



Breakfast

Seasonal Fruit Cup (GF & Vegan) \$6.50
Pineapple, seedless watermelon, sliced peaches, blueberries

Hard-Boiled Egg (GF & V) \$1.25
Free-range egg, hard-boiled and individually wrapped (*in the shell*)

Overnight Oats (GF & Vegan) \$4.95
Gluten-free oats, almond milk, almonds, raisins, and cinnamon

Matcha Overnight Oats with Yogurt
(GF & V) \$6.50
Raspberry, Greek yogurt, Matcha, gluten-free oats, caramelized almonds, agave, chia, honey

Greek Yogurt Parfait (GF & V) \$7.50
Greek yogurt, house-made granola, fresh strawberries, Agave

Coconut Chia Pudding (GF & Vegan) \$6.50
Chia seeds, vegan coconut yogurt, strawberries, toasted almonds, toasted coconut flakes, brown sugar, vanilla

Croissant Jamon Sandwich \$7.95
Black Forest ham, Gruyere cheese, tarragon aioli, croissant

Power Breakfast with Mushrooms (GF & V) \$8.95
Cage-free scrambled eggs, grilled mushrooms, sweet potatoes, white cheddar, parsley, house chipotle aioli

Power Breakfast with Bacon (GF) \$9.95
Cage-free scrambled eggs, sweet potatoes, nitrate-free bacon, white cheddar, parsley, house chipotle aioli

Morning Muffin (V) \$6.95
Cage-free scrambled eggs, tomato aioli, yellow cheddar cheese, English muffin

Morning Muffin with Turkey Sausage \$7.95
Cage-free scrambled eggs, turkey sausage, tomato aioli, yellow cheddar cheese, English muffin

Farmhouse Breakfast Wrap (V) \$7.95
Scrambled eggs, roasted potatoes, yellow cheddar, roasted onion, tomato aioli, parsley, flatbread

Farmhouse Breakfast Wrap with Bacon \$8.50
Scrambled eggs, bacon, roasted potatoes, yellow cheddar, roasted onion, tomato aioli, parsley, flatbread

Pastries From Sunday Bakeshop! (Requires 72-hour notice)

Classic Butter Croissant \$27 (6 croissants)
Light and flaky with a well-developed honeycomb crumb, the clear mark of quality and great technique!

Chocolate Croissant \$30 (6 croissants)
Rich Valrhona chocolate cradled in layers of fluffy croissant pastry.

Salads

Summer Salad (GF & V) \$14.50
Peaches, 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) \$16.50
Lemon turmeric marinated chicken breast, peaches, 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 Salmon
(GF) \$17.95
Lemon turmeric marinated salmon, peaches, Feta cheese, tomatoes, pickled red onions, toasted sunflower seeds, shredded red cabbage, baby spinach, baby arugula, house-made lemon caraway dressing



Seared Lemon Pepper Tuna Salad (GF) \$17.50
Line-caught ahi tuna, saffron-infused basmati rice, beluga lentils, roasted almonds, Roma tomatoes, kale, sherry vinaigrette

Chinese Chicken Salad \$15.95
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, Marcona almonds, sesame seeds, carrots, crispy wontons, Valencia oranges, cilantro, mixed greens, sesame & green onion dressing

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

Proper Cobb Salad with Chicken (GF) \$15.95
Roasted free-range chicken, mixed greens, blue cheese, cherry tomatoes, crispy bacon, hard-boiled egg, avocado, green onion, creamy lemon vinaigrette

Crispy Chicken Salad \$15.50
Crispy free-range FreeBird chicken, shredded carrots, cherry tomatoes, chives, butter lettuce and arugula, hard boiled eggs, scallions, radishes, house-made creamy herb vinaigrette

Couscous & Spinach Salad with Honey-Coriander Chicken \$15.95
Honey-coriander free-range chicken, organic baby spinach, Mediterranean couscous, basil pesto, parmesan cheese, roasted red peppers, pine nuts, cranberries, goat cheese, house-made lemon vinaigrette

Couscous & Spinach Salad with Honey-Ginger Salmon \$17.50
Sustainably sourced salmon, organic baby spinach, Mediterranean couscous, basil pesto, parmesan cheese, roasted red peppers, pine nuts, cranberries, goat cheese, house-made lemon vinaigrette

Pairing Salads & Proteins

Lemon Quinoa Kale 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

FreeBird Grilled Chicken Breast \$6.95
All-Natural Hanger Steak \$8.95
Line-Caught Roasted Salmon \$8.95
Roasted Garlic-Herb Organic Tofu \$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

**Steak Teriyaki (GF) \$17.50**

Glazed teriyaki flank steak, broccoli, nori, brown rice, white sesame seeds, green onion, house-made teriyaki sauce

Tofu Teriyaki Hot Plate (GF & Vegan) \$13.50

Crispy tofu, brown rice, broccoli, nori, sesame, green onion, teriyaki sauce

Peri-Peri Chicken (GF) \$14.95

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 (GF & Vegan) \$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 Hanger Steak (GF) \$16.95

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 Salmon (GF) \$16.50

Charbroiled, sustainably sourced salmon, brown rice with green onion, steamed broccoli, bone broth and herb sauce

Lean & Clean Chicken (GF) \$14.95

Grilled free-range chicken breast, brown rice with green onion, steamed broccoli, bone broth and herb sauce

Chicken Enchiladas (GF) \$14.95

Roasted free-range chicken, guajillo salsa, roasted poblano peppers, corn tortilla, Oaxaca and Manchego cheese, onions, cilantro, crème fraiche

Sweet Potato Enchiladas (GF & V) \$13.95

Roasted sweet potato, guajillo salsa, roasted poblano peppers, corn tortilla, Oaxaca and Manchego cheese, onions, cilantro, crème fraiche

Bowls

(Made to be enjoyed cold or heated!)

