



## **Breakfast**

### **Seasonal Fruit Cup (GF & Vegan) \$6.95**

Figs, blueberries, pomegranate, red grapes, green grapes, honeydew melon

### **House-Made Overnight Oats (GF & Vegan) \$6.50**

Gluten-free oats, almond milk, almonds, raisins, cinnamon, agave nectar

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

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

### **Greek Yogurt Parfait (GF & V) \$7.50**

Strawberries, blueberries, Greek yogurt, agave, gluten-free oats, dried apples, dried cranberries, golden raisins, cinnamon

### **Pumpkin Spice Overnight Oats (GF & Vegan) \$7.50**

Gluten-free oats, honey pecans, dried apples, dried cranberries, golden raisins, cinnamon, agave, pumpkin chai almond milk

### **Coconut Chia Pudding (GF & Vegan) \$6.50**

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

### **Swiss Style Muesli (GF & V) \$7.50**

Muesli oat mix (granny smith apples, dried cranberries, dried apples, golden raisins, gluten-free oats, cinnamon), Greek yogurt, charred orange syrup, blueberries, pomegranate, pepitas

### **Mango & Berry Cup with Greek Yogurt**

(GF & V) \$8.50

House-made mango purée, blackberries, Greek yogurt, agave, chia seeds, lime zest, sea salt

### **Mango & Berry Cup with Vegan Yogurt**

(GF & Vegan) \$8.95

House-made mango purée, blackberries, chia seeds, agave, coconut yogurt, lime zest, sea salt

### **Breakfast Muffin with Turkey Sausage \$8.95**

Cage-free scrambled eggs, turkey sausage, tomato aioli, yellow cheddar, marinated tomatoes, basil, English muffin

### **Breakfast Muffin (V) \$7.95**

Cage-free scrambled eggs, tomato aioli, yellow cheddar, marinated tomatoes, basil, English muffin

### **Everything Croissant Breakfast Sandwich with Bacon \$9.50**

Cage-free scrambled eggs, crispy bacon, Gruyère cheese, house-made dijonnaise, everything seasoning croissant

### **Everything Croissant Breakfast Sandwich (V) \$8.95**

Cage-free scrambled eggs, Gruyère cheese, house-made dijonnaise, everything seasoning croissant

### **Pastries From Colson Patisserie**

(Requires 48-hour notice)

#### **Classic Butter Croissant \$3.95**

*Light and flaky, delicately buttery*

#### **Blueberry Muffin \$4.25 (Vegan)**

*Bright, full of blueberries with a touch of lemon*

#### **Lemon Loaf \$4.95 (GF)**

*Almond flour lemon loaf cake; light and moist*

### **Rustic Breakfast Plate with Mushrooms (GF & V)**

\$11.95

Cage-free scrambled eggs, roasted button mushrooms, roasted butternut squash & sweet potato hash, chopped parsley, steamed organic baby spinach, house-made lemon ricotta

### **Rustic Breakfast Plate with Bacon (GF) \$12.95**

Cage-free scrambled eggs, crispy bacon, roasted butternut squash & sweet potato hash, chopped parsley, steamed organic baby spinach, house-made lemon ricotta

### **Rustic Veggie Breakfast Wrap (V) \$8.95**

Cage-free scrambled eggs, pepperjack cheese, house made sundried tomato pesto, roasted red potatoes, house-made roasted garlic aioli, green onion, flatbread

### **Rustic Breakfast Wrap with Chicken Sausage \$9.95**

Cage-free scrambled eggs, all-natural chicken sausage, pepperjack cheese, house-made sundried tomato pesto, roasted red potatoes, house-made roasted garlic aioli, green onion, flatbread

**Egg White Power Breakfast Bowl with Steak (GF)**

\$15.50

Garlic-herb hanger steak, cage-free scrambled egg whites, baby spinach, spicy roasted sweet potatoes, avocado puree, feta cheese

**Egg White Power Breakfast Bowl with Chicken Sausage (GF)**

\$14.50

All-natural chicken sausage, cage-free scrambled egg whites, baby spinach, spicy roasted sweet potatoes, avocado puree, feta cheese

**Protein Breakfast Bite with Chicken Sausage (GF)**

\$7.95  
Cage-free eggs, all-natural chicken sausage, house-made sun-dried tomato pesto, organic baby spinach

**Protein Breakfast Bite with Mushrooms (GF & V)**

\$6.95  
Cage-free eggs, grilled button mushrooms, house-made sun-dried tomato pesto, organic baby spinach

**Salads****Fall Salad (GF & V)**

\$14.95  
Spicy roasted butternut squash, roasted beets, crumbled goat cheese, agave salted almonds, pomegranate seeds, baby arugula & spinach mix, house-made apple cider vinaigrette

