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**OFFICE MEAL
OFFERINGS**
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SUMMER
July 2024





A fresh take on office meals – delicious, delivered and healthy in every way.

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We're at the ready with options to suit every office need. We offer something for everyone with plenty of vegan, vegetarian and gluten-free options, all individually packaged and sustainably sourced.

We put great care into everything we do. Our sandwiches, salads, hot entrees, breakfast items and snacks are made-from-scratch each day under the highest safety standards in our central kitchen.



OFFICE MEAL SOLUTIONS

Proper Meal Program

Set it and forget it! Individually packaged meals delivered fresh each day based on a pre-approved rotating menu.

Proper Pick-Up Point

Employees place individual orders online. We drop-off in a single delivery to a designated Pick-up Point in your office. Optional employer subsidy.

Proper Fridge

Self-service Proper Fridge installed in your office. We will refill fresh meals, snacks and beverages each day. Employees pay directly by credit card. Optional employer subsidy.

Ad Hoc Orders

Delicious, delivered and individually packaged! Place orders online, by email or phone as-needed. Choose between delivery or pick-up at the nearest Proper location.

WE'RE HERE FOR YOU!

Email us at
OfficeMeals@properfood.com
or visit
properfood.com



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

**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

Pairing Salads & Proteins

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)