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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
or visit
properfood.com



PROPER FOOD MENU – SAN FRANCISCO SUMMER 2021

Breakfast

Proper Yogurt Parfait (V & GF) \$5.75

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) \$5.95

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) \$5.95

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

Gluten Free Breakfast Sandwich (V & GF) \$4.95

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

Salads

Summer Salad with Salmon (GF) \$14.95

Atlantic 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

Lemon Quinoa Salad with Chicken (GF) \$10.95

Lemon quinoa, Aleppo pepper free-range chicken, organic spinach, feta cheese, cherry tomatoes, Picholine olives, basil, lemon vinaigrette

Lemon Quinoa Salad (V & GF) \$8.95

Lemon quinoa, organic spinach, feta cheese, cherry tomatoes, Picholine olives, basil, lemon vinaigrette

Chinese Chicken Salad (Dairy-free) \$12.95

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

Chinese Tofu Salad (Vegan) \$11.95

Citrus-miso organic tofu, Marcona almonds, sesame seeds, carrots, crispy wontons, Valencia oranges, cilantro, mixed greens, sesame & green onion dressing

Tuscan Tuna Salad (GF) \$14.95

Seared line-caught ahi tuna, roasted pepper medley, toasted Marcona almonds, pickled red onions, basil, kale and spinach, garlic-herb 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

Coconut Prawn & Kale Salad (Dairy-free) \$13.95

Crispy coconut prawns, organic kale, citrus farro, grilled radicchio, toasted almonds, bulls blood micro greens, orange & coriander vinaigrette

Charbroiled Flank Steak Rice & Bean Bowl (GF) \$12.95

All-natural flank steak, black beans, cannellini beans, Mexican red rice, queso fresco, shredded iceberg lettuce, avocado, crispy corn tortillas, lime vinaigrette



Lemon Pepper Tuna Salad \$14.50

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

Crispy Prawns and Green Tea Soba \$13.75

Paprika prawns, soba noodles, broccoli, roasted peanuts, shredded carrots, scallions, black sesame, green tea, soy & tahini dressing

Couscous & Spinach Salad with Honey-Coriander Chicken \$11.95

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

Hot Plates

Korean BBQ Short Ribs Hot Plate \$13.95

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

Korean BBQ Chicken Hot Plate \$11.95

Grilled free-range chicken, sushi rice, napa cabbage, green onions, sesame seeds, soy sauce, gochujang sauce

Plant-Based Miso-Tofu Stir Fry (Vegan & 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

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 organic prawns, sautéed red bell peppers, steamed broccoli, carrots, sugar snap peas, bean sprouts, green onions, miso sauce

Chicken Enchiladas (GF) \$10.95

Roasted free-range chicken, guajillo salsa, roasted poblano peppers, corn tortilla, Oaxaca and Manchego cheese, onions, cilantro, creme fraiche

Sweet Potato Enchiladas (V & GF) \$9.95

Roasted sweet potato, guajillo salsa, roasted poblano peppers, corn tortilla, Oaxaca and Manchego cheese, onions, cilantro, creme fraiche

Chicken Teriyaki Hot Plate (GF) \$11.95

Grilled free-range chicken, brown rice, broccoli, sugar snap peas, nori, sesame, green onion, teriyaki sauce

Salmon Teriyaki Hot Plate (GF) \$14.95

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

Sandwiches, Wraps & Burritos

Chicken Pesto Sandwich \$9.95

Free-range chicken breast, roasted red peppers, fresh mozzarella, roasted tomato aioli, walnut-basil aioli, sliced sour-dough bread

Turkey Avocado Sandwich \$8.95

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

Pastrami Sandwich \$12.95

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

Caprese Sandwich (V) \$8.95

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

Roasted Chicken Caprese Sandwich \$10.95

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



Vegan Wrap (Vegan) \$7.95

Citrus-marinated organic tofu, roasted sweet potatoes, house-made hummus, roasted tomatoes, marinated kale, spicy lemon vinaigrette, organic wheat tortilla

Southwest Chicken Wrap \$10.50

Free-range grilled chicken, Mexican rice, avocado, crispy tortilla strips, black bean hummus, pico de gallo, cr me fraiche, spinach tortilla

Carne Asada Burrito \$10.95

All-natural carne asada, Mexican rice, black beans, cheddar cheese, cr me fraiche, avocado, salsa, organic flour tortilla

Carnitas Burrito \$12.50

Citrus braised carnitas, roasted tomato rice, black beans, cheddar cheese, creme fraiche, avocado, flour tortilla

Soup

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

Desserts & Sides

Proper Chocolate Chip Cookie \$1.95

House-made, dark chocolate and sea salt

Dried Mango \$2.95

Organic dried mango. No sugar added.

Proper Energy Bar \$3.95

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

Toasted Almonds \$1.95

2oz. snack size

Honeycrisp Apple \$1.50 ea

Drinks

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