



Nutrition (Summer 2021)

**Breakfast**

	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Dietary Fiber (g)	Protein (g)	Sugars (g)	Carbohydrates (g)	Sodium (mg)	Gluten Free <sup>1</sup>	Vegetarian	Vegan
Croissant Sandwich	380	24	12	250	0	15	6	26	480		✓	
Croissant Sandwich with Bacon	510	35	16	275	0	19	6	26	680			
Chiquito Breakfast Burrito	480	21	6	430	1	24	2	50	710		✓	
Chiquito Breakfast Burrito with Bacon	580	21	9	430	1	27	2	50	860			
Egg & Cheese Breakfast Wrap (vegetarian)	400	24	8	475	0	21	0	25	570		✓	
Fruit Cup	90	0	0	0	3	1	18	23	0	✓		✓
Proper Yogurt Parfait	260	9	3	15	2	17	24	31	50	✓	✓	
Coconut Chia Pudding	180	7	3	0	3	2	21	31	210	✓		✓
Sweet Potato Frittata w/ Kale (Vegetarian)	300	21	8	460	1	21	2	9	400	✓	✓	
Sweet Potato Frittata w/ Kale & Bacon	360	21	10	475	1	23	2	9	490	✓		
Overnight Oats	280	7	0.5	0	0	8	18	48	70	✓		✓
Gluten-Free Breakfast Sandwich (vegetarian)	410	21	7	465	0	20	5	36	640	✓	✓	
Gluten-Free Turkey Sausage Breakfast Sandwich	420	23	8	280	0	19	5	35	790	✓		
Hardboiled Eggs	70	5	1	215	0	6	0	1	65	✓	✓	

**Salads & Entrées**

Summer Salad with Salmon	240	8	1	70	4	29	7	15	190	✓		
feta cheese	40	3	2	0	0	2	0	0	140	✓		
honey almonds	50	4	0	0	0	2	2	3	0	✓		
creamy herb dressing	160	17	3	10	0	1	1	2	220	✓		
Summer Salad with Shrimp	200	2	0	150	4	22	7	15	290	✓		
feta cheese	40	3	2	0	0	2	0	0	140	✓		
honey almonds	50	4	0	0	0	2	2	3	0	✓		
creamy herb dressing	160	17	3	10	0	1	1	2	220	✓		
Summer Salad	120	0	0	0	5	5	11	20	80	✓	✓	
feta cheese	40	3	2	0	0	2	0	0	140	✓	✓	
honey almonds	50	4	0	0	0	2	2	3	0	✓	✓	
creamy herb dressing	160	17	3	10	0	1	1	2	220	✓	✓	
Couscous & Spinach Salad with Chicken <sup>2</sup>	616	27	6	70	5	38	11	55	980			
lemon vinaigrette	94	10	2	0	0	1	1	2	64			
Chinese Chicken Salad	291	6	1	80	4	37	13	22	440			
sesame & green onion dressing	239	23	4	0	2	3	1	7	830			
wontons	70	4.5	1	0	0	1	0	6	70			
Chinese Salad with Tofu	241	10	2	0	4	15	13	25	390		✓	
sesame & green onion dressing	239	23	4	0	2	3	1	7	830		✓	
wontons	70	4.5	1	0	0	1	0	6	70		✓	
Tuscan Tuna Salad	230	14	3	20	2	16	2	8	370	✓		
marcona almonds	60	5	0	0	1	2	0	1	60	✓		
garlic-herb dressing	190	21	4	0	0	0	0	1	220	✓		
Tuscan Salad with Chicken	250	14	3	45	2	22	2	8	550	✓		
marcona almonds	60	5	0	0	1	2	0	1	60	✓		
garlic-herb dressing	190	21	4	0	0	0	0	1	220	✓		
Coconut Prawn & Kale Salad	386	16	3	105	4	22	2	53	929			
orange-coriander vinaigrette	214	18	3	30	0	1	3	6	251			
Korean BBQ Hot Plate	460	10	4	50	2	23	6	67	575	✓		
Seared Lemon Pepper Tuna	500	23	3.5	30	3	32	3	43	1280	✓		
sherry vinaigrette	90	7	1.5	0	0	0	0	4	210	✓		
Quinoa Beet Pesto with Chicken	431	19	2	28	3	22	4	40	569	✓		
red wine vinaigrette	54	6	1	0	0	0	1	1	37	✓		
goat cheese	35	3	2	12	0	2	0	1	54	✓		
Quinoa Beet Pesto	371	18	2	12	3	10	4	40	429	✓	✓	
red wine vinaigrette	54	6	1	0	0	0	1	1	37	✓	✓	
goat cheese	35	3	2	12	0	2	0	1	54	✓	✓	
Lemon Quinoa with Chicken <sup>2</sup>	614	23	3	55	1	36	1	67	820	✓		
lemon vinaigrette	94	10	2	0	0	1	1	2	64	✓		
feta cheese	36	3	2	0	0	2	0	1	130	✓		
Lemon Quinoa <sup>2</sup>	504	19	2	0	1	14	2	70	550	✓	✓	
lemon vinaigrette	94	10	2	0	0	1	1	2	64	✓	✓	
feta cheese	36	3	2	0	0	2	0	1	130	✓	✓	
Flank Steak, Rice & Bean Bowl	468	28	5	30	11	21	4	37	977	✓		
queso fresco	32	2.5	2	3	0	2	0	1	81	✓		
tortilla chips	50	2.5	1	0	0	1	0	6	54	✓		
Pulpo Salad	480	25	5	20	5	17	3	51	630			
Salmon Teriyaki Hot Plate	449	13	2	85	3	37	7	50	690	✓		
teriyaki sauce	71	0	0	0	0	1	11	16	370	✓		
Seared Lemon Pepper Tuna	500	23	3.5	30	3	32	3	43	1280	✓		
sherry vinaigrette	90	7	1.5	0	0	0	0	4	210	✓		
Chicken Enchilada	364	16	9	46	2	19	5	37	930	✓		
crème fraiche	96	10	7	39	0	1	1	1	10	✓		



