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OFFICE MEAL
OFFERINGS
...

SUMMER

June 2025





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
or visit
properfood.com



Breakfast

NEW! Seasonal Fruit Cup (GF & Vegan) \$6.95

Watermelon, honeydew melon, peaches, blueberries

Overnight Oats (GF & Vegan) \$6.50

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

Hard-Boiled Egg (GF & V) \$2.25

Free-range egg, hard-boiled and individually wrapped (*in the shell*)

Greek Yogurt Parfait (GF & V) \$7.50

Greek yogurt, house-made granola, fresh strawberries, Agave

Matcha Overnight Oats

(GF & V) \$7.50

Raspberry, Greek yogurt, matcha, gluten-free oats, caramelized almonds, agave, chia, honey

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) \$10.50

Cage-free scrambled eggs, grilled mushrooms, herb-roasted red potatoes, white cheddar, baby spinach, chipotle aioli

Power Breakfast with Bacon (GF) \$11.50

Cage-free scrambled eggs, nitrate-free bacon, herb-roasted red potatoes, white cheddar, baby spinach, chipotle aioli

Breakfast Muffin with Turkey Sausage \$8.95

Cage-free scrambled eggs, turkey sausage, tomato aioli, yellow cheddar, marinated tomatoes, basil, English muffin

Breakfast Muffin (V) \$7.95

Cage-free scrambled eggs, tomato aioli, yellow cheddar, marinated tomatoes, basil, English muffin

Croissant Jamon Sandwich \$9.95

Croissant, all-natural ham, Gruyere cheese, tarragon aioli

Egg White Power Breakfast Bowl with Steak (GF) \$15.50

Garlic-herb hanger steak, cage-free scrambled egg whites, baby spinach, spicy roasted sweet potatoes, avocado puree, feta cheese

Egg White Power Breakfast Bowl with Chicken Sausage (GF) \$14.50

All-natural chicken sausage, cage-free scrambled egg whites, baby spinach, spicy roasted sweet potatoes, avocado puree, feta cheese

Farmhouse Breakfast Wrap (V) \$8.50

Cage-free scrambled eggs, yellow cheddar, roasted onion, roasted potatoes, tomato aioli, parsley, flatbread

Farmhouse Breakfast Wrap with Bacon \$9.50

Cage-free scrambled eggs, crispy bacon, yellow cheddar, roasted onion, roasted potatoes, tomato aioli, parsley, flatbread

NEW! Protein Breakfast Bite with Chicken Sausage (GF) \$7.50

FreeBird chicken sausage, cage-free eggs, grilled button mushrooms, sun-dried tomatoes, cottage cheese, steamed organic baby spinach, parsley

Protein Breakfast Bite (GF & V) \$6.50

Cage-free eggs, grilled button mushrooms, sun-dried tomatoes, cottage cheese, steamed spinach, parsley

Pastries From Colson Patisserie

(Requires 48-hour notice)

Classic Butter Croissant \$4.00

Light and flaky, delicately buttery

Blueberry Muffin \$3.25 (Vegan)

Bright, full of blueberries with a touch of lemon

Lemon Loaf \$4.00 (GF)

Almond flour lemon loaf cake; light and moist



Salads

NEW! Summer Salad (GF & V) \$14.95

Roasted peaches, marinated Toy Box tomatoes, goat cheese, candied walnuts, fresh mint, basil, organic baby spinach, arugula, house-made watermelon poppyseed vinaigrette

NEW! Summer Salad with Garlic-Herb Salmon (GF) \$17.95

Sustainably sourced garlic-herb salmon, roasted peaches, marinated Toy Box tomatoes, goat cheese, candied walnuts, fresh mint, basil, organic baby spinach, arugula, house-made watermelon poppyseed vinaigrette

NEW! Summer Salad with Garlic-Herb Chicken (GF) \$16.95

FreeBird garlic-herb chicken, roasted peaches, marinated Toy Box tomatoes, goat cheese, candied walnuts, fresh mint, basil, organic baby spinach, arugula, house-made watermelon poppyseed vinaigrette

