



Breakfast

Seasonal Fruit Cup (GF & Vegan) \$6.50

Pineapple, seedless watermelon, sliced peaches, blueberries

Overnight Oats (GF & Vegan) \$5.95

Gluten-free oats, almond milk, almonds, raisins, and cinnamon

Hard-Boiled Egg (GF & V) \$1.25

Free-range egg, hard-boiled and individually wrapped (*in the shell*)

Greek Yogurt Parfait (GF & V) \$6.95

Greek yogurt, house-made granola, fresh strawberries, Agave

Chocolate Cherry Overnight Oats

(GF & Vegan) \$6.95

Chocolate and mocha steeped oats, cherry compote, toasted almonds, and fresh mint

Coconut Chia Pudding (GF & Vegan) \$6.50

Chia seeds, vegan coconut yogurt, strawberries, toasted almonds, toasted coconut flakes, brown sugar, vanilla

Power Breakfast with Mushrooms (GF & V) \$8.95

Cage-free scrambled eggs, grilled mushrooms, herb-roasted red potatoes, white cheddar, parsley, chipotle aioli

Power Breakfast with Bacon (GF) \$9.95

Cage-free scrambled eggs, nitrate-free bacon, herb-roasted red potatoes, white cheddar, parsley, chipotle aioli

Morning Muffin with Turkey Sausage \$8.50

Cage-free scrambled eggs, turkey sausage, tomato aioli, yellow cheddar cheese, English muffin

Morning Muffin (V) \$7.50

Cage-free scrambled eggs, tomato aioli, yellow cheddar cheese, English muffin

Croissant Jamon Sandwich \$8.50

Croissant, all-natural ham, gruyere cheese, tarragon aioli

Wrapido Breakfast Wrap (V) \$7.50

Cage-free scrambled eggs, sweet potato hash, yellow cheddar, parsley, house made chipotle aioli, flatbread

Wrapido Breakfast Wrap with Bacon \$8.50

Cage-free scrambled eggs, crispy bacon, sweet potato hash, yellow cheddar, parsley, house made chipotle aioli, flatbread

Salads

Summer Salad with Lemon Turmeric Shrimp

(GF) \$16.50

Lemon turmeric marinated shrimp, peaches, crumbled feta cheese, tomatoes, pickled red onions, toasted sunflower seeds, shredded red cabbage, baby spinach, baby arugula, house-made lemon caraway dressing

Summer Salad with Lemon Turmeric Chicken

(GF) \$15.95

Lemon turmeric marinated chicken, peaches, crumbled feta cheese, tomatoes, pickled red onions, toasted sunflower seeds, shredded red cabbage, baby spinach, baby arugula, house-made lemon caraway dressing

Summer Salad (GF & V) \$14.50

Peaches, crumbled feta cheese, tomatoes, pickled red onions, toasted sunflower seeds, shredded red cabbage, baby spinach, baby arugula, house-made lemon caraway dressing

Chinese Chicken Salad \$16.50

Roasted free-range chicken, Marcona almonds, sesame seeds, carrots, crispy wontons, Valencia oranges, cilantro, mixed greens, sesame & green onion dressing

Chinese Tofu Salad (Vegan) \$14.95

Citrus-miso organic tofu, toasted almonds, sesame seeds, carrots, crispy wontons, navel oranges, cilantro, red cabbage, romaine, sesame & green onion dressing



Pairing Salads & Proteins

Tuna Nicoise Salad \$16.95

Lemon-pepper tuna, marinated tomatoes, green beans, confit potatoes, hard-boiled egg, capers, flatbread croutons, baby arugula, spring mix, lemon-thyme vinaigrette

Greek Salad (GF & V) \$14.50

Roma tomatoes, marinated feta, pickle red onions, Kalamata olives, red pepper, cucumber, chopped romaine, red wine vinaigrette

Greek Salad with Chicken (GF) \$15.95

Free-range chicken, Roma tomatoes, marinated feta, pickle red onions, Kalamata olives, red pepper, cucumber, chopped romaine, red wine vinaigrette

Greek Salad with Shrimp (GF) \$15.95

Lemon-garlic shrimp, Roma tomatoes, marinated feta, pickle red onions, Kalamata olives, red pepper, cucumber, chopped romaine, red wine vinaigrette

Tuscan Kale Salad with Chicken \$14.95

FreeBird garlic-herb chicken, roasted artichokes, Kalamata olives, tomatoes, ricotta salata, flatbread croutons, chopped kale, pecorino vinaigrette

Tuscan Kale Salad with Roasted Mushrooms (V) \$13.95

Roasted mushrooms, roasted artichokes, Kalamata olives, tomatoes, ricotta salata, flatbread croutons, chopped kale, pecorino vinaigrette

Cobb Salad with Chicken (GF) \$15.95

Roasted free-range chicken, blue cheese, cherry tomatoes, crispy bacon, hard-boiled egg, Hass avocado, green onion, mixed greens, creamy lemon vinaigrette

Cobb Salad (GF & V) \$13.95

Blue cheese, cucumber, cherry tomatoes, hard-boiled egg, Hass avocado, green onion, mixed greens, creamy lemon vinaigrette

