



## BREAKFAST

### **Yogurt Parfait**

House-made yogurt, almond coconut granola, all natural fruit preserves, agave nectar \$5.95

### **Maple Turkey Sausage Breakfast Sandwich**

All-natural turkey maple fennel sausage patty, New York white cheddar, free-range eggs, organic spinach, lemon aioli \$7.50

### **Veggie Breakfast Sandwich**

House-made hot Italian cannellini bean and tofu breakfast sausage, New York white cheddar, free-range eggs, organic spinach, lemon aioli \$6.95

### **Sweet Potato & Egg Muffin Nest**

Proper bacon, New York white cheddar, free-range eggs, garnet yams, green onions \$3.50 (*VG variation without bacon*)

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## SOUPS

### **Carrot and Ginger**

Caramelized onion and ginger stock, hazelnut oil \$5.25

### **Chorizo White Bean**

Oregano, thyme, yellow onion, chicken stock, fresh scallion \$5.25  
(*add a soup with meal \$3.00*)

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## SANDWICHES & WRAPS

### **Proper PB&J**

House-made coconut peanut butter, Proper's own all-natural jam, bananas, walnut bread \$6.95

### **Proper Roast Beef Sandwich**

All-natural house-roasted beef, caramelized onions, freshly grated horseradish aioli, Swiss cheese, Dijon mustard, marble rye \$8.95

### **Veggie Sandwich**

Grilled globe eggplant, spinach, goat cheese, caramelized onions, roasted garlic aioli, focaccia \$7.95

### **Proper's Smoked Salmon Sandwich** *(offered as a special)*

House-smoked, beet-cured salmon, roma tomatoes, preserved Meyer lemons, pea tendrils, mascarpone and cream cheese spread, fennel pollen, Maldon sea salt, Chilean lemon oil, sour batard \$9.95

### **Smoked Chicken Sandwich**

Free-range chicken, sundried tomatoes, romaine, provolone, basil aioli, sourdough bread \$8.50

### **Mediterranean Wrap**

Roasted red pepper hummus, kalamata olives, romaine hearts, marinated roma tomatoes, feta, spinach wrap \$7.95  
(*with roasted free-range chicken \$9.95*)

### **Tofu Spring Rolls**

Miso-glazed tofu, shredded carrots, green onions, romaine, Thai basil, marinated shitake mushrooms, rice paper, Thai chili sauce \$6.95

## SALADS, ROLLS & ENTREES

### Quinoa Beet Pesto Salad

Beets, red quinoa, wild baby arugula, balsamic reduction, walnuts, goat cheese, mint, basil, red wine vinaigrette \$8.50  
(with roasted free-range chicken \$10.95)

### Seared Lemon Pepper Tuna Salad

Line-caught Ahi tuna, saffron-infused basmati rice, beluga lentils, roasted almonds, roma tomatoes, kale, sherry vinaigrette \$13.75

### Grilled Octopus and Garbanzo Salad

Wild octopus, garbanzo beans, frisée, bell peppers, Spanish croutons (migas), chives, lemon vinaigrette \$12.50

### Miso-Glazed Salmon and Soba Noodle

Fresh salmon, soba noodles, broccoli, cilantro, roasted peanuts, marinated shiitake mushrooms, daikon radish, sesame dressing \$13.75

### Spring Salad

Arugula, red romaine, mint, pickled rainbow carrots, apricots, zesty almonds, Manchego, white balsamic vinaigrette \$7.95

### Organic Baby Spinach Salad

Spinach, roasted walnuts, goat cheese, granny smith apples, bing cherries, lemon vinaigrette \$7.95

### Char-Broiled Flank Steak, Rice and Bean Bowl

All-natural flank steak, black beans, cannellini beans, Mexican red rice, queso fresco, shredded iceberg lettuce, avocado, crispy corn tortillas, lime vinaigrette \$11.95

### Chef's Special Spring Vegetable Lasagna

Homemade pasta, roasted fennel, wild mushrooms, roasted artichokes, house-made black pepper ricotta, red wine marinara sauce, spinach \$9.95

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## DESSERTS, SIDES & DRINKS

### Proper Energy Bar

Goji Berry, flax seed, coconut peanut butter, dark chocolate, dried cranberries \$3.50

### Cookies

Chocolater Chip

Nutella

Oatmeal Walnut

\$1.75 each

### Dried Mango

\$2.95

### Organic Mixed Nuts

\$2.50

### Artisanal Potato Chips

\$1.95

### OneBar

\$1.95

### Proper Jam

House-made organic blueberry jam

\$8.00

### Juices

Energy - Orange, Carrot, Ginger

Superfood - Watermelon,

Strawberry, Beet

Detox - Apple, Broccoli, Celery

\$6.95

### Coffee

Brewed 100% organic,

fair-trade Weaver's coffee

\$2.00 12oz

\$2.50 16oz

### Tea (includes iced tea)

Selection of Weaver's organic teas

\$2.00 16oz

### Sparkling Water

\$1.95

### Spindrift Soda

\$2.95

### Boxed Water

\$1.95

Eat Well & Good

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