



Nutrition (Winter 2025) - NYC

Breakfast

	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Dietary Fiber (mg)	Protein (g)	Sugars (g)	Carbohydrates (g)	Sodium (mg)	Gluten Free	1	Vegetarian	Vegan
Everything Croissant Sandwich	460	31	13	390	0	18	6	26	400				
Rustic Breakfast Plate with Bacon	430	28	10	760	3	26	3	13	455	✓			
lemon ricotta cheese	70	6	3	20	0	5	0	1	115	✓			
Rustic Breakfast Plate	280	14	5	725	4	22	4	14	215	✓	✓		
lemon ricotta cheese	70	6	3	20	0	5	0	1	115	✓	✓		
Rustic Breakfast Wrap	580	34	12	490	2	26	5	45	830		✓		
Fruit Cup	130	0	0	0	3	2	27	32	25	✓			✓
Breakfast Muffin with Turkey Sausage	470	31	8	355	1	20	3	30	770				
Breakfast Muffin	410	26	6	325	1	16	3	30	580			✓	
Hardboiled Eggs	70	5	1	215	0	6	0	1	65	✓	✓		
Overnight Oats	290	7	0.5	0	0	8	19	50	75	✓			✓
Pumpkin Spice Overnight Oats	250	6	1	0	1	7	12	43	70	✓	✓		
Proper Yogurt Parfait	250	7	2	5	2	7	34	42	20	✓	✓		
Chocolate Cherry Overnight Oats	310	9	1	0	1	10	9	49	210	✓			✓
Egg White Power Breakfast Bowl with Chicken Sausage	430	18	5	40	9	28	9	38	790	✓			
Egg White Power Breakfast Bowl with Steak	530	25	8	45	10	38	6	36	640	✓			
Egg Basket with Bacon	300	15	9	310	0	16	3	14	520				
Egg Basket	240	15	7	295	0	14	3	14	420		✓		
Coconut Chia Pudding	180	7	3	0	3	2	21	31	210	✓			✓
Protein Breakfast Bite	140	9	3	330	1	11	3	5	270	✓	✓		
Protein Breakfast Bite with Chicken Sausage	170	10	3	345	1	13	3	5	370	✓			
Swiss Sytle Muesli	230	8	1	5	2	6	19	35	350		✓		
Mango & Berry Cup with Greek Yogurt	180	3	1	10	4	10	21	29	430	✓			
Mango & Berry Cup with Vegan Yogurt	180	3	2	0	4	2	25	38	410	✓			✓

