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Nutrition (Summer :

Breakfast

	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Dietary Fiber (mg)	Protein (g)	Sugars (g)	Carbohydrates (g)	Sodium (mg)	Gluten Free	Vegetarian	Vegan
Croissant Sandwich	380	24	12	250	0	15	6	26	480		✓	
Croissant Sandwich with Bacon	510	35	16	275	0	19	6	26	680			
Farmhouse Breakfast Wrap with Bacon	580	29	12	405	1	25	1	46	1040			
Farmhouse Breakfast Wrap	530	29	10	390	1	24	1	46	950		✓	
Fruit Cup	90	0	0	0	2	1	18	23	0	✓		✓
Proper Yogurt Parfait	240	9	3	15	2	17	21	29	45	✓	✓	
Coconut Chia Pudding	180	7	3	0	3	2	21	31	210	✓		✓
Power Breakfast	360	21	6	445	2	16	2	27	400	✓	✓	
white cheddar cheese	70	6	3	20	0	5	0	1	115	✓	✓	
Power Breakfast with Bacon	510	21	11	480	2	20	1	25	650	✓		
white cheddar cheese	70	6	3	20	0	5	0	1	115	✓		
Overnight Oats	280	7	0.5	0	0	8	18	48	70	✓		✓
Matcha Overnight Oats	350	12	1	0	5	13	13	50	90	✓	✓	
Morning Muffin with Turkey Sausage	360	19	5	310	1	19	2	28	640			
Morning Muffin	300	14	4	285	1	14	2	28	440		✓	
Croissant Jamon Sandwich	530	38	15	145	1	18	9	30	740			
Hardboiled Eggs	70	5	1	215	0	6	0	1	65	✓	✓	

