



BREAKFAST

Yogurt Parfait

House-made yogurt, almond coconut granola, all natural fruit preserves, agave nectar \$5.95

Maple Turkey Sausage Breakfast Sandwich

All-natural turkey maple fennel sausage patty, New York white cheddar, free-range eggs, organic spinach, lemon aioli \$7.50

Veggie Breakfast Sandwich

House-made hot Italian cannellini bean and tofu breakfast sausage, New York white cheddar, free-range eggs, organic spinach, lemon aioli \$6.95

Sweet Potato & Egg Muffin Nest

Proper bacon, New York white cheddar, free-range eggs, garnet yams, green onions \$3.50 *(VG variation without bacon)*



SOUPS

Carrot and Ginger

Caramelized onion and ginger stock, hazelnut oil \$5.25

Chorizo White Bean

Oregano, thyme, yellow onion, chicken stock, fresh scallion \$5.25
(add a soup with meal \$3.00)



SANDWICHES & WRAPS

Proper PB&J

House-made coconut peanut butter, Proper's own all-natural jam, bananas, walnut bread \$6.95

Proper Roast Beef Sandwich

All-natural house-roasted beef, caramelized onions, freshly grated horseradish aioli, Swiss cheese, Dijon mustard, marble rye \$8.95

Veggie Sandwich

Grilled globe eggplant, spinach, goat cheese, caramelized onions, roasted garlic aioli, focaccia \$7.95

Proper's Smoked Salmon Sandwich *(offered as a special)*

House-smoked, beet-cured salmon, roma tomatoes, preserved Meyer lemons, pea tendrils, mascarpone and cream cheese spread, fennel pollen, Maldon sea salt, Chilean lemon oil, sour batard \$9.95

Smoked Chicken Sandwich

Free-range chicken, sundried tomatoes, romaine, provolone, basil aioli, sourdough bread \$8.50

Mediterranean Wrap

Roasted red pepper hummus, kalamata olives, romaine hearts, marinated roma tomatoes, feta, spinach wrap \$7.95
(with roasted free-range chicken \$9.95)

Tofu Spring Rolls

Miso-glazed tofu, shredded carrots, green onions, romaine, Thai basil, marinated shitake mushrooms, rice paper, Thai chili sauce \$6.95

SALADS, ROLLS & ENTREES

Quinoa Beet Pesto Salad

Beets, red quinoa, wild baby arugula, balsamic reduction, walnuts, goat cheese, mint, basil, red wine vinaigrette \$8.50

(with roasted free-range chicken \$10.95)

Seared Lemon Pepper Tuna Salad

Line-caught Ahi tuna, saffron-infused basmati rice, beluga lentils, roasted almonds, roma tomatoes, kale, sherry vinaigrette \$13.75

Grilled Octopus and Garbanzo Salad

Wild octopus, garbanzo beans, frisée, bell peppers, Spanish croutons (migas), chives, lemon vinaigrette \$12.50

Miso-Glazed Salmon and Soba Noodle

Fresh salmon, soba noodles, broccoli, cilantro, roasted peanuts, marinated shitake mushrooms, daikon radish, sesame dressing \$13.75

Spring Salad

Arugula, red romaine, mint, pickled rainbow carrots, apricots, zesty almonds, Manchego, white balsamic vinaigrette \$7.95

Organic Baby Spinach Salad

Spinach, roasted walnuts, goat cheese, granny smith apples, bing cherries, lemon vinaigrette \$7.95

Char-Broiled Flank Steak, Rice and Bean Bowl

All-natural flank steak, black beans, cannellini beans, Mexican red rice, queso fresco, shredded iceberg lettuce, avocado, crispy corn tortillas, lime vinaigrette \$11.95

Chef's Special Spring Vegetable Lasagna

Homemade pasta, roasted fennel, wild mushrooms, roasted artichokes, house-made black pepper ricotta, red wine marinara sauce, spinach \$9.95

• • •

DESSERTS, SIDES & DRINKS

Proper Energy Bar

Goji Berry, flax seed, coconut peanut butter, dark chocolate, dried cranberries \$3.50

Cookies

Chocolater Chip

Nutella

Oatmeal Walnut

\$1.75 each

Dried Mango

\$2.95

Organic Mixed Nuts

\$2.50

Artisanal Potato Chips

\$1.95

OneBar

\$1.95

Proper Jam

House-made organic blueberry jam

\$8.00

Juices

Energy - Orange, Carrot, Ginger Superfood - Watermelon,

Strawberry, Beet

Detox - Apple, Broccoli, Celery

\$6.95

Coffee

Brewed 100% organic, fair-trade Weaver's coffee

\$2.00 12oz

\$2.50 16oz

Tea (includes iced tea)

Selection of Weaver's organic teas

\$2.00 16oz

Sparkling Water

\$1.95

Spindrift Soda

\$2.95

Boxed Water

\$1.95

Eat Well & Good

• • •