NEW! Farro Salad with Garlic-Herb Steak \$16.95

Garlic-herb all-natural hanger steak, charred Toy Box tomatoes, diced hard-boiled egg, farro salad mix, chives, butter lettuce, lemon zest, house-made chimichurri sauce, house-made creamy herb vinaigrette

NEW! Crispy Chicken Salad \$15.95

FreeBird free-range crispy chicken, shredded carrots, Toy Box tomatoes, chives, butter lettuce and arugula, hard boiled eggs, radishes, house-made creamy herb vinaigrette

Lemon Quinoa Salad (GF & V) \$12.95

Lemon basil quinoa mix, cherry tomatoes, green olives, feta cheese, fresh chopped basil, organic baby kale, lemon wedge, house-made lemon vinaigrette

Thai Salad with Chicken (GF) \$16.95

Charred curry chicken thigh, agave salted almonds, red and napa shredded cabbage, sliced green onions, shredded carrots, Thai basil, spring mix, house-made ginger vinaigrette

Thai Salad with Tofu (GF & Vegan) \$15.95

Charred curry tofu, agave salted almonds, red and napa shredded cabbage, sliced green onions, shredded carrots, Thai basil, spring mix, house-made ginger vinaigrette

Seared Lemon Pepper Tuna Salad (GF) \$17.50

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

Chinese Chicken Salad \$16.95

Roasted free-range chicken, Marcona almonds, sesame seeds, carrots, crispy wontons, Valencia oranges, cilantro, mixed greens, sesame & green onion dressing

Chinese Tofu Salad (Vegan) \$15.95

Citrus-miso organic tofu, toasted almonds, sesame seeds, carrots, crispy wontons, navel oranges, cilantro, red cabbage, romaine, sesame & green onion dressing

Greek Salad (GF & V) \$14.50

Roma tomatoes, marinated feta, pickled red onions, Kalamata olives, red pepper, cucumber, chopped romaine, red wine vinaigrette

Greek Salad with Chicken (GF) \$16.50

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

Greek Salad with Shrimp (GF) \$16.50

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

Cobb Salad (GF & V) \$14.95

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

**Cobb Salad with Chicken (GF) \$16.95**

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

Pairing Salads & Proteins**Green Tea Soba Noodle Salad (Vegan) \$8.95**

Green tea soba noodles, shredded pickled carrots, red cabbage, edamame, green onion, toasted sesame seeds, house-made peanut dressing

Pasta Salad with Creamy Basil Pesto (V) \$8.50

Red bell peppers, diced cucumber, Toy Box tomatoes, charred broccolini, Kalamata olives, parsley, toasted garlic, penne pasta, house-made lemon pesto dressing

Proptato Salad (GF & V) \$6.95

Red potatoes, sliced green onion, chopped celery, hard-boiled egg crumble, lemon zest, parsley, charred onion aioli, Aleppo pepper

FreeBird Grilled Chicken Breast (GF) \$7.95**Pulled Aleppo Chicken (GF) \$6.95****Line-Caught Roasted Salmon (GF) \$9.50****Lemon Garlic Shrimp (GF) \$7.95****All-Natural Hanger Steak (GF) \$9.50****Roasted Garlic-Herb Organic Tofu (GF & Vegan) \$5.95****Hot Plates****Salmon Teriyaki Hot Plate (GF) \$17.95**

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

Peri-Peri Chicken Hot Plate (GF) \$15.95

FreeBird Peri-Peri marinated chicken breast, garlicky green beans, sliced onions, lemon-thyme saffron rice, chopped parsley, house-made spicy peri-peri sauce

Peri-Peri Salmon Hot Plate (GF) \$17.95

Sustainably-sourced roasted Peri-Peri salmon, garlicky green beans, sliced onions, lemon-thyme saffron rice, chopped parsley, house-made spicy Peri-Peri 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

