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**OFFICE MEAL
OFFERINGS**
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SUMMER
JUNE 2021





A fresh take on office meals – delicious, delivered and healthy in every way.

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We're at the ready with options to suit every office need. We offer something for everyone with plenty of vegan, vegetarian and gluten-free options, all individually packaged and sustainably sourced.

We put great care into everything we do. Our sandwiches, salads, hot entrees, breakfast items and snacks are made-from-scratch each day under the highest safety standards in our central kitchen.



OFFICE MEAL SOLUTIONS

Proper Meal Program

Set it and forget it! Individually packaged meals delivered fresh each day based on a pre-approved rotating menu.

Proper Pick-Up Point

Employees place individual orders online. We drop-off in a single delivery to a designated Pick-up Point in your office. Optional employer subsidy.

Proper Fridge

Self-service Proper Fridge installed in your office. We will refill fresh meals, snacks and beverages each day. Employees pay directly by credit card. Optional employer subsidy.

Ad Hoc Orders

Delicious, delivered and individually packaged! Place orders online, by email or phone as-needed. Choose between delivery or pick-up at the nearest Proper location.

WE'RE HERE FOR YOU!

Email us at
OfficeMeals@properfood.com
or visit
properfood.com



Breakfast

Croissant Sandwich Bacon | Veg (V)

Free-range sunny-side up egg, white cheddar, fresh butter croissant

Overnight Oats (Vegan & GF)

Gluten-free oats, almond milk, almonds, raisins

Proper Yogurt Parfait (V & GF)

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

Chiquito Breakfast Burrito 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, coconut, almonds

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

Free-range scrambled eggs, white cheddar cheese, basil aioli, marinated tomato, gluten-free English muffin

Hot Plates

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

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

Enchiladas Chicken (GF) | Sweet Potato (V & GF)

Guajillo salsa, roasted poblano peppers, corn tortilla, Oaxaca and manchego cheese, onions, cilantro, creme fraiche

Korean BBQ Hot Plate Beef (GF) | Chicken (GF)

All-natural Angus short ribs (or free-range chicken), sushi rice, napa cabbage, green onions, sesame seeds, soy sauce, gochujang sauce

Miso-Stir Fry Hot Plate Chicken (GF) | Shrimp (GF) | Tofu (Vegan, GF)

Organic brown rice, miso-glazed free-range chicken or miso-prawns or tofu, veggies (sautéed red bell peppers, steamed broccoli, carrots), sugar snap peas, bean sprouts, miso sauce, green onions

Salads

Summer Salad Salmon (GF) | Shrimp (GF) | Veg (V, GF)

Fresh roasted salmon or seared shrimp, peaches, thyme-marinated cherry tomatoes, honey-almonds, feta, creamy herb-lemon dressing

Chinese Salad Chicken | Tofu (v)

Marcona almonds, sesame seeds, carrots, wontons, navel oranges, cilantro, red cabbage, romaine, sesame & green onion dressing

Lemon Quinoa Chicken (GF) | Veg (V & GF)

Lemon quinoa, spinach, feta cheese, cherry tomatoes, basil, picholine olives, lemon vinaigrette

Couscous & Spinach Salad with Honey Coriander Chicken

Honey-coriander free-range chicken, baby spinach, Mediterranean couscous, basil pesto, parmesan cheese, roasted red peppers, pine nuts, cranberries, goat cheese, house-made lemon vinaigrette

Coconut Prawn & Kale Salad

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

Lemon Pepper Tuna Salad

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

Tuscan Kale Salad Tuna (GF) | Chicken (GF)

Seared line-caught ahi tuna or FreeBird chicken, roasted pepper medley, toasted marcona almonds, pickled red onions, basil, kale and spinach, garlic-herb dressing

Charbroiled Flank Steak, Rice & Bean Bowl

All-natural flank steak, black beans, cannellini beans, Mexican red rice, queso fresco, shredded iceberg lettuce, avocado, crispy corn tortillas, lime vinaigrette

Crispy Prawns and Green Tea Soba

Paprika prawns, soba noodles, broccoli, roasted peanuts, shredded carrots, scallions, black sesame, green tea, soy & tahini dressing

Proper Go-Go's (small portion size)

Grilled Peach & Feta | Spicy Edamame | Caprese

Sandwiches, Wraps, Soups

Turkey Avocado Sandwich

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

Chicken Pesto Sandwich

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

Southwest Chicken Wrap

Free-range grilled chicken, Mexican rice, avocado, tortilla chips, black bean hummus, pico de gallo, crème fraiche, spinach tortilla

Carne Asada Burrito

All-natural carne asada steak, Mexican rice, black beans, cheddar cheese, crème fraiche, avocado, salsa, organic flour tortilla

Proper Caprese Sandwich Veg | Lemon-Chicken

Smoked mozzarella, beefsteak tomatoes, pine nut pesto, garlic aioli, fresh basil, wheat roll

Pastrami Sandwich

All-natural beef pastrami, tomatoes, pickled onions, sharp cheddar cheese, jalapeno, lettuce, whole grain honey mustard, aioli, basil-garlic pesto, grilled rye bread

Carnitas Burrito

Citrus-braised carnitas, roasted tomato rice, black beans, cheddar cheese, crème fraiche, avocado, flour tortilla

Vegan Wrap (Vegan)

Citrus-marinated organic tofu, roasted sweet potatoes, house-made hummus, roasted tomatoes, marinated kale, spicy lemon vinaigrette, organic wheat tortilla

Roasted Tomato Soup with Truffle Oil (Vegan & GF)

Proper Snacks & Treats

Proper Energy Bar (Vegan & GF)

House-made, goji berry, rolled oats, flax seed, coconut peanut butter, dark chocolate, dried cherries, sea salt

Chocolate Chip Cookie (V)

House-made, dark chocolate and sea salt

Spudlove Potato Chips – Sea Salt | Salt & Vinegar (Vegan & GF);

Toasted Almonds (Vegan & GF)

Dried Mango (Vegan & GF); Tcho Chocolate Squares

Cold-Pressed Juices

Orange Carrot Apple Ginger Lemon (Vegan & GF)

Proper Green Juice (Vegan & GF)

Watermelon Strawberry Beet Juice (Vegan & GF)

Coffee & Beverages

Coffee Carafe | Cold Brew Coffee: Organic, fair-trade

Chilled Beverages: Boxed Water, Pellegrino Sparkling Water,

Watermelon Hint Water, Coconut Water, Ginger Ale, Boylan's Lime Seltzer, Yuzu Sparkling Juice