



BREAKFAST

Spring 2019

Proper Yogurt Parfait

Greek yogurt, coconut-almond granola, strawberries, blackberries, agave nectar \$5.75

Croissant Sandwich

Sunny-side up free-range egg, bacon, New York white cheddar, freshly baked butter croissant \$3.95

Smoked Salmon Open-Faced Sandwich

Fresh smoked salmon, tomato, chives, parsley, lemon zest, fromage blanc cheese grilled sourdough \$10.95

Sweet Potato & Egg Muffin Nest

Free-range eggs, New York white cheddar, garnet yams, green onions \$3.50 (with bacon \$3.95)

Breakfast Burrito

Free-range scrambled eggs, (carne asada), white cheddar cheese, crème fraîche, black bean hummus, cilantro, avocado, green onion, whole wheat tortilla, pico de gallo \$6.95 (with carne asada steak \$8.95)

Quinoa, Kale & Egg Bowl

Free-range soft-boiled eggs, kale, bacon, organic red and white quinoa, grilled bell peppers, basil-pesto, lemon oil \$9.95 (with bacon \$10.95)



SOUPS

\$5.25 (add to any meal \$3.00)

A changing selection of wholesome house-made soups



SANDWICHES & WRAPS

Proper PB&J

House-made coconut peanut butter, Proper's own all-natural jam, bananas, walnut bread \$6.95

Carnitas Burrito

All-natural citrus-braised carnitas, mexican rice, black beans, cheddar cheese, crème fraîche, avocado, salsa, flour tortilla \$8.95

Ham & Cheese Croissant Sandwich

Applewood smoked all-natural ham, gruyère cheese, apricot & shallot compote, wild arugula, dijon mustard, freshly baked butter croissant \$7.95

El Atún Sandwich

Yellowfin tuna, crispy kale, roasted tomato & jalapeño aioli, onion & garlic soubise, sliced sourdough bread \$8.95

Turkey-Avocado Sandwich

Roasted all-natural turkey, avocado, red leaf lettuce, jack cheese, lemon aioli, honey mustard, nine-grain bread \$8.95

Italian Sandwich

Spicy coppa salami, all-natural ham, mozzarella cheese, pepperoncini, sweet peppers, mint, basil, roasted garlic aioli, filone bun \$10.95

Salmon Avocado & Shiitake Sushi

Fresh salmon, avocado, english cucumber, shiitake mushrooms, green onion, sushi rice, nori, wasabi, ginger, gluten-free soy sauce \$10.95



Eat Well & Good



Spring Salad with Salmon

Fresh roasted salmon, spring mix lettuce, rainbow chard, marinated artichokes, roasted carrots, watermelon radish, charred lemon, organic peas, red quinoa, chives, pecorino cheese, lemon-herb vinaigrette \$13.95 (or with organic paprika-marinated tofu \$10.95)

Couscous & Spinach Salad with Honey-Coriander Chicken

Honey-coriander chicken, baby spinach, mediterranean couscous, basil pesto, parmesan cheese, roasted red peppers, pine nuts, cranberries, goat cheese, lemon vinaigrette \$11.95

Harvest Salad

Baby romaine lettuce, tart cherries, strawberries, golden beets, mint, toasted flax seeds, fromage blanc cheese, toasted pistachios, yuzu dressing \$12.95 (with free-range charred lemon chicken \$12.95)

Coconut Prawn & Kale Salad

Crispy coconut prawns, organic kale, citrus farro, grilled radicchio, toasted almonds, bulls' blood microgreens, orange & coriander vinaigrette \$13.95

Tuna Nicoise Salad

Line-caught ahi tuna, fingerling potatoes, roasted tomatoes, green beans, picholine olives, hard boiled free-range eggs, chives, crispy capers, mixed greens, lemon-thyme vinaigrette \$14.95

Lemon Quinoa Salad

Lemon quinoa, organic spinach, feta cheese, cherry tomatoes, picholine olives, basil, lemon vinaigrette \$8.95 (with Aleppo pepper free-range chicken \$11.95)

Char-Broiled Flank Steak, Rice and Bean Bowl

All-natural flank steak, black beans, cannellini beans, Mexican rice, queso fresco, lettuce, avocado, crispy corn tortillas, lime vinaigrette \$11.95

Coconut Curry Chicken Hot Plate

Grilled free-range chicken, roasted broccoli, saffron rice, sliced almonds, cherries, parsley, coconut-yellow curry \$10.95 (or with seared organic tofu \$9.95)

Sweet Potato Enchiladas

Sweet Potato, Guajillo salsa, corn tortillas, oaxaca and manchego cheeses, onion, cilantro, crème fraîche \$9.95 (or with free-range grilled chicken \$10.95)

Salmon Teriyaki Hot Plate

Fresh poached salmon, brown rice, broccoli, sugar snap peas, nori, teriyaki sauce \$12.95



DESSERTS, SIDES & DRINKS

Cookies

- Chocolate Chip
- Gluten Free Chocolate Chip
- Nutella
- Peanut Butter
- Oatmeal Walnut
- \$1.75

Organic Dried Mango

\$2.95

Artisanal Potato Chips

\$1.95

All-Natural Soda

\$2.95

Sparkling Water

\$1.95

Juices

- Energy - Orange, Carrot, Ginger
- Detox - Apple, Celery, Cucumber Kale
- Energy - Strawberry Lemonade
- \$6.95
- Superfood - Pineapple-Turmeric Lassi (\$7.95)

Coffee

- Brewed 100% organic, fair-trade coffee
- \$2.00 12oz | \$2.50 16oz
- Cold-Brew \$3.95

Tea (includes iced tea)

- Selection of organic teas
- \$2.00 16oz
- Iced Tea \$2.50