Salads & Entrées

Summer Salad with Salmon	200	6	2	25	3	16	18	25	85	✓		
feta cheese	60	5	3	0	0	4	0	0	220	✓		
toasted sunflower seeds	50	4	0	0	1	2	0	2	45			
lemon caraway dressing	160	16	3	10	0	1	2	3	210	✓		
Summer Salad with Chicken	210	3	2	45	3	26	18	25	305	✓		
feta cheese	60	5	3	0	0	4	0	0	220			
toasted sunflower seeds	50	4	0	0	1	2	0	2	45	✓		
lemon caraway dressing	160	16	3	10	0	1	2	3	210	✓		
Summer Salad	100	2	2	0	3	3	18	25	25	✓	✓	
feta cheese	60	5	3	0	0	4	0	0	220			
toasted sunflower seeds	50	4	0	0	1	2	0	2	45	✓	✓	
lemon caraway dressing	160	16	3	10	0	1	2	3	210	✓	✓	
Crispy Chicken Salad	280	6	1	175	3	18	5	33	1020	✓		
creamy herb vinaigrette	290	30	8	125	0	3	1	3	190	✓		
Seasonal Grain Bowl with Salmon	460	17	3	45	5	27	4	54	300	✓		
tahini lemon dressing	170	15	2	0	0	6	0	2	130	✓		
Seasonal Grain Bowl with Chicken	430	13	2	45	5	30	5	53	470	✓		
tahini lemon dressing	170	15	2	0	0	6	0	2	130	✓		
Seasonal Grain Bowl (veg)	350	12	2	0	5	11	5	54	250	✓	✓	
tahini lemon dressing	170	15	2	0	0	6	0	2	130	✓	✓	
Couscous & Spinach Salad with Salmon	630	32	7	65	4	31	8	51	690			
lemon vinaigrette	94	10	2	0	0	1	1	2	64			
Couscous & Spinach Salad with Chicken	616	27	6	70	5	38	11	55	980			
lemon vinaigrette	94	10	2	0	0	1	1	2	64			
Chinese Chicken Salad	291	6	1	80	4	37	13	22	440			
sesame & green onion dressing	239	23	4	0	2	3	1	7	830			
wontons	70	4.5	1	0	0	1	0	6	70			
Chinese Salad with Tofu	241	10	2	0	4	15	13	25	390		✓	
sesame & green onion dressing	239	23	4	0	2	3	1	7	830		✓	
wontons	70	4.5	1	0	0	1	0	6	70		✓	
Spicy Tuna Poke Bowl	400	8	2	50	4	28	12	54	235	✓		
sriacha aioli	120	12	2	50	0	1	0	1	65	✓		
Peri Peri Chicken	240	5	0	60	2	28	4	23	980	✓		
peri peri sauce	50	4	1	0	1	0	1	2	270	✓		
Peri Peri Portobello	140	5	0	0	3	5	5	25	1300	✓		✓
peri peri sauce	50	4	1	0	1	0	1	2	270	✓		✓
Mexican Harvest Bowl with Steak	610	23	9	70	2	40	7	60	985			
white cheddar	70	6	3	20	0	5	0	1	115			
salsa	10	0	0	0	1	0	1	2	60			
Mexican Harvest Bowl with Chicken	560	16	4	155	2	39	7	65	905			
white cheddar	70	6	3	20	0	5	0	1	115			
salsa	10	0	0	0	1	0	1	2	60			
Mexican Harvest Bowl with Cauliflower	440	14	4	5	5	16	10	67	1075		✓	
white cheddar	70	6	3	20	0	5	0	1	115		✓	
salsa	10	0	0	0	1	0	1	2	60		✓	
Proper Cobb Salad	340	19	5	285	4	31	2	10	570			
creamy lemon vinaigrette	200	22	4	10	0	1	1	2	500	✓		
blue cheese	60	4	3	15	0	3	0	0.5	220	✓		
Seared Lemon Pepper Tuna	500	23	3.5	30	3	32	3	43	1280	✓		
sherry vinaigrette	90	7	1.5	0	0	0	0	4	210	✓		
Greek Salad with Shrimp	380	21	12	140	3	33	6	15	1245	✓		
red wine vinaigrette	140	15	3	0	0	0	0	0	95	✓		
Greek Salad with Chicken	370	18	10	60	4	38	5	14	960	✓		
red wine vinaigrette	140	15	3	0	0	0	0	0	95	✓		
Greek Salad	310	20	12	0	4	15	6	17	900	✓	✓	
red wine vinaigrette	140	15	3	0	0	0	0	0	95	✓	✓	
Salmon Teriyaki Hot Plate	449	13	2	85	3	37	7	50	690	✓		
teriyaki sauce	71	0	0	0	0	1	11	16	370	✓		
Chicken Enchilada	364	16	9	46	2	19	5	37	930	✓		
crème fraiche	96	10	7	39	0	1	1	1	10	✓		
Carne Asada Enchilada	434	21	11	61	2	25	5	37	600	✓	✓	
crème fraiche	96	10	7	39	0	1	1	1	10	✓	✓	
Sweet Potato Enchilada	324	13	7	26	3	11	6	45	530	✓	✓	
crème fraiche	96	10	7	39	0	1	1	1	10	✓	✓	
Chimichurri Steak	430	25	8.5	100	2	42	1	8	290	✓		



Nutrition (Summer :