**Fall Salad with Lemon Pepper Salmon (GF)**

\$17.95  
Sustainably-sourced lemon-pepper salmon, spicy roasted butternut squash, roasted beets, crumbled goat cheese, agave salted almonds, pomegranate seeds, baby arugula & spinach mix, house-made apple cider vinaigrette

**Fall Salad with Lemon Pepper Chicken (GF)**

\$16.95  
Freebird lemon-pepper chicken, spicy roasted butternut squash, roasted beets, crumbled goat cheese, agave salted almonds, pomegranate seeds, baby arugula & spinach mix, house-made apple cider vinaigrette

**Farro Salad with Cauliflower (V)**

\$13.95  
Garlic-herb cauliflower, charred Toy Box tomatoes, diced hard-boiled egg, farro salad mix, chives, butter lettuce, lemon zest, house-made chimichurri sauce, house-made creamy herb vinaigrette

**Farro Salad with Garlic-Herb Steak**

\$17.50  
Garlic-herb all-natural hanger steak, charred Toy Box tomatoes, diced hard-boiled egg, farro salad mix, chives, butter lettuce, lemon zest, house-made chimichurri sauce, house-made creamy herb vinaigrette

**Farro Salad with Garlic-Herb Chicken**

\$16.50  
Freebird garlic-herb all-natural chicken, charred Toy Box tomatoes, diced hard-boiled egg, farro salad mix, chives, butter lettuce, lemon zest, house-made chimichurri sauce, house-made creamy herb vinaigrette

**Lemon Quinoa Salad with Roasted Carrots & Labneh (GF & V)**

\$12.95

White quinoa, cherry tomatoes, roasted baby carrots, organic baby spinach, labneh mix, toasted caraway seeds, chopped parsley and basil, house-made lemon vinaigrette

**Lemon Quinoa Salad with Aleppo Chicken (GF)**

\$14.95  
Freebird Aleppo chicken, white quinoa, cherry tomatoes, roasted baby carrots, organic baby spinach, labneh mix, toasted caraway seeds, chopped parsley and basil, house-made lemon vinaigrette

**Seared Lemon Pepper Tuna (GF)**

\$17.50  
Line-caught Ahi tuna, saffron-infused basmati rice, beluga lentils, roasted almonds, Roma tomatoes, kale sherry vinaigrette

**Chinese Chicken Salad**

\$16.95  
Roasted free-range chicken, Marcona almonds, sesame seeds, carrots, crispy wontons, Valencia oranges, cilantro, mixed greens, sesame & green onion dressing

**Chinese Salad with Organic Tofu (Vegan)**

\$15.95  
Citrus-miso organic tofu, toasted almonds, sesame seeds, carrots, crispy wontons, navel oranges, cilantro, red cabbage, romaine, sesame & green onion dressing

**Charred Radicchio Caesar Salad (V)**

\$13.95  
Charred radicchio, sliced herbed celery, shaved parmesan cheese, breadcrumbs, romaine, lemon wedge, house-made Caesar dressing

**Charred Radicchio Caesar Salad with Chicken**

\$15.95  
Freebird garlic-herb chicken, charred radicchio, sliced herbed celery, shaved parmesan cheese, breadcrumbs, romaine, lemon wedge, house-made Caesar dressing

**Charred Radicchio Caesar Salad with Shrimp** \$16.95

Sustainably-sourced lemon-pepper shrimp, charred radicchio, sliced herbed celery, shaved parmesan cheese, breadcrumbs, romaine, lemon wedge, house-made Caesar dressing

**Proper Cobb Salad** (GF & V) \$14.95

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

**Proper Cobb Salad with Chicken** (GF) \$16.95

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

**Pairing Salads & Proteins****Proptato Salad** (GF & V) \$6.95

Red potatoes, sliced green onion, chopped celery, hard-boiled egg crumble, lemon zest, parsley, charred onion aioli, Aleppo pepper

**Sesame Soba with Roasted Mushrooms** (Vegan) \$8.50

Green tea soba noodles, roasted oyster mushrooms, grilled Bok choy, pickled carrots, green onion, toasted sesame seeds, house-made sesame dressing

**Pasta with Creamy Basil Pesto** (V) \$8.50

Red bell peppers, diced cucumber, Toy Box tomatoes, charred broccolini, Kalamata olives, parsley, toasted garlic, penne pasta, house-made lemon pesto dressing

**Grilled Chicken Breast** (GF) \$7.95**Line-Caught Roasted Salmon** (GF) \$9.50**Lemon Garlic Shrimp** (GF) \$7.95**All-Natural Grilled Hanger Steak** (GF) \$9.50**Roasted Garlic-Herb Organic Tofu** (GF & Vegan) \$6.95**Hot Plates****Salmon Teriyaki Hot Plate** (GF) \$17.95

