Breakfast

A Proper Fruit Cup (GF* & Vegan) $7.75
Pineapple, red grapes, green grapes, pomegranate seeds

Housemade Overnight Oats (GF* & Vegan) $6.95
Gluten-free oats, almond milk, almonds, raisins, cinnamon, agave nectar
Allergens: Tree Nuts

Parfait with Strawberry Compote (GF* & V) $8.50
Proper's strawberry chia jam, blueberries, Greek yogurt, gluten-free oats, dried apples, dried cranberries, golden raisins, cinnamon, agave
Allergens: Milk

Pumpkin Spice Overnight Oats (GF* & Vegan) $7.95
Gluten-free oats, caramelized pecans, dried cranberries, golden raisins, cinnamon, agave, pumpkin chai almond milk
Allergens: Tree Nuts

Coconut Chia Pudding (GF* & Vegan) $7.50
Chia seeds, coconut milk, strawberries, toasted almonds, toasted coconut flakes, brown sugar, vanilla

The Cottage Cup (GF* & V) $7.95
Cottage cheese, Proper's strawberry chia jam, pomegranate seeds, agave, fresh mint
Allergens: Milk

Everything Croissant Breakfast Sandwich with Bacon
$10.25
Cage-free scrambled eggs, crispy bacon, Gruyère cheese, house-made dijonaise, everything seasoning croissant
Allergens: Wheat, Milk, Egg, Sesame

Everything Croissant Breakfast Sandwich (V) $9.25
Cage-free scrambled eggs, Gruyère cheese, house-made dijonaise, everything seasoning croissant
Allergens: Wheat, Milk, Egg, Sesame

Hearty Breakfast Plate with Mushrooms
(GF* & V) $13.95
Cage-free scrambled eggs, roasted button mushrooms, avocado purée, herb roasted potatoes, chopped parsley, steamed organic baby spinach, shredded white cheddar
Allergens: Milk, Egg

Hard-Boiled Egg (GF* & V) $1.50
1 Free-range egg, hard-boiled
Allergens: Egg

Hearty Breakfast Plate with Bacon (GF*) $14.95
Cage-free scrambled eggs, crispy bacon, avocado purée, herb roasted potatoes, chopped parsley, steamed organic baby spinach, shredded white cheddar
Allergens: Mil

Rustic Breakfast Veggie Wrap (V) $9.50
Cage-free scrambled eggs, pepperjack cheese, house-made sundried tomato pesto, herb roasted red potatoes, house-made roasted garlic aioli, green onion, flatbread
Allergens: Milk, Egg, Wheat

Rustic Breakfast Wrap with Chicken Sausage $10.50
Cage-free scrambled eggs, all-natural chicken sausage, pepperjack cheese, house made sundried tomato pesto, herb roasted red potatoes, house-made roasted garlic aioli, green onion, flatbread
Allergens: Milk, Egg, Wheat

Pastries From Colson Patisserie
(Requires 48-hour notice)

Classic Butter Croissant $3.95
Light and flaky, delicately buttery

Blueberry Muffin $4.25
Bright, full of blueberries with a touch of lemon

Banana Walnut Muffin $4.25
Bananas, maple syrup, and toasty bites of walnut

Lemon Loaf $4.95 (GF)
Almond flour lemon loaf cake; light and moist

Egg White & Avocado Plate with Steak (GF*) $16.50
Cage-free scrambled egg whites, 30-day aged and marinated garlic-herb hanger steak, organic steamed baby spinach, feta cheese, herb roasted potatoes, parsley, avocado purée
Allergens: Milk, Egg

Egg White & Avocado Plate with Chicken Sausage
(GF*) $15.50
Cage-free scrambled egg whites, all-natural chicken sausage, organic steamed baby spinach, feta cheese, herb roasted potatoes, parsley, avocado purée
Allergens: Milk, Egg

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Salads

Fall Salad (GF* & V) $15.50
Champagne pickled pears, spiced roasted apples, crumbled goat cheese, red cabbage, pickled red onion, caramelized pecans, dried cranberries, arugula & organic baby spinach, housemade lemon coriander dressing
Allergens: Milk

Fall Salad with Honey-Lemon Salmon (GF*) $19.50
Sustainably sourced garlic-herb salmon, champagne pickled pears, spiced roasted apples, crumbled goat cheese, red cabbage, pickled red onion, caramelized pecans, dried cranberries, arugula & organic baby spinach, housemade lemon coriander dressing
Allergens: Fish, Milk

