes, lettuce, Dijon mustard, sourdough bread

### Vegan Wrap (Vegan & Dairy-free) \$9.95

Charcoal hummus, saffron lemon rice, roasted tomatoes, pickled onions, chopped basil, whole wheat tortilla

### Grilled Chicken Wrap \$9.95

Free-range grilled chicken, sun-dried tomatoes, English cucumber, spring mix lettuce, hummus, whole wheat tortilla

## Go-Go's (Snack size)

### Grilled Peach & Feta Go-Go \$6.50

Grilled Peaches, arugula, cherry tomatoes, feta, mint, lemon mint dressing. Snack size.

### Spicy Edamame Go-Go \$4.95

Edamame, garlic-ginger chili sauce, toasted sesame. Snack size.

### Caprese Go-Go \$5.95

Cherry tomatoes, fresh mozzarella, fresh basil, mixed greens, golden balsamic vinegar. Snack size.



### Desserts & Sides

**Proper Energy Bar (Vegan & GF) \$3.95**

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

**Proper Chocolate Chip Cookie \$1.95**

House-made, dark chocolate and sea salt

**Artisanal Chips \$2.25**

North Fork, sea salt

**Crudit  with Hummus (GF & Vegan) \$4.95**

Carrots, broccoli, cucumber, celery, radish, house-made hummus

### Soup

**Roasted Tomato with Truffle Oil (Vegan & GF) \$5.25**

### Sandwiches & Wraps

**Cold Brew Coffee \$4.50**

100% organic, fair-trade cold brewed Brooklyn Roasting Company coffee

**Oat Cold Brew \$4.95**

100% organic, fair-trade cold brewed Brooklyn Roasting Company coffee with Oat milk

**Proper Green Juice \$8.95**

16 oz. cold-pressed juice

**Proper Orange Carrot Apple Ginger Lemon Juice \$8.25**

16 oz. cold-pressed juice

**Coffee Carafe \$25.00 (serves 8)**

100% organic, fair-trade cold brewed Brooklyn Roasting Company coffee

**Boxed Water \$1.95**

**Boylan's Lime Seltzer \$2.50**

**Boylan's Ginger Ale \$2.50**

**San Pellegrino Sparkling Water \$1.95**

**Spindrift Sparkling Water – assorted flavors \$2.75**

**Iced Green Tea \$2.75**

**Hint 'Watermelon' Water \$2.50**

**Taste Nirvana Coconut Water \$2.95**