



BREAKFAST

Spring 2020

Proper Yogurt Parfait

Greek yogurt, strawberries, blueberries, cranberry-apple-almond granola, agave \$5.75

Coconut Chia Pudding

Chia seeds, vegan coconut yogurt, strawberries, toasted almonds, toasted coconut flakes, brown sugar, vanilla \$5.95

Croissant Sandwich

Sunny-side up free-range egg, New York white cheddar, freshly baked butter croissant \$3.95 (with bacon \$4.50)

Sweet Potato & Egg Muffin Nest

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

Egg White Breakfast Wrap with Turkey

Organic turkey, organic egg whites, avocado, garlic-spinach, Greek yogurt with mint, whole wheat wrap \$7.95

Egg & Cheese Breakfast Wrap

Scrambled free-range eggs, cheddar cheese, chipotle aioli, green onion, flour wrap \$6.95 (with bacon \$7.95)

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

Portobello Sandwich

Tomato-marinated Portobello mushroom, fresh mozzarella, basil pesto, lemon aioli, ciabatta bun \$7.95

Greek Chicken Wrap

Greek-marinated chicken breast, proper hummus, roasted tomatoes, cucumbers, yogurt mint sauce, mixed greens, whole wheat wrap \$10.50

Chicken Pesto Sandwich

Free-range chicken breast, roasted red peppers, pepperoncini, fresh mozzarella, roasted tomato aioli, walnut-basil pesto, sliced sourdough bread \$9.95

Vietnamese Wrap with Chicken

Five-spice free-range chicken, glass noodles, carrots, pickled cabbage, mint, red leaf lettuce, rice paper, peanut sauce, Thai chili sauce \$9.95 (with tempeh)

Carne Asada Burrito

All-natural carne asada, Mexican rice, black beans, cheddar cheese, crème fraîche, avocado, salsa, organic flour tortilla \$10.95

Spicy Tuna Sushi

Spicy line-caught ahi tuna, green onions, cucumber, sushi rice, nori, pickled ginger, wasabi, gluten-free soy sauce \$9.95



Eat Well & Good



SALADS, ROLLS & ENTREES

Spring Salad with Salmon

Dijon & herb crusted fresh salmon, roasted artichokes, fresh peas, pecorino cheese, pistachios, pickled rainbow carrots, radish, kale, mint, mixed greens, honey-lemon dressing \$14.95 (or with organic tofu \$11.95)

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

Miso-glazed Salmon & Soba

Fresh salmon, soba noodles, broccoli, cilantro, roasted peanuts, marinated shiitake mushrooms, daikon radish, house-made sesame dressing \$13.95 (or with organic tofu \$11.95)

Seared Lemon Pepper Tuna Salad

Line-caught Ahi tuna, saffron-infused basmati rice, beluga lentils, roasted almonds, roma tomatoes, kale, sherry vinaigrette \$13.75

Coconut Prawn & Kale Salad

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

Pulpo Salad

Grilled Spanish wild octopus, charred tomatoes, roasted artichokes, basil pesto, fresh peas, pearled farro \$14.95

Coconut Curry Chicken Hot Plate

Grilled free-range, roasted broccoli, saffron rice, sliced almonds, cherries, parsley, coconut-yellow curry \$9.95 (or with organic tofu \$8.95)

Sweet Potato Enchiladas

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

Harvest Salmon Hot Plate

Dijon & herb crusted fresh salmon, roasted potato, charred artichokes, rainbow carrots, organic spinach, chimichurri sauce \$14.95

Chimichurri Steak Hot Plate

All-natural hanger steak, roasted potato, charred artichokes, rainbow carrots, organic spinach, chimichurri sauce \$12.95

Salmon Teriyaki Hot Plate

Fresh poached salmon, brown rice, broccoli, sugar snap peas, nori, sesame, green onion, teriyaki sauce \$13.95



DESSERTS, SIDES & DRINKS

Cookies

Chocolate Chip
Gluten Free Chocolate Chip
Nutella
Oatmeal Walnut
\$1.95

Organic Dried Mango

\$2.95

Artisanal Potato Chips

\$1.95

All-Natural Soda

\$2.95 - \$3.50

Sparkling Water

\$1.95

Juices

Orange, Carrot, Ginger \$6.95
Alkaline Green \$7.95
Fruity Detox \$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