Mexican Harvest Bowl with Steak \$16.95

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 (GF & V) \$13.50

Spicy sweet potatoes, quinoa, roasted onion, za'atar roasted carrots, garlicky kale, roasted garbanzo beans, tahini lemon dressing

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

Garlic-herb marinated chicken thigh, spicy sweet potatoes, quinoa, roasted onion, za'atar roasted carrots, garlicky kale, roasted garbanzo beans, tahini lemon dressing

**Tuna Poke Bowl (GF) \$15.95**

Line-caught tuna, English cucumber, shaved red cabbage, grated carrot, chopped green onion, black sesame seeds, white sesame seeds, sriracha aioli, nori dust, lemon wedge, sushi rice

Sandwiches & Wraps**Turkey Avocado Sandwich \$12.95**

Roasted all-natural turkey, avocado, red leaf lettuce, Monterey jack cheese, lemon aioli, honey mustard, nine-grain bread

Veggie Garden Sandwich (Vegan) \$10.50

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

Lemon Pepper Chicken and Avocado Sandwich \$13.50

Lemon pepper chicken, bacon, avocado, pepperjack cheese, arugula, Ficelle (*petite baguette*)

Turkey & Salami Sandwich \$11.95

Roasted all-natural turkey, provolone cheese, aged salami, house-made pesto mayo, arugula, roasted red peppers, Ficelle (*petite baguette*)

Turkey Coppa Sandwich \$13.50

Turkey breast, Coppa mild, gouda cheese, Dijonaise, roasted red peppers, pickled cucumbers pepperoncini, Ficelle (*petite baguette*)

Portobello & Manchego Sandwich (V) \$11.95

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

Ham & White Cheddar Sandwich \$10.95

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

Proper PB&J (Vegan) \$8.50

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

Crispy Chicken Wrap \$12.95

Free-range crispy chicken, buffalo aioli, romaine lettuce, house-made ranch dressing, parmesan cheese, flatbread

Buffalo Chicken Wrap \$13.75

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

Buffalo Cauliflower Wrap (V) \$12.75

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

Vegan Wrap (Vegan) \$10.95

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

Chicken BLT Wrap \$12.95

All-natural grilled chicken breast, herb aioli, nitrate-free bacon, Roma tomatoes, red leaf lettuce, flatbread

Chicken Pesto & Hummus Wrap \$13.25

Pesto chicken, house-made hummus, roasted tomatoes, mixed greens, spicy lemon aioli, flatbread

Birria Burrito \$12.50

Beef birria, white cheddar cheese, black beans, cilantro, white onion, green tomatillo salsa, Mexican rice, flour tortilla

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, Feta cheese, garlicky kale, harissa cream, tahini lemon dressing, flatbread

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

**Power Date Bites (GF & Vegan) \$5.50**

Dates, peanut butter, cocoa powder, spirulina
coconut

Crudit  & House-Made Hummus

(GF & Vegan) \$5.50

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

Chocolate Chip Cookie \$3.50

House-made with dark chocolate, sea salt

Gluten-Free Chocolate Chip Cookie \$3.75

House-made with dark chocolate, sea salt

Nutella Cookie \$3.75

House-made

Dried Mango (GF & Vegan) \$2.95

Organic dried mango. No sugar added.

Kettle Sea Salt Chips \$2.25**Shar mini's (GF & Vegan) \$4.50**

Impossibly good trail mix! 100% organic, plant-
based, paleo-friendly, non-GMO, gluten-free, and
preservative-free. (1.5 oz)

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 16oz. \$5.95

Black tea blend with dried mango, hibiscus, and
rosehips

Cold Brew Coffee 16oz. \$5.00

100% organic cold brewed coffee in collaboration
with Andytown Roasting Company

Oat Milk Cold Brew Coffee 16oz. \$5.50

100% organic, cold brewed coffee with oat milk,
in collaboration with Andytown Roasting Company

Cinnamon Mocha Cold Brew Coffee 16oz. \$5.75

Mexican chocolate, oat milk, and sea salt. Coffee
brewed with Andytown Roasting Company

Nama Water \$2.50

*(Individual, multi-use, sustainable & recyclable
bottles that can be reused up to 20 times)*

San Pellegrino Sparkling \$1.95**Spindrift Lemon \$2.75****Spindrift Raspberry \$2.75****Hint 'Watermelon' Sparkling Water \$2.50****Kombucha \$4.50****Boylan's Root Beer \$2.95****Coconut Water \$2.95****wildwonder Guava, Peach, or Mango \$3.95**

(A Sparkling Prebiotic & Probiotic Drink)

**Consistent with other San Francisco restaurants, we have instituted a 5% surcharge on all catering and
restaurant orders to offset the high cost of providing healthcare benefits to our employees*