Lemon Quinoa Salad (GF & V) \$12.50

White quinoa, cherry tomatoes, green olives, feta cheese, chopped basil, organic baby kale, lemon wedge, lemon vinaigrette

Tabouli Kale Salad (GF & V) \$12.50

White quinoa, Manchego, diced tomatoes and cucumbers, roasted pistachios, parsley, baby kale, red pepper flakes, lemon, house-made chimichurri sauce

Pesto Couscous Salad (GF & V) \$12.50

Pesto couscous, roasted red peppers, feta cheese, roasted pine nuts, spring mix

Green Tea Soba Noodle Salad (V) \$7.95

Green tea soba noodles, shredded pickled carrots, red cabbage, edamame, green onion, toasted sesame seeds, house made peanut dressing

FreeBird Grilled Chicken Breast (GF) \$6.50**Line-Caught Roasted Salmon (GF) \$8.50****All-Natural Hanger Steak (GF) \$7.75****Roasted Garlic-Herb Organic Tofu (GF, Vegan) \$4.95**

Hot Plates

Salmon Teriyaki Hot Plate (GF) \$17.50

Fresh glazed salmon, brown rice, broccoli, nori, sesame, green onion, teriyaki sauce

Chicken Teriyaki Hot Plate (GF) \$15.95

Chicken, brown rice, broccoli, nori, sesame, green onion, teriyaki sauce

Peri-Peri Chicken Hot Plate \$14.95

FreeBird Peri-Peri marinated chicken breast, garlicky green beans, sliced onions, lemon-thyme saffron rice, chopped parsley, house-made spicy peri-peri sauce

Peri-Peri Portobello Hot Plate (GF & V) \$13.95

Peri-Peri marinated portobello mushrooms, garlicky green beans, sliced onions, lemon-thyme saffron rice, chopped parsley, house-made spicy peri-peri sauce



Coconut Curry Tofu Hot Plate (GF & V) \$13.95
Organic tofu, roasted broccoli, saffron rice, sliced almonds, cherries, parsley, coconut-yellow curry

Coconut Curry Chicken Hot Plate (GF) \$14.95
Free-range chicken, roasted broccoli, saffron rice, sliced almonds, cherries, parsley, coconut-yellow curry

Chimichurri Steak (GF) \$16.50
Garlic-herb hanger steak, rainbow carrots, roasted red potatoes, garlicky kale, house-made chimichurri sauce

Chimichurri Salmon (GF) \$16.95
Garlic-herb salmon, rainbow carrots, roasted red potatoes, garlicky kale, house-made chimichurri sauce

Lean & Clean Steak (GF) \$15.95
Garlic-herb marinated all-natural hanger steak, steamed broccoli, brown rice with green onion, bone broth and herb sauce

Lean & Clean Chicken (GF) \$13.95
Grilled free-range chicken breast, brown rice with green onion, steamed broccoli, bone broth and herb sauce

Lean & Clean Salmon (GF) \$16.50
Charbroiled, sustainably sourced salmon, brown rice with green onion, steamed broccoli, bone broth and herb sauce

Bowls

(Made to be enjoyed cold or heated!)

Mexican Harvest Bowl with Steak \$16.50
Marinated garlic-herb hanger steak, black bean & corn mix, pickled red onion, chili roasted carrots, shredded white cheddar, chopped cilantro, salsa Tatemada, Mexican brown rice, flour tortilla

Mexican Harvest Bowl with Chicken \$14.95
Garlic-herb FreeBird chicken thigh, black bean & corn mix, pickled red onion, chili roasted carrots, shredded white cheddar, chopped cilantro, salsa Tatemada, Mexican brown rice, flour tortilla

Mexican Harvest Bowl with Cauliflower (V) \$13.50
Roasted chili-lemon cauliflower, black bean & corn mix, pickled red onion, chili-roasted carrots, shredded white cheddar, chopped cilantro, salsa Tatemada, Mexican brown rice, flour tortilla

Seasonal Grain Bowl with Salmon (GF) \$16.95
Garlic-herb marinated salmon, spicy sweet potatoes, quinoa, roasted onion, za'atar roasted carrots, garlicky kale, roasted garbanzo beans, tahini lemon dressing

Seasonal Grain Bowl with Chicken (GF) \$14.95
FreeBird garlic-herb marinated chicken thigh, spicy sweet potatoes, quinoa, roasted onion, za'atar roasted carrots, garlicky kale, roasted garbanzo beans, tahini lemon dressing

Seasonal Grain Bowl (GF & Vegan) \$13.50
Spicy sweet potatoes, quinoa, roasted onion, za'atar roasted carrots, garlicky kale, roasted garbanzo beans, tahini lemon dressing

Sandwiches & Wraps

Proper PB&J (Vegan) \$8.95
House-made coconut peanut butter, Proper's all-natural jam, bananas, walnut bread

Turkey Avocado Sandwich \$12.95
Roasted all-natural turkey, smashed Haas avocado, red leaf lettuce, Monterey jack cheese, lemon aioli, honey mustard, honey wheat bread

