



## 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 \$4.95

### Crudité with Feta-Tzatziki

Celery, carrots, cucumber, broccoli, red radish, feta-tzatziki \$4.95

### Croissant Sandwich

Sunny-side up free-range egg, New York white cheddar, freshly baked butter croissant \$4.95 (or with bacon \$5.95)

### 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 carne asada steak \$7.95)

### Egg White Frittata

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

### Breakfast Hot Plate

Free-range scrambled eggs, sautéed garlic spinach, breakfast potatoes, green onions, Sir Kensington's ketchup \$6.96 (or with bacon \$7.95)

## 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

### 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

### TLT Vegan Sandwich

Citrus-marinated tempeh, beefsteak tomato, red leaf lettuce, vegan aioli, whole wheat bread \$8.95

### Ham & Cheese Croissant Sandwich

Applewood smoked all-natural ham, gruyère cheese, apricot & shallot compote, wild arugula, dijon mustard, freshly baked butter croissant \$7.95

### Carnitas Bowl

All-natural citrus-braised carnitas (pork), Mexican rice, black beans, cheddar cheese, crème fraîche, avocado, house-made salsa, flour tortilla \$12.50

### Mexican Tofu Bowl

"Carne Asada" seasoned organic tofu, saffron rice, black beans, cheddar cheese, crème fraîche, avocado, house-made salsa, flour tortilla \$9.50

Eat Well & Good

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## SALADS & ENTREES

(all hot plates can be served warm)

### Salmon Teriyaki Hot Plate

Fresh glazed salmon, brown rice, broccoli, sugar snap peas, nori, teriyaki sauce, sesame seeds \$15.50 (or with organic tofu \$10.95)

### 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 BBQ Hot Plate

All-natural angus short ribs, organic brown rice, roasted ginger & garlic broccolini, green onions, sesame seeds, soy sauce, Gochujang sauce \$13.95

### Chicken Enchiladas

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

### Chinese Chicken Salad

Roasted free-range chicken, Marcona almonds, sesame seeds, carrots, crispy wontons, Valencia oranges, cilantro, mixed greens, sesame & green onion dressing \$12.95 (or with soy sesame marinated organic tofu \$11.95)

### 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)

### Fall Salad with Salmon

Honey-lemon roasted salmon, poached apples, charred radicchio, goat cheese, caramelized shallots, arugula, kale, lemon, carrot-ginger vinaigrette \$14.95 (or with oven-roasted butternut squash \$11.95)

### Spicy Miso Salmon & Green Tea Soba Salad

Fresh miso-glazed salmon, soba noodles, broccoli, honey almonds, breakfast radish, crispy scallions, lemon zest, 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

Orange, Carrot, Ginger  
Pomegranate, Asian Pear, Ginger  
Alkaline Green Juice: Apple, Cucumber, Celery, Himalayan Pink Salt, Kale, Spinach, Broccoli \$6.95

### Coffee

Brewed 100% organic, fair-trade coffee  
\$2.50 12oz | \$3.00 16oz  
Cold-Brew \$4.50

### Tea

Selection of organic teas  
\$2.50 16oz  
Iced Tea \$3.50

### 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

