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OFFICE MEAL  
OFFERINGS

...  
WINTER  
January 2024





## 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) \$6.95  
Greek yogurt, blueberry jam, blueberries, strawberries, chia seeds, agave

**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, herb-roasted red potatoes, white cheddar, parsley, chipotle aioli

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

**Breakfast Sandwich** (GF & V) \$7.50  
Free-range scrambled eggs, sharp cheddar cheese, roasted tomato aioli, gluten-free English muffin

**Breakfast Sandwich with Turkey Sausage** (GF) \$8.50  
Free-range scrambled eggs, turkey sausage, sharp cheddar cheese, roasted tomato aioli, gluten-free English muffin

**Croissant Jamon Sandwich** \$8.50  
Croissant, all-natural ham, gruyere cheese, tarragon aioli

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

**Farmhouse Breakfast Wrap with Bacon** \$8.95  
Cage-free scrambled eggs, home fries, nitrate-free bacon, roasted tomato aioli, roasted onion, cheddar, lavash wrap

## 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 vinaigrette

**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 vinaigrette

**Winter Salad** (GF & V) \$13.50  
Fresh tangerines, roasted baby carrots, confit potatoes, pickled cabbage, charred radicchio, roasted green beans, savory hazelnuts, ricotta salata, arugula & mixed greens, charred orange vinaigrette

**Chinese Chicken Salad** \$16.50  
Roasted free-range chicken, Marcona almonds, sesame seeds, carrots, crispy wontons, Valencia oranges, cilantro, mixed greens, sesame & green onion dressing

**Chinese Tofu Salad** (Vegan) \$14.50  
Citrus-miso organic tofu, toasted almonds, sesame seeds, carrots, crispy wontons, navel oranges, cilantro, red cabbage, romaine, sesame & green onion 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

**Greek Salad (GF & V) \$13.95**

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

**Crispy Potato Salad (V) \$12.95**

Confit crispy potatoes, shredded carrots, cherry tomatoes, chives, butter lettuce and arugula, hard boiled eggs, scallions, radishes, house made creamy herb vinaigrette

**Crispy Chicken Salad \$13.95**

Crispy free-range FreeBird chicken, shredded carrots, cherry tomatoes, chives, butter lettuce and arugula, hard boiled eggs, scallions, radishes, house made creamy herb vinaigrette

**Cobb Salad with Chicken (GF) \$14.95**

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

**Cobb Salad (GF & V) \$13.95**

Blue cheese, cucumber, cherry tomatoes, hard-boiled egg, Hass avocado, green onion, mixed greens, creamy lemon vinaigrette

**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

**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 Steak (GF) \$15.95**

Charbroiled all-natural hanger steak, roasted brussels sprouts, shaved parmesan, herb-roasted red potatoes, chimichurri sauce

**Chimichurri Salmon (GF) \$16.95**

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

**Lean & Clean Chicken (GF) \$13.95**

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

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

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

**Bowls**

*(Made to be enjoyed cold or heated!)*

**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



### **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 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) \$13.95**

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

### **Quinoa Grain Bowl (GF & Vegan) \$12.95**

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

## **Sandwiches & Wraps**

### **Proper PB&J (Vegan) \$7.95**

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

### **Turkey Avocado Sandwich \$12.95**

Roasted all-natural turkey, smashed Haas avocado, red leaf lettuce, Monterey jack cheese, lemon aioli, honey mustard, honey wheat bread

### **Turkey & Salami Sandwich \$8.50**

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

### **Ham, Pear & Brie Sandwich \$8.50**

Black Forest Ham, brie cheese, poached pears, arugula, house-made lemon aioli, Ficelle (petite baguette)

### **Portobello & Manchego Sandwich (V) \$8.50**

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

### **Ham & White Cheddar Sandwich \$11.95**

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

### **Proper Tuna Sandwich \$11.95**

Roasted jalapeño tuna salad, romaine salad, grilled wheat bread

### **Steak Sandwich \$13.50**

Herb marinated hanger steak, avocado and green tomato sauce, lemon aioli, roasted peppers, sliced provolone, grilled ciabatta

### **Chicken BLT Wrap \$8.50**

Grilled chicken breast, herb aioli, nitrate-free bacon, Roma tomatoes, red leaf lettuce, flatbread

### **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

### **Crispy Chicken Wrap \$12.95**

Free-range crispy chicken, buffalo aioli, romaine lettuce, house-made ranch dressing, parmesan cheese, 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** (GF) \$3.50  
House-made with dark chocolate, sea salt

**Crudit  & House-Made Hummus** (V & GF) \$5.50  
Broccoli, celery, carrots, cucumber, house-made Hummus

## 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** \$4.50  
100% organic, direct-trade cold brewed in collaboration with Partners Coffee Roasters

**Oat Cold Brew Coffee** \$4.95  
100% organic, direct-trade cold brew with Oat milk in collaboration with Partners Coffee Roasters

**Cinnamon Mocha Cold Brew Coffee** \$5.25  
Mexican chocolate, oat milk and sea salt. Coffee brewed with Partners Coffee Roasters

**Coffee Carafe** \$25.00 (serves 8)  
100% organic, direct-trade brewed in collaboration with Partners Coffee Roasters

**Boxed Water** \$2.00

**Boylan’s Lime Seltzer** \$2.75

**Boylan’s Ginger Ale** \$2.5.75

**Topo Chico Sparkling Water** \$2.50

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

**Iced Green Tea** \$3.00

**Hint ‘Watermelon’ Water** \$2.50

**Coconut Water** \$3.25  
(Once upon a Coconut)



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)  
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[properfood.com](http://properfood.com)