	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Dietary Fiber (g)	Protein (g)	Sugars (g)	Carbohydrates (g)	Sodium (mg)	Gluten Free ¹	Vegetarian	Vegan
chimichurri sauce	150	17	2.5	0	0	0	0	2	320	✓		
Chimichurri Salmon	300	15	2.5	80	2	30	1	9	310	✓		
chimichurri sauce	150	17	2.5	0	0	0	0	2	320	✓		
Lean & Clean Chicken Plate	410	5	0	120	3	33	2	41	900	✓		
bone broth sauce	15	1	0	5	0	1	0	1	160	✓		
Lean & Clean Salmon Plate	420	13	2	90	2	38	2	41	780	✓		
bone broth sauce	15	1	0	5	0	1	0	1	160	✓		
Steak Teriyaki	420	15	6	70	3	33	2	41	380	✓		
teriyaki sauce	70	0	0	0	0	1	11	15	360	✓		
Tofu Teriyaki	280	8	1	0	3	15	2	44	320	✓		✓
teriyaki sauce	70	0	0	0	0	1	11	15	360	✓		✓
Lemon Quinoa Salad	563	25	3	0	2	13	1	70	578	✓	✓	
lemon vinaigrette	47	5	1	0	0	1	1	1	32			
feta cheese	30	3	2	0	0	2	0	0	110	✓	✓	
Tabouleh Kale Salad (small)	450	31	6	10	2	12	2	36	680	✓	✓	
Garden Salad (small)	50	2	1	5	2	3	3	7	150	✓	✓	
ricotta salata cheese	30	2	2	10	0	2	0	0	100	✓	✓	
lemon oil vinaigrette	90	10	1	0	0	0	0	1	80	✓	✓	
Grilled Chicken Breast (add-on protein)	120	1	0	65	0	27	0	0	330	✓		
Grilled Hanger Steak (add-on protein)	200	11	4	60	0	24	0	0	470	✓		
Garlic Herb Organic Tofu (add-on protein)	170	11	2	0	2	12	1	5	15	✓		✓
Sandwiches & Wraps												
Turkey Avocado Sandwich	580	27	7	120	5	44	7	45	940			
Tuna Sandwich	490	19	4	90	1	30	10	56	970			
Lemon Pepper Chicken Sandwich	550	23	8	95	2	30	8	48	700			
Veggie Garden Sandwich	450	21	2	0	2	15	9	55	650		✓	
Turkey Coppa Sandwich	430	13	5	70	0	32	11	49	1000			
Grilled Chicken Sandwich	550	25	7	175	1	36	2	46	550			
Portobello & Manchego Sandwich	400	18	5	15	1	16	10	50	650		✓	
Crispy Chicken Wrap	680	26	10	100	1	30	3	76	2770			
Buffalo Wrap - Chicken	590	29	13	120	1	32	2	52	1100			
Buffalo Wrap - Cauliflower	560	23	13	80	3	19	3	58	1120		✓	
Mediterranean Chicken Wrap	460	24	6	90	2	25	1	39	930			
Mediterranean Vegan Wrap	350	16	2	0	2	11	2	44	740			✓
Birria Burrito	470	18	8	45	3	24	3	54	1080			
Proper PB&J	570	24	6	0	2	18	14	82	830			✓
Vegan Wrap	510	15	3	0	1	18	3	64	1030			✓
Chicken Pesto Wrap	590	33	5	45	2	29	3	45	1160			
Ham & White Cheddar Sandwich	450	21	8	100	0	29	2	38	1020			
Chicken BLT Wrap	620	17	10	115	1	35	2	52	1240			
Kids Quesadilla (SFO only)	290	18	11	40	0	13	1	21	590		✓	
Salmon Sushi Roll (SFO Only)	315	8	1	30	4	17	8	47	120	✓		
wasabi & ginger	10	0	0	0	0	0	0	3	220	✓		
soy sauce	15	0	0	0	0	0	0	1	1220	✓		
Spicy Tuna Sushi Roll (SFO Only)	305	8	1	25	3	18	8	47	150	✓		
wasabi & ginger	10	0	0	0	0	0	0	3	220	✓		
soy sauce	15	0	0	0	0	0	0	1	1220	✓		
Avocado Cucumber Roll (SFO Only)	255	5	1	0	4	7	9	54	110	✓	✓	
wasabi & ginger	10	0	0	0	0	0	0	3	220	✓	✓	
soy sauce	15	0	0	0	0	0	0	1	1220	✓	✓	
Soup												
Chicken Noodle Soup	160	6	1	40	2	10	4	17	750			
Roasted Tomato Soup	60	1	0	0	3	2	7	12	510	✓		✓
Juice & Drinks												
Proper Daily Green Juice	190	0	0	0	10	5	23	45	110	✓		✓
Proper Gold Juice	240	0.5	0	0	11	3	41	58	0	✓		✓
Proper Orange Carrot Ginger Juice	230	0	0	0	10	4	40	55	55	✓		✓
Proper Mango Iced Tea ³	15	0	0	0	0	3	0	0	15	✓		✓
Oat Milk Cold Brew Coffee ³	50	0.5	0	0	0	1	0	8	130	✓		✓
Cold Brew Coffee ³	5	0	0	0	0	1	0	0	10	✓		✓
Cookies, Bars & Snacks												
Chocolate Chip Cookie	260	13	8	40	0	3	22	35	300		✓	
Gluten-Free Chocolate Chip Cookie	290	15	9	45	0	3	25	39	140	✓	✓	
Nutella Cookie	270	15	8	40	1	4	22	35	250		✓	
Proper Energy Bar	380	18	7	0	6	11	20	45	210	✓		✓
Power Date Bites	240	11	4	0	4	5	29	35	30	✓		✓
Dried Mango	171	0	0	0	1.5	2	25	43	15	✓		✓
Crudite with Hummus	220	13	2	0	5	9	7	20	380	✓		✓

Notes

Where listed separately, sub-items are optional add-ons (e.g., cheese, dressing) and have not been included in the main item's nutrition information.