Fall Salad with Honey-Lemon Chicken (GF*) $17.50
Free-range honey-lemon chicken breast, champagne pickled pears, spiced roasted apples, crumbled goat cheese, red cabbage, pickled red onion, caramelized pecans, dried cranberries, arugula & organic baby spinach, housemade lemon coriander dressing
Allergens: Milk

Seared Lemon Pepper Tuna (GF*) $18.50
Line-caught Ahi tuna, saffron-infused basmati rice, beluga lentils, roasted almonds, Roma tomatoes, kale sherry vinaigrette
Allergens: Fish, Tree Nuts

Lemon Pepper Tofu Salad (GF* & Vegan) $14.95
Organic lemon-pepper marinated tofu, saffron-infused basmati rice, beluga lentils, roasted almonds, Roma tomatoes, kale, housemade sherry vinaigrette
Allergens: Soy, Tree Nuts

Kale Carmela Salad (GF* & V) $15.50
Halved green olives, sliced red bell peppers, red cabbage, nutritional yeast medley, parsley, chopped kale & romaine mix, lemon wedge, housemade Caesar dressing
Allergens: Egg

Kale Carmela Salad with Chicken (GF*) $16.95
Free-range salt & pepper chicken breast, halved green olives, sliced red bell peppers, red cabbage, nutritional yeast medley, parsley, chopped kale & romaine mix, lemon wedge, housemade Caesar dressing
Allergens: Egg

Kale Carmela Salad with Salmon (GF*) $18.50
Sustainably sourced lemon-pepper salmon, halved green olives, sliced red bell peppers, red cabbage, nutritional yeast medley, parsley, chopped kale & romaine mix, lemon wedge, housemade Caesar dressing
Allergens: Fish, Egg

Chinese Salad with Organic Tofu (Vegan) $16.50
Citrus-miso organic tofu, toasted almonds, sesame seeds, carrots, crispy wontons, navel oranges, cilantro, red cabbage, romaine, housemade sesame & green onion dressing
Allergens: Tree Nuts, Soy, Wheat, Sesame

Chinese Chicken Salad $17.50
Roasted free-range chicken, Marcona almonds, sesame seeds, carrots, crispy wontons, Valencia oranges, cilantro, mixed greens, housemade sesame & green onion dressing
Allergens: Tree Nuts, Soy, Wheat, Sesame

Pairing Salads & Proteins

Mediterranean Farro Salad $7.95
Italian pearled farro, diced English cucumbers, Toy Box tomatoes, diced red bell peppers, Kalamata olives, chopped parsley, toasted garlic, housemade lemon basil dressing
Allergens:

Proper Chicken Salad (GF*) $7.95
All-natural shredded chicken breast, dried cranberries, Honeycrisp apples, pickled red onion, wild arugula, caramelized pecans, chopped parsley, house made charred orange aioli
Allergens: Egg, Tree Nuts

Grilled Chicken Breast Side (GF*) $8.50

Grilled Hanger Steak Side (GF*) $10.50

Lemon Pepper Tofu Side (GF* & Vegan) $7.50
Allergens: Soy

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Hot Plates

Chipotle Tofu (GF* & Vegan) $15.95
Organic chipotle marinated tofu, corn salad, steamed green beans, beluga lentils, mixed saffron & Mexican rice, red cabbage, chopped parsley, housemade chipotle sour cream
Allergens: Soy

Chipotle Chicken (GF*) $16.95
Free-range charred chipotle marinated chicken, corn salad, steamed green beans, beluga lentils, mixed saffron & Mexican rice, red cabbage, chopped parsley, housemade chipotle sour cream

Salmon Teriyaki (GF*) $19.25
Sustainably-sourced teriyaki-glazed salmon, broccoli, roasted seaweed, sesame, green onion, umami brown rice, house-made teriyaki sauce
Allergens: Fish, Soy, Sesame

Chicken Teriyaki (GF*) $16.95
Free-range tamari marinated chicken, steamed broccoli, roasted seaweed, umami brown rice, green onions, white sesame seeds, housemade teriyaki sauce
Allergens: Soy, Sesame

Braised Steak and Wild Rice (GF*) $19.25
30-day aged salt & pepper braised hanger steak, sautéed mushrooms & green beans, roasted red onion, wild rice, braised vegetable jus

Lean & Clean Steak (GF*) $18.95
30-day aged and herb-marinated hanger steak, roasted button mushrooms, steamed broccoli, roasted shallots, brown rice, bone broth

Lean & Clean Chicken (GF*) $16.50
Free-range salt and pepper roasted chicken breast, roasted button mushrooms, steamed broccoli, roasted shallots, brown rice, bone broth

Coconut Curry Tofu (GF* & V) $15.95
Organic tofu, roasted broccoli, saffron rice, sliced almonds, cherries, parsley, coconut-yellow curry
Allergens: Soy, Tree Nuts