Chicken Salad Sandwich \$11.95
Chicken salad, red leaf lettuce, Dijonaise, walnut bread

Turkey & Salami Sandwich \$10.50
Roasted all-natural turkey, provolone cheese, aged salami, house-made pesto mayo, arugula, roasted red peppers, Ficelle (petite baguette)

**Veggie Garden Sandwich \$9.95 (Vegan)**

Tomato-cucumber salad, house made hummus, alfalfa sprouts, vegan za'atar aioli, wheat bread

Portobello & Manchego Sandwich (V) \$9.95

Roasted-pepper portobello mushrooms, Manchego cheese, house-made pesto, nut-free Romesco, arugula, Ficelle (petite baguette)

Ham & White Cheddar Sandwich \$11.95

Black Forest ham, white cheddar, red leaf lettuce, BBQ & Dijon aioli, grilled sourdough bread

Grilled Herb Chicken Sandwich \$12.50

Herb-marinated chicken thigh, avocado and green tomatillo sauce, lemon aioli, roasted peppers, sliced provolone, grilled ciabatta bread

Steak Sandwich \$13.50

Herb marinated hanger steak, avocado and green tomato sauce, lemon aioli, roasted peppers, sliced provolone, grilled ciabatta

Mediterranean Chicken Wrap \$11.50

Marinated chicken thigh, lemon-thyme saffron rice, pickled red onions, feta cheese, garlicky kale, harissa cream, tahini lemon dressing, flatbread

Mediterranean Vegan Wrap (Vegan) \$10.95

Roasted cauliflower, lemon-thyme saffron rice, pickled red onions, garlicky kale, vegan harissa cream, tahini lemon dressing, flatbread

Caesar Salad Wrap with Chicken \$9.95

Salt and pepper chicken, chopped romaine lettuce, shaved parmesan, creamy Caesar dressing, flatbread

Mexican Wrap with Flank Steak \$12.95

Flank steak, sliced green onion, black beans, Oaxaca cheese, salsa Tatemada, Mexican brown rice, flatbread

Veggie Mexican Wrap (Vegan) \$10.95

Mexican brown rice, avocado & roasted corn salsa, salsa Tatemada, spicy lemon aioli, flatbread

Mexican Chicken Wrap \$11.50

FreeBird chopped chicken thigh, black beans, sliced green onion, Oaxaca cheese, salsa Tatemada, Mexican brown rice, flatbread

Chicken BLT Wrap \$9.95

Grilled chicken breast, herb aioli, nitrate-free bacon, Roma tomatoes, red leaf lettuce, flatbread

Buffalo Chicken Wrap \$13.50

Buffalo chicken, roasted corn aioli, yellow cheddar, iceberg lettuce, lavash

Buffalo Cauliflower Wrap (V) \$12.50

Buffalo cauliflower, roasted corn aioli, yellow cheddar, iceberg lettuce, lavash

Proper Snacks & Treats**Proper Energy Bar (GF & Vegan) \$4.95**

Goji berry, rolled oats, flax seed, coconut peanut butter, dark chocolate, dried cherries, sea salt

Proper Date Bites (GF & Vegan) \$5.95

Dates, peanut butter, cocoa powder, coconut spirulina

Nutella Cookie \$3.75**Chocolate Chip Cookie \$3.50**

House-made with dark chocolate, sea salt

Gluten-Free Chocolate Chip Cookie (GF) \$3.75

House-made with dark chocolate, sea salt

Crudit  & House-Made Hummus (V & GF) \$5.50

Broccoli, celery, carrots, cucumber, house-made hummus

Beverages**Proper Green Juice – 16oz. \$8.95**

Cold pressed, Granny Smith apples, cucumber, kale, celery

Proper Orange Carrot Juice – 16oz. \$8.95

Cold pressed, oranges, carrots, ginger, lemon

**Proper Gold Juice – 16oz. \$8.95**

Cold pressed, Granny Smith apples, oranges, pineapple, pears, turmeric, black pepper, ginger

Proper Mango Iced Tea \$5.95

Black tea blend with dried mangos, hibiscus and rosehips

Cold Brew Coffee \$5.00

100% organic, direct trade, cold brewed in collaboration with Partners Coffee Roasters

Oat Cold Brew Coffee \$5.50

100% organic, direct-trade cold brew with Oat milk in collaboration with Partners Coffee Roasters

Cinnamon Mocha Cold Brew Coffee \$5.75

Mexican chocolate, oat milk and sea salt. Coffee brewed with Partners Coffee Roasters

Coffee Carafe \$25.00 (serves 8)

100% organic, direct trade brewed in collaboration with Partners Coffee Roasters

Boxed Water \$2.00**Boylan's Lemon Seltzer \$2.75****Boylan's Ginger Ale \$2.5.75****Topo Chico Sparkling Water \$2.50****Spindrift Sparkling Water – assorted flavors \$2.75****Iced Green Tea \$3.00****Hint 'Watermelon' Water \$2.50****Coconut Water \$3.25**

(Once upon a Coconut)