Dressing nutrition is based on entire amount provided with each salad.

1 Prepared with gluten-free ingredients. However, our kitchen is not gluten-free, so it is possible for these items to contain trace

2 Heartier portion, often enjoyed as multiple servings. Nutrition info is shown for the entire item.



Allergens (Summe

Breakfast

	Gluten	Dairy	Egg	Nuts	Fish (Seafood)	Shellfish	Soy	Onion	Cilantro	Garlic	Sesame	Gluten Free ¹	Vegetarian	Vegan
Croissant Sandwich	✓	✓	✓									✓		
Croissant Sandwich with Bacon	✓	✓	✓											
Farmhouse Breakfast Wrap with Bacon	✓	✓	✓					✓		✓				
Farmhouse Breakfast Wrap	✓	✓	✓					✓		✓		✓		
Fruit Cup											✓		✓	
Proper Yogurt Parfait		✓		✓							✓	✓		
Coconut Chia Pudding				✓							✓		✓	
Power Breakfast Plate		✓	✓					✓		✓		✓		
Power Breakfast Plate with Bacon		✓	✓					✓		✓		✓		
Overnight Oats				✓							✓		✓	
Matcha Overnight Oats				✓							✓		✓	
Morning Muffin with Turkey Sausage	✓	✓	✓				✓							
Morning Muffin	✓	✓	✓				✓							
Hardboiled Egg			✓								✓	✓		
Croissant Jamon Sandwich	✓	✓	✓					✓		✓				

Salads & Entrées

Summer Salad with Salmon ²		✓	✓		✓			✓		✓		✓		
Summer Salad with Chicken ²		✓	✓					✓		✓		✓		
Summer Salad ²		✓	✓					✓		✓		✓		
Crispy Chicken Salad	✓	✓	✓					✓		✓				
Seasonal Grain Bowl with Salmon					✓			✓		✓	✓	✓		
Seasonal Grain Bowl with Chicken								✓		✓	✓	✓		
Seasonal Grain Bowl								✓		✓	✓	✓	✓	
Couscous & Spinach Salad with Chicken	✓	✓		✓				✓	✓					
Couscous & Spinach Salad with Salmon	✓	✓		✓	✓			✓	✓					
Couscous & Spinach Salad	✓	✓		✓				✓	✓				✓	
Spicy Tuna Poke Bowl			✓		✓									
Thai Chicken Salad	✓			✓		✓	✓	✓	✓	✓				
Thai Coconut Cauliflower Salad	✓			✓		✓	✓	✓	✓	✓				✓
Peri Peri Chicken							✓	✓	✓	✓		✓		
Peri Peri Portobello							✓	✓	✓	✓		✓	✓	
Mexican Harvest Bowl with Steak	✓	✓					✓	✓	✓	✓				
Mexican Harvest Bowl with Chicken	✓	✓					✓	✓	✓	✓				
Mexican Harvest Bowl with Cauliflower	✓	✓					✓	✓	✓	✓			✓	
Chinese Chicken Salad ⁴	✓ ⁴			✓			✓	✓	✓		✓	✓ ⁴		
Chinese Salad with Tofu ⁴	✓ ⁴			✓			✓	✓	✓		✓	✓ ⁴	✓	
Proper Cobb Salad		✓	✓					✓		✓		✓		
Seared Lemon Pepper Tuna				✓	✓			✓		✓		✓		
Lemon Quinoa		✓												
Greek Salad with Shrimp		✓			✓			✓				✓		
Greek Salad with Chicken		✓						✓				✓		
Greek Salad		✓						✓				✓	✓	
Salmon Teriyaki Hot Plate					✓		✓	✓			✓	✓		
Chimichurri Steak Hot Plate							✓	✓		✓		✓		
Coconut Curry Chicken Hot Plate				✓						✓		✓		
Coconut Curry Tofu Hot Plate				✓			✓			✓		✓		
Chicken Enchilada		✓					✓	✓	✓	✓		✓		
Sweet Potato Enchilada		✓					✓	✓	✓	✓		✓	✓	
Carne Asada Enchilada		✓					✓	✓	✓	✓		✓		
Chimichurri Salmon		✓			✓			✓		✓		✓		
Chimichurri Steak		✓						✓		✓		✓		
Chimichurri Chicken								✓	✓	✓		✓		
Lean & Clean Chicken Plate								✓		✓		✓		
Lean & Clean Salmon Plate				✓				✓		✓		✓		
Tofu Teriyaki							✓	✓		✓	✓	✓		✓
Steak Teriyaki							✓	✓		✓	✓	✓		
Chicken Teriyaki							✓	✓		✓	✓	✓		
Caesar Salad (small)		✓	✓					✓		✓		✓	✓	
Tabouleh Kale (small)		✓		✓				✓		✓		✓	✓	
Garden Salad (small)		✓						✓		✓		✓	✓	
Grilled chicken (add-on protein)												✓		
Steak (add-on protein)										✓		✓		
Garlic-Herb Tofu (add-on protein)									✓	✓		✓		✓



