

PROPER FOOD

BREAKFAST

Proper Yogurt Parfait

Greek yogurt, cranberry-apple & almond granola, strawberries, blueberries, agave nectar \$5.95

Overnight Oats

Gluten-free oats, almond milk, almonds, raisins, cinnamon, agave \$4.95

Coconut Chia Pudding

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

Crudit  with House-Made Hummus

Celery, carrots, cucumber, broccoli, red radish, house-made hummus \$4.95

Breakfast Sandwich

Free-range scrambled eggs, marinated tomatoes, white cheddar, basil aioli, gluten-free English muffin \$5.50 (or with turkey sausage \$6.95)

Sweet Potato & Egg Muffin Nest

Free-range eggs, New York white cheddar cheese, garnet yams, green onion \$3.95 (or with bacon \$4.50)

Chiquito Breakfast Burrito

Free-range scrambled eggs, avocado, tomatillo salsa, black bean hummus, whole wheat tortilla \$4.95 (or with Baker's bacon \$7.95)

Egg White Frittata

Free-range egg whites, saut ed broccoli, roasted sweet potatoes, roasted garlic, green onions \$5.95

Breakfast Hot Plate

Free-range scrambled eggs, saut ed garlic spinach, sweet potato home fries, green onions, chives, Sir Kensington's Ketchup \$7.95 (or with crispy bacon \$8.95)



SANDWICHES & WRAPS

(all sandwiches & burritos can be served warm)

Proper PB&J

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

Turkey Cranberry Sandwich

All-natural maple-brined turkey breast, cranberry-pear sauce, smoked citrus aioli, brie, walnut bread \$9.95

Chicken BLT

Grilled all-natural chicken, bacon, herb aioli, oven-roasted tomatoes, lettuce, dijon mustard, sourdough bread \$7.95

Turkey Avocado Sandwich

Roasted all-natural turkey, avocado, red leaf lettuce, jack cheese, lemon aioli, honey mustard, honey wheat bread \$9.95

Italian Sandwich

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

Mexican Tofu Bowl

"Carne Asada" seasoned organic tofu, saffron rice, black beans, cheddar cheese, cr me fra che, avocado, house-made salsa, flour tortilla \$9.50

Tandoori Chicken Wrap

Tandoori & yogurt marinated chicken, roma tomatoes, house-made hummus, saffron rice, mint, basil, romaine, spiced lemon yogurt, spinach wrap \$9.95



Eat Well & Good



SALADS & ENTREES

(all hot plates can be served warm)

Salmon Teriyaki Hot Plate

Fresh glazed salmon, brown rice, broccoli, sugar snap peas, nori, sesame seeds, teriyaki sauce \$15.50

Coconut Curry Chicken Hot Plate

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

Korean Chicken Hot Plate

Grilled Korean chicken thigh, organic brown rice, roasted ginger & garlic broccolini, roasted carrots, green onions, sesame seeds, soy sauce, gochujang sauce \$11.95

Chicken Enchiladas

Roasted free-range chicken, guajillo salsa, roasted poblano peppers, corn tortilla, Oaxaca & manchego cheese, onions, shredded iceberg lettuce, cilantro, cr me fra che \$11.95 (or with sweet potatoes \$10.95)

Latin Prawn & Kale Salad

Crispy chili prawns, charred pineapple, cherry tomatoes, pickled red onions, crispy quinoa, kale, fresh lime, avocado dressing \$12.95

Market Salad with Balsamic Chicken

All-natural balsamic glazed chicken, roasted almond cauliflower, charred ancho chili brussels sprouts, roasted carrots, charred fennel, organic baby spinach, honey-lemon dressing \$13.95 (or with herb braised beets \$12.50)

Winter Citrus Salad with Agave Curry Salmon

Fresh agave curry salmon, navel orange, satsuma tangerine, grapefruit, fennel, red cabbage, feta cheese, spinach, arugula, curry-sunflower seeds, mint, blood orange-beet vinaigrette \$14.95 (or with organic curry tofu \$11.95)

Crispy Prawn & Green Tea Soba Noodle Salad

Paprika prawns, soba noodles, broccoli, roasted peanuts, shredded carrots, scallions, black sesame, green tea, soy & tahini dressing \$13.50 (or with roasted shiitake mushrooms \$11.50)



SOUPS

A changing selection of wholesome house-made soups

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



DESSERTS, SIDES & HOUSE MADE DRINKS

Juices

Morning Boost: Beet, Orange, Carrot, Ginger, Lemon

Alkaline Green Juice: Apple, Cucumber, Celery, Himalayan Pink Salt, Kale, Spinach, Broccoli

\$6.95

Anti-Inflammation: Pineapple, Ginger, Cucumber, Lime, Green Apple, Turmeric Powder

\$7.95

Coffee

Brewed 100% organic, fair-trade coffee

\$2.50 12oz | \$3.00 16oz

Cold-Brew \$4.50

Tea

Selection of organic teas

Cookies

Chocolate Chip

Gluten Free Chocolate Chip

Nutella with Crunchy Hazelnuts \$1.95

Artisanal Potato Chips

\$2.25

Proper Energy Bar

\$3.95

Proper Vegan Date Bar

\$2.95

