



**Breakfast**

**House-Made Overnight Oats** (Vegan & GF)

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

**Proper Yogurt Parfait** (V & GF)

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

**Spring Egg White Frittata with Shakshuka** (V, GF)

Free-range egg whites, sautéed peaks and leeks, feta, parsley, house-made shakshuka

**Power Breakfast Plate** Turkey Bacon (GF) | Veg (V, GF)

Free-range scrambled eggs, roasted sweet potato, kale, green onions.

**Breakfast Sandwich** Turkey Sausage (GF) | Veg (V, GF)

Free-range turkey sausage, cheddar cheese, whole wheat bun, turkey bacon, maple syrup

**Chiquito Breakfast Burrito** Turkey Bacon | Veg (V)

Free-range scrambled eggs, avocado, tomatillo salsa, black bean hummus, whole wheat tortilla

**Coconut Chia Pudding** (Vegan & GF)

Black chia seeds, coconut milk, brown sugar, strawberries, toasted coconut flakes, almonds

**Croissant Jamón Sandwich**

Croissant, all-natural ham, gruyere cheese, tarragon aioli

**Gluten-Free Breakfast Sandwich** Turkey Sausage (GF) | Veg (V & GF)

Scrambled free-range eggs, sharp cheddar cheese, roasted tomato aioli, gluten-free English muffin

**Hot Plates**

**Teriyaki Hot Plate** Salmon (GF) | Chicken (GF)

Brown rice, broccoli, nori, sesame, green onion, teriyaki

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

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

**Chimichurri Hot Plate** Steak (GF) | Chicken (GF) | Salmon (GF)

Roasted baby carrots, garlicky kale, onion and garlic red potatoes, chimichurri sauce

**Plant-Based Tofu Miso-Stir Fry** (Vegan, GF)

Organic brown rice, miso-glazed tofu, sautéed red bell peppers, steamed broccoli, carrots, sugar snap peas, bean sprouts, miso sauce, green onions

**Lean & Clean Protein Plate** (GF)

Grilled free-range chicken breast, brown rice with green onion, steamed broccoli, bone broth and herb sauce

**Salads**

**Spring Salad** Salmon (GF) | Chicken (GF) | Veg (V, GF)

Crispy artichokes, pea and parmesan hummus, Manchego cheese, mint, cherry tomatoes, arugula & spinach, tarragon vinaigrette

**Chinese Salad** Chicken | Prawn | Tofu (V)

Marcona almonds, sesame seeds, carrots, wontons, navel oranges, cilantro, mixed greens, romaine, sesame & green onion dressing

**Tabouli Quinoa Salad** Chicken (GF) | Veg (V & GF)

Quinoa, cucumbers, tomatoes, seared halloumi cheese, marinated pine nuts with sesame seeds, organic spinach, mint, herb & lemon vinaigrette

**Seared Lemon-Pepper Tuna Salad** (GF)

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

**Green Tea Soba Noodle Salad** Sumac Chicken (GF) | Miso Tofu (GF, V)

Green tea soba noodles, red cabbage, grated carrots, spicy-marinated peanuts, sweet Thai chili sauce, mint, cilantro, peanut sauce

**Greek Salad** Veg (GF, V) | Chicken (GF)

Roma tomatoes, marinated feta, pickle red onions, kalamata olives, red pepper, cucumber, chopped romaine, red wine vinaigrette

**Go-Go Salads (small portions)**

**Pasta Salad** (V, GF): Roasted Butternut squash, bowtie pasta, roasted pepper, spinach, parmesan, garlic & sage sauce parsley

**Spicy Edamame** (Vegan): Edamame, garlic-ginger chili sauce, toasted sesame

**Sandwiches, Wraps and Soup**

**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 & Salami Pesto Sandwich**

Grilled FreeBird chicken breast, spicy salami, basil pesto, roasted tomato aioli, provolone, sourdough bread

**Off the Hook Tuna Sandwich**

Wild caught albacore tuna, house-made lemon aioli, red bell peppers, cranberries, sliced almonds, roma tomatoes, red leaf lettuce, chives, whole wheat bread

**Ham & White Cheddar Sandwich**

Black forest ham, white cheddar, red leaf lettuce, BBQ aioli, grilled sourdough

**Buffalo Wrap** Cauliflower (V) | Chicken

Buffalo cauliflower, roasted corn aioli, yellow cheddar, iceberg & romaine lettuce, spinach tortilla

**Creamy Leek Potato with Spinach** (GF, V)

**Chicken & Rice Soup** (GF)

**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** (V)

House-made with dark chocolate, sea salt

**Crudité with Hummus** (Vegan & GF)

Carrots, broccoli, cucumber, celery, house-made hummus

**Seasonal Fruit Cup** (Vegan & GF)

Strawberries, blueberries, pineapple, mint

**Cold-Pressed Juices**

**Orange Apple Carrot Ginger Juice** (Vegan & GF)

**Proper Green Juice** (Vegan & GF)

**Coffee & Beverages**

Organic Coffee Carafe | Cold Brew | Oat Milk Cold Brew

Chilled Beverages: Boxed Water, Spindrift (Lemon, Grapefruit, Raspberry-Lime), Topo Chico Sparkling Water, Watermelon Hint Water, Coconut Water, Ginger Ale, Aranciata Rossa, Kombucha