Allergens (Summe

Sandwiches & Wraps

	Gluten	Dairy	Egg	Nuts	Fish (Seafood)	Shellfish	Soy	Onion	Cilantro	Garlic	Sesame	Gluten Free ¹	Vegetarian	Vegan
Turkey Avocado Sandwich	✓	✓	✓				✓			✓				
Lemon Pepper Chicken Sandwich	✓	✓	✓											
Veggie Garden Sandwich	✓								✓				✓	
Ham Brie & Honey Sandwich	✓	✓	✓											
Turkey Coppa Sandwich	✓	✓	✓						✓					
Portobello & Manhego Sandwich	✓	✓							✓			✓		
Tuna Sandwich	✓	✓	✓	✓			✓	✓						
Crispy Chicken Wrap	✓	✓	✓				✓		✓					
Mediterranean Chicken Wrap	✓	✓					✓	✓	✓	✓				
Mediterranean Vegan Wrap	✓						✓	✓	✓	✓			✓	
Buffalo Wrap - Chicken	✓	✓	✓				✓		✓					
Buffalo Wrap - Cauliflower	✓	✓	✓				✓		✓	✓		✓		
Proper PB&J	✓			✓			✓						✓	
Vegan Wrap	✓						✓	✓	✓	✓			✓	
Chicken Pesto Wrap	✓	✓					✓		✓	✓				
Ham & White Cheddar Sandwich	✓	✓	✓						✓					
Chicken BLT Wrap	✓		✓				✓		✓	✓				
Grilled Chicken Sandwich	✓	✓	✓				✓	✓	✓					
Mexican Wrap with Flank Steak	✓	✓					✓	✓	✓	✓				
Veggie Mexican Wrap	✓						✓	✓	✓				✓	
Kids Quesadilla (SFO Only)	✓	✓										✓		
Salmon Sushi Roll (SFO Only)				✓			✓	✓			✓			
Spicy Tuna Roll (SFO Only)			✓	✓			✓	✓		✓	✓			
Veggie Sushi Roll (SFO Only)							✓	✓			✓		✓	
Birria Burrito	✓	✓					✓	✓	✓	✓				

Soup

Chicken Noodle Soup	✓		✓				✓		✓					
Roasted Tomato Soup							✓		✓		✓		✓	

Juice & Drinks

Proper Daily Greens Juice											✓		✓	
Proper Gold Juice											✓		✓	
Proper Orange Carrot Ginger Juice											✓		✓	
Oat Milk Cold Brew Coffee ⁵											✓		✓	
Proper Mango Iced Tea											✓		✓	
Cold Brew Coffee ⁵											✓		✓	

Cookies, Bars & Snacks

Chocolate Chip	✓	✓	✓				✓					✓		
Gluten-Free Chocolate Chip		✓	✓				✓				✓	✓		
Nutella	✓	✓	✓	✓			✓					✓		
Proper Energy Bar				✓			✓				✓		✓	
Power Date Bites				✓							✓		✓	
Dried Mango											✓		✓	
Crudite with Hummus									✓	✓	✓		✓	✓

Notes

Allergen information is inclusive for all elements of the item including dressing

1 Prepared with gluten-free ingredients. However, our kitchen is not gluten-free, so it is possible for these items to contain trace amounts of

2 Nuts are served in a separate container - without the nuts, these items are nut-free

3 Acai Smoothie is made with coconut and almond milk

4 Wontons are served in a separate container - without wontons, this salad is gluten-free

5 Caffeine per bottle: Coconut Cold Brew 136mg; Cold Brew 178mg; Iced Tea 52mg