Coconut Curry Chicken (GF*) $16.50
Free-range chicken, roasted broccoli, saffron rice, sliced almonds, cherries, parsley, coconut-yellow curry
Allergens: Tree Nuts

Chimichurri Salmon (GF*) $18.95
Sustainably sourced garlic-herb salmon, roasted Brussels sprouts, red bell peppers, roasted red potatoes, housemade chimichurri dressing
Allergens: Fish

Chimichurri Steak (GF*) $18.95
30-day aged and marinated garlic-herb hanger steak, roasted Brussels sprouts, red bell peppers, roasted red potatoes, housemade chimichurri dressing

Sandwiches & Wraps

Chicken Salad Sandwich $11.9i5
Free-range shredded chicken breast, dried cranberries, Honeycrisp apples, pickled red onion, red leaf lettuce, caramelized pecans, chopped parsley, housemade charred orange aioli, Proper's honey mustard, multi-grain bread
Allergens: Egg, Wheat, Sesame

Turkey Avocado Sandwich $14.25
All-natural roasted turkey, avocado, red leaf lettuce, jack cheese, house-made lemon aioli, Proper honey mustard, six-grain seeded bread
Allergens: Wheat, Milk, Sesame, Egg

Hanger Steak Sandwich $13.95
30-day aged and marinated garlic-herb hanger steak, pepperjack cheese, housemade lemon aioli, housemade avocado tomatillo sauce, multi-grain bread
Allergens: Egg, Wheat

Chicken BLT Sandwich $13.95
Free-range shredded chicken breast, crispy bacon, sliced Roma tomatoes, housemade black pepper aioli, multi-grain bread
Allergens: Milk, Egg, Wheat

Ham & Gruyère Sandwich $13.95
Black Forest Ham, Gruyère cheese, sliced Roma tomatoes, red leaf lettuce, housemade dijonaise, sourdough bread
Allergens: Milk, Egg, Wheat

Veggie Garden Sandwich $11.50 (Vegan)
Tomato-cucumber salad, housemade hummus, alfalfa sprouts, vegan za'atar aioli, ancient grain bread
Allergens: Wheat, Sesame

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Off the Hook Tuna Sandwich $12.50
Line-caught tuna, diced red peppers, dried cranberries, chopped chives, toasted walnuts, Roma tomatoes, housemade sweet & spicy aioli, red leaf lettuce, nine grain bread
Allergens: Fish, Tree Nuts, Wheat

Fall to Table Wrap with Chicken $14.95
Free-range miso-herb chicken, roasted red peppers and onions, Swiss chard, toasted walnuts, housemade pesto hummus, housemade balsamic reduction, flatbread
Allergens: Tree nuts, Soy, Wheat

Fall to Table Wrap with Sweet Potato (V) $13.95
Free-range miso-herb chicken, roasted red peppers and onions, Swiss chard, toasted walnuts, housemade pesto hummus, housemade balsamic reduction, flatbread
Allergens: Tree nuts, Soy, Wheat

Buffalo Cauliflower Wrap (V) $12.95
Buffalo cauliflower, shredded red cabbage, iceberg lettuce, yellow cheddar cheese, housemade ranch dressing, flatbread
Allergens: Milk, Egg, Wheat

Buffalo Chicken Wrap $13.95
Free range buffalo chicken, shredded red cabbage, iceberg lettuce, yellow cheddar cheese, housemade ranch dressing, flatbread
Allergens: Milk, Egg, Wheat

Crispy Chicken Wrap $14.50
Free range crispy chicken, shredded red cabbage, parmesan, romaine lettuce, housemade buffalo aioli, housemade ranch dressing, flatbread
Allergens: Milk, Egg, Wheat

Chicken Caesar Wrap $14.50
Free-range salt and pepper chicken, chopped romaine lettuce, shaved Parmesan, creamy Caesar dressing, flatbread
Allergens: Milk, Egg, Wheat

Proper Snacks & Treats

Pesto Hummus Crudité Plate (Vegan & GF) $8.50
Housemade pesto hummus, three-colored tomatoes, sliced cucumbers, sliced carrots
Allergens: Sesame

Proper Cheese Plate (V) $7.95
Provolone cheese, pepper jack cheese, yellow cheddar cheese, red grapes, agave salted almonds, garlic crostini
Allergens: Milk, Wheat, Tree Nuts

Proper Energy Bites (GF* & Vegan) $4.95
Hand-rolled. Goji berry, rolled oats, flax seed, coconut peanut butter, dark chocolate, dried cherries, sea salt
Allergens: Soy, Peanuts