Coconut Curry Shrimp Hot Plate (GF) \$14.95

Marinated coconut-yellow curry shrimp, roasted salt & pepper broccoli, sliced toasted almonds, dried cherries, parsley, saffron rice, coconut-yellow curry

Chimichurri Steak (GF) \$17.95

Sustainably-sourced garlic-herb hanger steak, garlicky kale and caramelized onion mix, roasted red potatoes, chimichurri dressing

Chimichurri Salmon (GF) \$17.95

Sustainably-sourced garlic herb salmon, garlicky kale and caramelized onion mix, roasted red potatoes, chimichurri dressing

Chicken Protein Hot Plate (GF) \$15.95

Salt and pepper roasted chicken, grilled button mushrooms, roasted Brussels sprouts, brown rice, bone broth

Salmon Protein Hot Plate (GF) \$17.95

Salt and pepper sustainably-sourced salmon, grilled button mushrooms, roasted Brussels sprouts, brown rice, bone broth

Steak Protein Hot Plate (GF) \$17.95

Sustainably-sourced garlic-herb marinated hanger steak, grilled button mushrooms, roasted Brussels sprouts, brown rice, bone broth



Bowls

NEW! Seasonal Grain Bowl with Garlic-Herb Chicken (GF) \$15.95

FreeBird garlic-herb marinated chicken, grilled bell peppers, charred corn and marinated tomatoes, grilled zucchini and yellow squash, ricotta salata, chopped kale, white quinoa, house-made lemon basil dressing

NEW! Seasonal Grain Bowl (GF & V) \$14.95

Charred corn and marinated Toy Box tomatoes, grilled bell peppers, grilled zucchini and yellow squash, ricotta salata, white quinoa, chopped kale, house-made lemon basil dressing

NEW! Mediterranean Bowl with Garlic-Herb Cauliflower (V) \$14.95

Garlic-herb cauliflower, roasted baby carrots, tomato cucumber chickpea salad, organic baby spinach, lemon couscous, labneh, house-made lemon tahini dressing

NEW! Mediterranean Bowl with Peri-Peri Chicken \$15.95

FreeBird peri-peri chicken, garlic-herb cauliflower, roasted baby carrots, tomato cucumber chickpea salad, organic baby spinach, lemon couscous, labneh, house-made lemon tahini dressing

NEW! Mediterranean Bowl with Peri-Peri Salmon \$17.50

Sustainably sourced peri-peri salmon, garlic-herb cauliflower, roasted baby carrots, tomato cucumber chickpea salad, organic baby spinach, lemon couscous, labneh, house-made lemon tahini dressing

Sandwiches & Wraps

NEW! Braised Tomato Chicken Sandwich \$12.50

FreeBird all-natural braised chicken thigh, Manchego cheese, charred onion aioli, diced pepperoncini, fresh basil, arugula, ciabatta bread

NEW! Steak Sandwich \$13.95

Herb-marinated all-natural hanger steak, avocado and green tomato sauce, house-made lemon aioli, roasted peppers, sliced provolone, grilled ciabatta bread

Garden Sandwich with Chicken \$11.95

FreeBird roasted salt and pepper chicken breast, tomato-cucumber salad, house-made hummus, alfalfa sprouts, vegan za'atar aioli, ancient grain bread

Line-Caught Tuna Sandwich \$11.50

Line-caught albacore tuna, green onion, chopped celery, parsley, lime, house-made jalapeno aioli, romaine lettuce, six-grain seeded bread

Turkey Avocado Sandwich \$13.50

All-natural roasted turkey, avocado, red leaf lettuce, jack cheese, house-made lemon aioli, Proper honey mustard, six-grain seeded bread

Veggie Garden Sandwich \$9.95 (Vegan)

Tomato-cucumber salad, house-made hummus, alfalfa sprouts, vegan za'atar aioli, ancient grain bread