Sustainably-sourced teriyaki glazed salmon, broccoli, roasted seaweed, sesame, green onion, umami brown rice, house-made teriyaki sauce

**Peri-Peri Vegan Tofu Hot Plate** (GF) \$13.95

Peri-Peri organic tofu, peri-peri cauliflower, garlicky green beans, sliced onions, grilled corn, lemon-thyme saffron rice, chopped parsley, house-made spicy peri-peri sauce

**Peri-Peri Chicken** (GF) \$15.95

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 Salmon** (GF) \$17.95

Sustainably-sourced roasted Peri-Peri salmon, garlicky green beans, sliced onions, lemon-thyme saffron rice, chopped parsley, house-made spicy Peri-Peri sauce

**Chicken Asada Hot Plate** (GF) \$14.95

Freebird asada marinated chicken, Mexican basmati rice, black beans, roasted onions, pickled carrots, chopped green onion, house-made salsa Puya, queso fresco

**Carne Asada Hot Plate** (GF) \$16.95

Carne asada all-natural hanger steak, Mexican basmati rice, black beans, roasted onions, pickled carrots, chopped green onion, house-made salsa Puya, queso fresco

**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

**Coconut Curry Shrimp Hot Plate** (GF) \$14.95

Marinated coconut-yellow curry shrimp, roasted salt & pepper broccoli, sliced toasted almonds, dried cherries, parsley, saffron rice, coconut-yellow curry

**Chimichurri Steak Hot Plate** (GF) \$17.95

Garlic-herb all-natural hanger steak, roasted red potatoes, roasted Brussel sprouts, house-made chimichurri dressing

**Chimichurri Salmon Hot Plate** (GF) \$17.95

Sustainably-sourced garlic-herb salmon, roasted red potatoes, roasted Brussel sprouts, house-made chimichurri dressing

**Chicken Protein Hot Plate** (GF) \$15.95

Salt and pepper roasted chicken, grilled button mushrooms, roasted Brussels sprouts, brown rice, bone broth

**Salmon Protein Hot Plate (GF) \$17.95**

Salt and pepper sustainably-sourced salmon, grilled button mushrooms, roasted Brussels sprouts, brown rice, bone broth

**Steak Protein Hot Plate (GF) \$17.95**

Sustainably-sourced garlic-herb marinated hanger steak, grilled button mushrooms, roasted Brussels sprouts, brown rice, bone broth

**Bowls****Proper Chicken Stir-Fry (GF) \$15.95**

Freebird salt & pepper chicken, roasted oyster mushrooms, steamed broccoli, red onion, celery, red peppers, green onion, black & white sesame seeds, house-made soy chili sauce, umami brown rice

**Proper Shrimp Stir-Fry (GF) \$16.95**

Sustainably-sourced lemon-pepper shrimp, roasted oyster mushrooms, steamed broccoli, red onion, celery, red peppers, green onion, black & white sesame seeds, house-made soy chili sauce, umami brown rice

**Proper Veggie Stir-Fry (GF & Vegan) \$12.95**

Roasted oyster mushrooms, steamed broccoli, red onion, celery, red peppers, green onion, black & white sesame seeds, house-made soy chili sauce, umami brown rice

**Mediterranean Bowl with Garlic-Herb Cauliflower (V) \$14.95**

Garlic-herb cauliflower, roasted baby carrots, tomato cucumber chickpea salad, organic baby spinach, lemon couscous, labneh, house-made lemon tahini dressing

**Mediterranean Bowl with Peri-Peri Chicken \$15.95**

FreeBird peri-peri chicken, garlic-herb cauliflower, roasted baby carrots, tomato cucumber chickpea salad, organic baby spinach, lemon couscous, labneh, house-made lemon tahini dressing

**Mediterranean Bowl with Peri-Peri Salmon \$17.50**

Sustainably-sourced peri-peri salmon, garlic-herb cauliflower, roasted baby carrots, tomato cucumber chickpea salad, organic baby spinach, lemon couscous, labneh, house-made lemon tahini dressing

**Sandwiches & Wraps****Steak Sandwich \$13.95**

Herb-marinated all-natural hanger steak, avocado and green tomato sauce, house-made lemon aioli, roasted peppers, sliced provolone, grilled ciabatta bread

**Garden Sandwich with Chicken \$11.95**

FreeBird roasted salt and pepper chicken breast, tomato-cucumber salad, house-made hummus, alfalfa sprouts, vegan za'atar aioli, ancient grain bread

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

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

**Turkey Avocado Sandwich \$13.50**

All-natural roasted turkey, avocado, red leaf lettuce, jack cheese, house-made lemon aioli, Proper honey mustard, six-grain seeded bread

**Turkey Gruyère Croissant Sandwich \$12.95**

Sliced turkey, Gruyère cheese, house-made dijonnaise, everything seasoning croissant