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Sweet Potato Enchilada	324	13	7	26	3	11	6	45	530	✓	✓	
crème fraîche	96	10	7	39	0	1	1	1	10	✓	✓	
Crispy Prawns and Green Tea Soba Noodle Salad	350	20	1.5	70	3	16	2	31	510			
green tea-soy-tahini dressing	70	3	1	0	0	3	9	11	950			
Roasted Shiitake and Green Tea Soba Noodle Salad	300	13	1.5	0	4	9	12	38	660		✓	
green tea-soy-tahini dressing	70	3	1	0	0	3	9	11	950		✓	
Chicken Teriyaki	360	4	0	60	3	30	10	55	820	✓		
teriyaki sauce	70	0	0	0	0	1	11	15	360	✓		
Korean BBQ Chicken Hot Plate	400	5	1.5	75	2	20	6	67	250			
gochujang sauce	10	0	0	0	0	1	2	3	70			
Miso-Chicken Stir Fry	480	14	1	65	3	27	17	70	720	✓		
miso sauce	80	1	0	0	0	1	15	18	380	✓		
Miso-Tofu Stir Fry	450	13	2	0	5	18	16	72	700	✓		✓
miso sauce	80	1	0	0	0	1	15	18	380	✓		✓
Miso-Shrimp Stir Fry	400	8	1	80	5	16	12	66	970	✓		
miso sauce	80	1	0	0	0	1	15	18	380	✓		
Spicy Edamame Go-Go	220	13	2	0	0	19	1	7	60			✓
Grilled Peach & Feta Go-Go	70	3	2	0	2	3	6	8	130	✓	✓	
lemon mint dressing	120	13	2	0	0	0	1	1	25	✓	✓	
Caprese Go-go	90	6	4	30	1	6	0	4	90	✓	✓	
golden balsamic dressing	100	9	2	0	0	0	3	3	35	✓	✓	
<b>Sandwiches &amp; Wraps</b>												
Chicken Pesto Sandwich	440	18	5	85	0	33	8	40	910			
Turkey Avocado Sandwich	580	27	7	120	5	44	7	45	940			
Buffalo Wrap - Chicken	590	29	13	120	1	32	2	52	1100			
Buffalo Wrap - Veg	560	23	13	80	3	19	3	58	1120		✓	
Pastrami Sandwich	510	23	7	105	1	41	4	44	2270			
Proper PB&J	570	24	6	0	2	18	14	82	830			✓
Carne Asada Burrito <sup>2</sup>	600	25	7	80	4	41	3	58	1140			
Carnitas Burrito <sup>2</sup>	780	33	11	70	16	36	3	94	1400		✓	
Vegan Wrap	510	15	3	0	1	18	3	64	1030			✓
Southwest Chicken Wrap <sup>2</sup>	670	21	6	65	5	36	4	83	1620			
Southwest Wrap (tofu) <sup>2</sup>	640	21	6	5	7	16	8	99	1710		✓	
Ham & White Cheddar Sandwich	460	21	8	100	0	29	2	39	1720			
<b>Soup</b>												
Roasted Tomato Soup	110	1	0	0	3	2	7	12	510	✓		✓
<b>Juice &amp; Drinks</b>												
Proper Green Juice	150	0	0	0	2	5	21	32	260	✓		✓
Watermelon Strawberry Beet	160	0.5	0	0	8	4	29	39	125	✓		✓
Orange Carrot Apple Ginger	190	1.5	0	0	1	5	33	41	130	✓		✓
Coconut Cold Brew Coffee <sup>3</sup>	190	19	16	0	0	3	2	2	40	✓		✓
Cold Brew Coffee <sup>3</sup>	5	0	0	0	0	1	0	0	10	✓		✓
Iced Tea <sup>3</sup>	15	0	0	0	0	3	0	0	15	✓		✓
<b>Cookies, Bars &amp; Snacks</b>												
Chocolate Chip Cookie	260	13	8	40	0	3	22	35	300		✓	
Gluten-Free Chocolate Chip Cookie	290	15	9	45	0	3	25	39	140	✓	✓	
Nutella Cookie	270	15	8	40	1	4	22	35	250		✓	
Proper Energy Bar	380	18	7	0	6	11	20	45	210	✓		✓
Oatmeal Walnut Cookie	320	15	7	45	0	5	22	41	290		✓	
Dried Mango	171	0	0	0	1.5	2	25	43	15	✓		✓
Crudite with Hummus	220	13	2	0	5	9	7	20	380	✓		✓

