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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

House-Made 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

Roasted Tomato & Egg White Frittata (V, GF)
Free-range egg whites, roasted tomatoes, parmesan cheese, basil

Power Breakfast Plate 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 scrambled eggs, sharp cheddar cheese, basil aioli, marinated tomato, gluten-free English muffin

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, toasted coconut flakes, almonds

Gluten-Free Breakfast Sandwich Turkey Sausage (GF) | Veg (V & GF)
Turkey sausage, 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, snap peas, nori, sesame, green onion, teriyaki

Coconut Curry Hot Plate Salmon (GF) | Chicken (GF) | Tofu (V & GF)
Roasted broccoli, saffron rice, sliced almonds, cherries, parsley, coconut-yellow curry

Chimichurri Steak Protein Plate (GF)
All-natural hanger steak, roasted sweet potato, roasted broccolini, pickled beets, chimichurri sauce

Miso-Stir Fry 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

Summer Salmon Hot Plate (GF)
Fresh roasted salmon, roasted sweet potato, roasted broccolini, pickled beets, chimichurri sauce

Salads

Summer Salad Salmon (GF) | Shrimp (GF) | Veg (V, GF)
Fresh roasted salmon or seared shrimp, grilled peaches, thyme-marinated cherry tomatoes, honey-almonds, feta, creamy herb-lemon dressing

Chinese Salad Chicken | Prawn | Tofu (v)
Marcona almonds, sesame seeds, carrots, wontons, navel oranges, cilantro, red cabbage, romaine, sesame & green onion dressing

Mediterranean Quinoa Salad Chicken (GF) | Veg (V & GF)
Cherry tomatoes spinach, Feta, mint, parsley, scallions, organic quinoa, lemon vinaigrette

Roasted Shiitake & Green Tea Soba Noodle Salad (v)
Roasted shiitake mushrooms, soba noodles, broccoli, peanuts, carrots, scallions, black sesame, green tea, soy & tahini dressing

Seared Lemon Pepper Tuna Salad

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

Tuscan Kale Salad Chicken (GF)
Roasted FreeBird chicken, roasted pepper medley, toasted marcona almonds, pickled red onions, basil, kale and spinach, garlic-herb dressing

Go-Go Salads (small portions)

Grilled Peach & Feta (V, GF): Grilled Peaches, arugula, cherry tomatoes, feta, mint, lemon mint dressing

Spicy Edamame (V): Edamame, garlic-ginger chili sauce, toasted sesame
Caprese (V, GF) cherry tomatoes, fresh mozzarella, fresh basil, mixed greens, golden balsamic vinegar

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 BLT Sandwich
Grilled all-natural chicken, bacon, roasted garlic aioli, lettuce, 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

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

Grilled Chicken Wrap
Free-range grilled chicken, sun-dried tomatoes, English cucumber, spring mix lettuce, hummus, wheat tortilla

Saffron Rice Vegan Wrap (Vegan)
Charcoal hummus, saffron lemon rice, roasted tomatoes, pickled onions, chopped basil, whole wheat tortilla

Roasted Tomato Soup with Truffle Oil (Vegan & 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
House-made with dark chocolate, sea salt

Crudité with Hummus (Vegan & GF)
Carrots, broccoli, cucumber, celery, radish, house-made hummus

Seasonal Fruit cup (Vegan & GF)
Peach, plum, strawberry, watermelon, honeydew

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), Pellegrino Sparkling Water, Watermelon Hint Water, Coconut Water, Ginger Ale, Aranciata Rossa