**Chicken BLT Sandwich \$14.50**

Salt and pepper chicken, pepperjack cheese, crispy bacon, sliced Roma tomatoes, chipotle aioli, red leaf lettuce, nine grain hero

**Chef's Artisanal PB&J (Vegan) \$9.50**

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

**Ham & Gruyère Sandwich \$12.95**

Black Forest Ham, Gruyère cheese, sliced Roma tomatoes, red leaf lettuce, house-made dijonnaise, sourdough bread

**Mediterranean Wrap with Spiced Chicken \$11.95**

FreeBird spiced chicken thigh, tomato-cucumber salad, feta, labneh, arugula, house-made lemon tahini dressing, flatbread

**Mediterranean Garden Wrap (V) \$10.95**

Tomato-cucumber salad, feta, labneh, alfalfa sprouts, arugula, house-made lemon tahini dressing, flatbread

**Crispy Cheddar Chicken Wrap \$11.95**

Free-range crispy chicken, white cheddar cheese, roasted garlic aioli, red cabbage, shredded romaine lettuce

**Caesar Salad Wrap with Chicken \$10.95**

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

**Carne Asada Burrito \$11.95**

Carne asada all-natural hanger steak, Mexican Rice, black beans, white cheddar cheese, green onion, salsa Puya, sour cream, flour tortilla

**Chicken Asada Burrito \$10.95**

Freebird asada marinated chicken, Mexican Rice, black beans, white cheddar cheese, green onion, house-made salsa Puya, sour cream mix, flour tortilla

**Tofu Asada Burrito (V) \$9.95**

Asada marinated organic tofu, Mexican Rice, black beans, white cheddar cheese, green onion, house made salsa Puya, sour cream mix, flour tortilla

**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) \$4.95**

Dates, peanut butter, cocoa powder, coconut spirulina

**Power Up Protein Snack (GF) \$8.50**

Garlic-herb chicken breast, hard-boiled egg, Marcona almonds, organic baby spinach

**Crudit  with House-Made Hummus (Vegan & GF) \$6.50**

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

**Cheese Plate (V) \$6.50**

Provolone cheese, yellow cheddar cheese, red grapes, crostini

**Proper Chocolate Chip Cookie (V) \$3.50**

House-made with dark chocolate, sea salt

**Cranberry Walnut Oatmeal Cookie (V) \$3.50**

Gluten-free oats, walnuts, dried cranberries, cinnamon, orange zest

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

House-made with dark chocolate, sea salt

**Beverages****Daily Green – 16oz. \$8.95**

Cold pressed Granny Smith apples, cucumber, kale, celery

**Orange Carrot Ginger – 16oz. \$8.95**

Cold pressed oranges, carrots, ginger, lemon

**Proper Gold – 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 \$5.50**

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

**Oat Milk Cold Brew \$5.95**

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

**Cinnamon Mocha Cold Brew Coffee \$6.25**

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

**Nama Water \$2.50****Olipop Sodas – assorted flavors \$3.75****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)





## **Sandwiches/Wrap Platters**

*Choose two of the selections below to create a platter for 10*

### **Turkey Avocado Sandwich \$80**

All-natural roasted turkey, avocado, red leaf lettuce, jack cheese, house-made lemon aioli, Proper honey mustard, six-grain seeded bread

### **Ham & Gruyère Sandwich \$80**

Black Forest Ham, Gruyère cheese, sliced Roma tomatoes, red leaf lettuce, house-made dijonnaise, sourdough bread

### **Veggie Garden Sandwich (V) \$65**

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

### **Chef's Artisanal PB&J (Vegan) \$60**

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

### **Mediterranean Garden Wrap (V) \$65**

Tomato-cucumber salad, feta, labneh, alfalfa sprouts, arugula, house-made lemon tahini dressing, flatbread

### **Mediterranean Wrap with Spiced Chicken \$75**

FreeBird spiced chicken thigh, tomato-cucumber salad, feta, labneh, arugula, house-made lemon tahini dressing, flatbread

## **Salad Platters**

*Each salad platter serves 10 people*

### **Fall Salad (V & GF) \$160**

Spicy roasted butternut squash, roasted beets, crumbled goat cheese, agave salted almonds, pomegranate seeds, baby arugula & spinach mix, house-made apple cider vinaigrette

### **Fall Salad with Lemon Pepper Chicken (GF) \$180**

Freebird lemon-pepper chicken, spicy roasted butternut squash, roasted beets, crumbled goat cheese, agave salted almonds, pomegranate seeds, baby arugula & spinach mix, house-made apple cider vinaigrette

### **Proper Cobb Salad (V & GF) \$155**

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

### **Proper Cobb Salad with Chicken (GF) \$175**

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

### **Chinese Salad with Organic Tofu (Vegan) \$165**

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

### **Chinese Chicken Salad (Dairy-free) \$175**

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