



|||||
**CORPORATE OFFICE
OFFERINGS**
...
SUMMER 2020





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

•••

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

Company Meal Programs

Set it and forget it! Individually packaged meals delivered fresh each day based on a pre-approved rotating menu. Can be budgeted per head or per item.

A la Carte Orders

Place orders online, by email or phone as-needed – one-time or recurring. Choose between delivery or pick-up at the nearest Proper location.

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.

WE'RE HERE FOR YOU!

Email us at
info@properfood.com
or visit
properfood.com

Breakfast

Overnight Oats (Vegan & GF)

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

Proper Yogurt Parfait (V & GF)

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

Chia Pudding (Vegan & GF)

Chia seeds, vegan coconut yogurt, strawberries, toasted almonds, toasted coconut flakes, brown sugar, vanilla

Croissant Breakfast Sandwich Egg & Cheese (V) (available with bacon)

Sunny-side up free-range egg, (bacon), New York white cheddar, freshly baked butter croissant

Gluten-Free Breakfast Sandwich with Turkey Sausage (GF)

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

Egg White Frittata (V & GF)

Free-range egg whites, sautéed broccoli, roasted sweet potatoes, roasted garlic

Scramble Bacon, egg, & cheese (V, GF) | Roasted vegetable (V, GF) |

Vegan roasted veggie (Vegan & GF)

Sweet Potato Egg Nest with Bacon (GF)

Applewood smoked bacon, free-range eggs, New York white cheddar cheese, garnet yams, green onions

Sweet Potato Egg Nest (V, GF)

Free-range eggs, New York white cheddar cheese, garnet yams, green onions

Juices

Carrot Ginger Juice (Vegan & GF)

Kale, Apple, Celery, Cucumber Juice (Vegan & GF)

Sandwiches & Wraps

Proper PB&J (Vegan)

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

Turkey Avocado Sandwich

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

Chicken Bacon Sandwich

Grilled all-natural chicken, bacon, roasted garlic aioli, lettuce, provolone, sourdough bread

Ham & Cheese Croissant Sandwich

Applewood smoked all-natural ham, cheddar cheese, honey mustard, pepperoncini, red leaf lettuce

Chicken Hummus Ciabatta (available vegan)

Grilled all-natural chicken, lemon aioli, oven-roasted tomatoes, spring lettuce, cucumber, house-made hummus, ciabatta

Greek Chicken Wrap

Greek-marinated chicken breast, house-made hummus, oven-roasted tomatoes, cucumbers, yogurt-mint sauce, mixed greens, whole wheat wrap

Grilled Veggie Wrap (Vegan)

Grilled veggies (zucchini, mixed peppers, carrots, red onions), roasted fennel, coconut & turmeric yogurt sauce, house-made hummus, mixed greens, whole wheat wrap

Salads

Summer Salad Salmon | Chicken | Tofu (V)

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

Chinese Salad Chicken | Prawn | Tofu

Marcona almonds, sesame seeds, carrots, crispy wontons, navel oranges, cilantro, red cabbage, romaine, sesame & green onion dressing

Romaine Salad Chicken | Prawn | Roasted Vegetables (V)

Chopped romaine lettuce, cherry tomatoes, fresh parmesan, lemon garlic parmesan dressing

Lemon Quinoa Salad Chicken (GF) | Veg (V & GF)

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

Seared Lemon Pepper Salad Tuna (GF) | Chicken (GF) | Veg (V & GF)

Saffron-infused basmati rice, beluga lentils, roasted almonds, roma tomatoes, kale, sherry vinaigrette

Spicy Miso Salmon & Green Tea Soba Noodle Salad

Fresh miso-glazed salmon, broccoli, breakfast radish, crispy scallions, honey almonds, lemon zest, black sesame, lemon zest, green tea, soy & tahini dressing

Roasted Shiitake & Green Tea Soba Noodle Salad (V)

Roasted shiitake mushrooms, broccoli, breakfast radish, crispy scallions, honey almonds, lemon zest, black sesame, lemon zest, green tea, soy & tahini dressing

Hot Plates

Teriyaki Hot Plate Salmon (GF) | Chicken (GF) | Tofu (Vegan & GF)

Brown rice, broccoli, sugar snap peas, nori, teriyaki sauce

Coconut Curry Hot Plate Salmon (GF) | Chicken (GF) | Tofu (V & GF)

Roasted broccoli, saffron rice, sliced almonds, cherries, parsley, coconut-yellow curry

Chicken Enchiladas (GF) | Sweet Potato Enchiladas (V & GF)

Roasted free-range chicken (or sweet potato), guajillo salsa, roasted poblano peppers, corn tortilla, Oaxaca and manchego cheese, onions, cilantro, crème fraiche

Proper Snacks & Treats

Proper Energy Bar (Vegan & GF)

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

Chocolate Chip Cookie

House-made with dark chocolate, sea salt

Gluten-Free Chocolate Chip Cookie (GF)

House-made with dark chocolate, sea salt

Crudite & House-Made Hummus (GF & Vegan)

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