### Notes

Where listed separately, sub-items are optional add-ons (e.g., cheese, dressing) and have not been included in the main item's nutrition information.

Dressing nutrition is based on entire amount provided with each salad.

1 Prepared with gluten-free ingredients. However, our kitchen is not gluten-free, so it is possible for these items to contain trace amounts of gluten.

2 Heartier portion, often enjoyed as multiple servings. Nutrition info is shown for the entire item.

3 Caffeine per bottle: Coconut Cold Brew 136mg; Cold Brew 178mg; Iced Tea 52mg





## Allergens (Summer 2021)

	Gluten	Dairy	Egg	Nuts	Fish (Seafood)	Shellfish	Soy	Onion	Cilantro	Garlic	Sesame	Gluten Free <sup>1</sup>	Vegetarian	Vegan
<b>Soup</b>														
Roasted Tomato Soup								✓	✓	✓		✓		✓
<b>Juice &amp; Drinks</b>														
Proper Green Juice												✓		✓
Watermelon Strawberry Beet												✓		✓
Orange Carrot Apple Ginger												✓		✓
Coconut Cold Brew Coffee <sup>5</sup>												✓		✓
Cold Brew Coffee <sup>5</sup>												✓		✓
Iced Tea <sup>5</sup>												✓		✓
<b>Cookies, Bars &amp; Snacks</b>														
Chocolate Chip	✓	✓	✓				✓							✓
Gluten-Free Chocolate Chip		✓	✓				✓					✓	✓	
Nutella	✓	✓	✓	✓			✓						✓	
Oatmeal Walnut	✓	✓	✓	✓									✓	
Proper Energy Bar				✓			✓					✓		✓
Dried Mango												✓		✓
Crudite with Hummus										✓	✓	✓		✓

### Notes

**Allergen information is inclusive for all elements of the item including dressing**

- 1 Prepared with gluten-free ingredients. However, our kitchen is not gluten-free, so it is possible for these items to contain trace amounts of gluten.
- 2 Cheese and nuts are served in a separate container - without the cheese, these items are dairy-free/nut-free
- 3 Acai Smoothie is made with coconut and almond milk
- 4 Wontons are served in a separate container - without wontons, this salad is gluten-free
- 5 Caffeine per bottle: Coconut Cold Brew 136mg; Cold Brew 178mg; Iced Tea 52mg

For more information, please contact [info@properfood.com](mailto:info@properfood.com)