Proper Chocolate Chip Cookie (V) $3.95
Housemade with dark chocolate, sea salt
Allergens: Egg, Soy, Milk, Wheat

Cranberry Walnut Oatmeal Cookie (V) $3.95
Oats, walnuts, dried cranberries, cinnamon, orange zest
Allergens: Milk, Egg, Wheat, Tree Nuts

Nutella Cookie (V) $4.25
Allergens: Egg, Soy, Milk, Tree Nuts

Gluten-Free Chocolate Chip Cookie (GF*) $4.25
House-made with dark chocolate, sea salt
Allergens: Milk, Egg, Soy

Beverages

Pomegranate Chia Sea Moss Elixir (GF* & Vegan) $9.95

Proper Mango Iced Tea (GF* & Vegan) $5.95
Black tea blend with dried mangos, hibiscus, and rosehips

Cold Brew Coffee (GF* & Vegan) $5.95
100% organic, direct trade, cold brewed in collaboration with Partners Coffee Roasters

Oat Milk Cold Brew (GF* & Vegan) $6.25
100% organic, direct-trade cold brew with oat milk in collaboration with Partners Coffee Roasters

Cinnamon Mocha Cold Brew Coffee (GF* & Vegan) $6.50
Mexican chocolate, oat milk and sea salt. Coffee brewed with Partners Coffee Roasters

Daily Roots + Beet by Pressed $7.50
Apple juice, lemon juice, ginger juice, beet juice

Daily Citrus + Orange Turmeric by Pressed $7.50
Orange juice, apple juice, aloe water, turmeric, lemon juice, black pepper

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Daily Greens + Ginger by Pressed $7.50
A blend of apple, cucumber, celery, lemon, spinach, ginger, kale and parsley

Coffee Carafe $25.00 (serves 8)
100% organic, direct trade brewed in collaboration with Partners Coffee Roasters

Nama Water $2.75
Olipop Sodas – assorted flavors $4.25
Spindrift Sparkling Water – assorted flavors $2.75
Iced Green Tea $3.00
Hint 'Watermelon' Water $3.25
Coconut Water $3.25

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Salad Platters

Each salad platter serves 10 people

Fall Salad (V & GF) $160
Champagne pickled pears, spiced roasted apples, crumbled goat cheese, red cabbage, pickled red onion, caramelized pecans, dried cranberries, arugula & organic baby spinach, housemade lemon coriander dressing
Allergens: Milk

Fall Salad with Honey-Lemon Chicken (GF) $185
Free-range honey-lemon chicken breast, champagne pickled pears, spiced roasted apples, crumbled goat cheese, red cabbage, pickled red onion, caramelized pecans, dried cranberries, arugula & organic baby spinach, housemade lemon coriander dressing
Allergens: Milk

Chinese Salad w/ Organic Tofu (Vegan) $170
Citrus-miso organic tofu, toasted almonds, sesame seeds, carrots, crispy wontons, navel oranges, cilantro, red cabbage, romaine, sesame & green onion dressing
Allergens: Tree Nuts, Soy, Wheat, Sesame

Chinese Chicken Salad (Dairy-free) $180
Roasted free-range chicken, Marcona almonds, sesame seeds, carrots, crispy wontons, Valencia oranges, cilantro, mixed greens, sesame & green onion dressing
Allergens: Tree Nuts, Soy, Wheat, Sesame

Sandwiches/Wrap Platters

Choose two of the selections below to create a platter for 10

Turkey Avocado Sandwich $80
All-natural roasted turkey, avocado, red leaf lettuce, jack cheese, house-made lemon aioli, Proper honey mustard, six-grain seeded bread
Allergens: Wheat, Milk, Sesame, Egg

Ham & Gruyère Sandwich $77
Black Forest Ham, Gruyère cheese, sliced Roma tomatoes, red leaf lettuce, house-made dijonaise, sourdough bread
Allergens: Wheat, Milk, Egg

Veggie Garden Sandwich (V) $72
Tomato-cucumber salad, house-made hummus, alfalfa sprouts, vegan za'atar aioli, wheat bread
Allergens: Wheat, Sesame

Buffalo Chicken Wrap $75
Free range buffalo chicken, shredded red cabbage, iceberg lettuce, yellow cheddar cheese, housemade ranch dressing, flatbread
Allergens: Wheat, Milk, Egg

Buffalo Cauliflower Wrap (V) $70
Buffalo cauliflower, shredded red cabbage, iceberg lettuce, yellow cheddar cheese, housemade ranch dressing, flatbread
Allergens: Wheat, Milk, Egg

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