



Breakfast

Croissant Sandwich Bacon | Veg (V)

Free-range scrambled eggs, 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, toasted coconut flakes, 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) | Tofu (Vegan, GF)

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

Salads

Spring Salad Salmon (GF) | Chicken (GF) | Tofu (V, GF)

Lemon pepper-crusted fresh salmon (or chicken | organic tofu), roasted fingerling potatoes, peas, mint, arugula, mixed greens, lemon-thyme shallot 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 Tuna Kale Salad (GF)

Searched line-caught ahi tuna, 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

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 fraîche, spinach tortilla

Carne Asada Burrito

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

Proper Caprese Sandwich Veg | Lemon-Chicken (GF)

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

Vegan Wrap (Vegan)

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

Carrot-Ginger Soup (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

Kettle Chips – Sea Salt (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)

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