Chicken BLT Sandwich \$14.50

Salt and pepper chicken, pepperjack cheese, crispy bacon, sliced Roma tomatoes, chipotle aioli, red leaf lettuce, nine grain hero

Chef's Artisanal PB&J (Vegan) \$9.50

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

Ham & White Cheddar Sandwich \$12.50

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

NEW! Mediterranean Wrap with Spiced Chicken \$11.95

FreeBird spiced chicken thigh, Arabic salad, feta, labneh, arugula, house-made lemon tahini dressing, flatbread



Proper Snacks & Treats

NEW! Mediterranean Garden Wrap (V) \$10.95

Arabic salad, feta, labneh, alfalfa sprouts, arugula, house-made lemon tahini dressing, flatbread

Crispy Cheddar Chicken Wrap \$11.95

Free-range crispy chicken, white cheddar cheese, roasted garlic aioli, red cabbage, shredded romaine lettuce

Caesar Salad Wrap with Chicken \$10.50

Salt and pepper chicken, chopped romaine lettuce, shaved Parmesan, creamy Caesar dressing, flatbread

Buffalo Chicken Wrap \$13.95

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

Buffalo Cauliflower Wrap (V) \$12.95

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

Proper Energy Bar (GF & Vegan) \$4.95

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

Proper Date Bites (GF & Vegan) \$4.95

Dates, peanut butter, cocoa powder, coconut spirulina

Nutella Cookie (V) \$3.75

Chocolate Chip Cookie (V) \$3.50

House-made with dark chocolate, sea salt

Gluten-Free Chocolate Chip Cookie (GF) \$3.75

House-made with dark chocolate, sea salt

Crudit  & House-Made Hummus (Vegan & GF) \$6.50

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

Cheese Tray (V) \$6.50

Provolone cheese, yellow cheddar cheese, red grapes, crostini



Sandwiches/Wrap Platters

Choose two of the selections below to create a platter for 10

Turkey Avocado Sandwich \$70

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

Ham & White Cheddar Sandwich \$65

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

Veggie Garden Sandwich (V) \$55

Tomato-cucumber salad, house-made hummus, alfalfa sprouts, vegan za'atar aioli, wheat bread

Proper PB&J (Vegan) \$50

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

Buffalo Cauliflower Wrap (V) \$67

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

Buffalo Chicken Wrap \$72

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

Salad Platters

Each salad platter serves 10 people

Summer Salad (V & GF) \$148

Roasted peaches, marinated Toy Box tomatoes, goat cheese, candied walnuts, fresh mint, basil, organic baby spinach, arugula, house-made watermelon poppyseed vinaigrette

Summer Salad with Garlic-Herb Chicken (GF) \$168

FreeBird garlic-herb chicken, roasted peaches, marinated Toy Box tomatoes, goat cheese, candied walnuts, fresh mint, basil, organic baby spinach, arugula, house-made watermelon poppyseed vinaigrette

Cobb Veg Salad (V & GF) \$143

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

Cobb Veg Salad with Chicken (GF) \$163

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

Chinese Tofu Salad (V) \$155

Citrus-miso organic tofu, toasted almonds, sesame seeds, carrots, crispy wontons, navel oranges, cilantro, red cabbage, romaine, sesame & green onion dressing

Chinese Chicken Salad (Dairy-free) \$165

Roasted free-range chicken, Marcona almonds, sesame seeds, carrots, crispy wontons, Valencia oranges, cilantro, mixed greens, sesame & green onion dressing



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

Proper Mango Iced Tea \$5.95

Black tea blend with dried mangos, hibiscus, and rosehips

Cold Brew Coffee \$5.50

100% organic, direct trade, cold brewed in collaboration with Partners Coffee Roasters

Oat Cold Brew Coffee \$5.95

100% organic, direct-trade cold brew with oat milk in collaboration with Partners Coffee Roasters

Cinnamon Mocha Cold Brew Coffee \$5.95

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

Nama Water \$2.50

Olipop Sodas – assorted flavors \$3.75

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)