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OFFICE MEAL  
OFFERINGS  
...

SUMMER  
July 2024







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

...

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](mailto:OfficeMeals@properfood.com)  
or visit  
[properfood.com](https://properfood.com)



## **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*