Salads & Entrées

Winter Salad with Salmon	315	14	2	65	5	26	8	22	240	✓			
savory hazelnuts	60	5	0	0	0	2	2	3	30	✓			
ricotta salata cheese	35	3	2	10	0	2	0	1	130	✓			
charred orange dressing	210	21	4	0	2	1	5	7	210	✓			
Winter Salad with Chicken	265	8	1	60	5	27	8	22	510	✓			
savory hazelnuts	60	5	0	0	0	2	2	3	30	✓			
ricotta salata cheese	35	3	2	10	0	2	0	1	90	✓			
charred orange dressing	210	21	4	0	2	1	5	7	210	✓			
Winter Salad	185	8	2	0	6	5	9	25	270		✓		
savory hazelnuts	60	5	0	0	0	2	2	3	30	✓	✓		
ricotta salata cheese	35	3	2	10	0	2	0	1	90	✓	✓		
charred orange dressing	210	21	4	0	2	1	5	7	210	✓	✓		
Mediterranean Bowl with Salmon	410	10	2	55	8	30	7	54	335				
tahini lemon dressing	170	15	2	0	0	6	0	2	130				
labneh	90	8	1	0	0	3	0	1	65				
Mediterranean Bowl with Chicken	370	5	2	55	8	33	7	54	525				
tahini lemon dressing	170	15	2	0	0	6	0	2	130				
labneh	90	8	1	0	0	3	0	1	65				
Mediterranean Bowl (veg)	270	3	2	0	8	10	7	54	245		✓		
tahini lemon dressing	170	15	2	0	0	6	0	2	130		✓		
labneh	90	8	1	0	0	3	0	1	65		✓		
Farro Salad with Steak	510	32	8	110	4	30	2	27	890	✓			
dressing (chimichurri/ranch)	180	20	4	40	0	1	0	1	250	✓			
Farro Salad with Chicken	430	20	3	110	5	31	2	33	1100				
dressing (chimichurri/ranch)	180	20	4	40	0	1	0	1	250				
Farro Salad with Cauliflower	360	21	4	50	7	10	4	39	920		✓		
dressing (chimichurri/ranch)	180	20	4	40	0	1	0	1	250		✓		
Crispy Chicken Salad	280	6	1	175	3	18	5	33	1020	✓			
creamy herb vinaigrette	290	30	8	125	0	3	1	3	190	✓			
Sesame Soba Noodle Salad	110	4	1	0	1	4	2	17	170	✓			✓
Peri Peri Salmon	470	12	2	80	2	36	4	53	1160	✓			
peri peri sauce	50	4	1	0	1	0	1	2	270	✓			
Peri Peri Chicken	380	5	0	60	2	31	4	53	1370	✓			
peri peri sauce	50	4	1	0	1	0	1	2	270	✓			
Chimichurri Steak	580	37	9.5	65	6	32	3	32	960	✓			
chimichurri sauce	150	17	2.5	0	0	0	0	2	320	✓			
Chimichurri Salmon	500	27	4.5	80	6	35	3	32	810	✓			
chimichurri sauce	150	17	2.5	0	0	0	0	2	320	✓			
Lemon Quinoa Salad with Aleppo Chicken	500	21	3	40	3	28	3	52	355	✓			
labneh	90	8	1	0	0	3	0	1	65	✓			
Lemon Quinoa Salad with Carrots	430	20	3	0	3	12	3	52	155	✓	✓		
labneh	90	8	1	0	0	3	0	1	65	✓	✓		
Steak Protein Hot Plate	535	29	8	60	4	31	4	43	720	✓			
bone broth sauce	15	1	0	5	0	1	0	1	160	✓			
Chicken Protein Hot Plate	435	13	2	90	4	43	4	44	1040	✓			
bone broth sauce	15	1	0	5	0	1	0	1	160	✓			
Salmon Protein Hot Plate	475	20	3.5	80	4	36	4	43	670	✓			
bone broth sauce	15	1	0	5	0	1	0	1	160	✓			
Proper Cobb Salad	150	9	2	215	4	8	2	10	170	✓	✓		
creamy lemon vinaigrette	200	22	4	10	0	1	1	2	500	✓	✓		
blue cheese	60	4	3	15	0	3	0	0.5	220	✓	✓		
Proper Cobb Salad with Chicken	340	19	5	285	4	31	2	10	570	✓			
creamy lemon vinaigrette	200	22	4	10	0	1	1	2	500	✓			
blue cheese	60	4	3	15	0	3	0	0.5	220	✓			
Seared Lemon Pepper Tuna	500	23	3.5	30	3	32	3	43	1280	✓			
sherry vinaigrette	90	7	1.5	0	0	0	0	4	210	✓			
Chinese Chicken Salad	291	6	1	80	4	37	13	22	440				
sesame & green onion dressing	240	23	4	0	1	2	0	7	830				
wontons	70	4.5	1	0	0	1	0	6	70				
Chinese Salad with Tofu	241	10	2	0	4	15	13	25	390		✓		
sesame & green onion dressing	239	23	4	0	2	3	1	7	830		✓		
wontons	70	4.5	1	0	0	1	0	6	70		✓		
Charred Radicchio Caesar Salad with Chicken	300	12	5	80	5	35	3	15	845				
caesar dressing	210	21	5	50	0	3	1	3	280				
bread crumbs	40	0	0	0	1	1	0	8	25				
Charred Radicchio Caesar Salad with Shrimp	280	16	6	105	5	21	3	16	1085				



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caesar dressing	210	21	5	50	0	3	1	3	280			
bread crumbs	40	0	0	0	1	1	0	8	25			
Charred Radicchio Caesar Salad	200	11	5	20	5	12	3	15	565		✓	
caesar dressing	210	21	5	50	0	3	1	3	280			
bread crumbs	40	0	0	0	1	1	0	8	25		✓	
Chicken Teriyaki	360	4	0	60	3	30	10	55	820	✓		
teriyaki sauce	70	0	0	0	0	1	11	15	360	✓		
Salmon Teriyaki Hot Plate	440	13	2	85	3	37	6	49	700	✓		
teriyaki sauce	70	0	0	0	0	1	11	16	370	✓		
Coconut Curry Shrimp Hot Plate	450	11.5	1.5	45	2	27	8	58	1230	✓		
coconut-curry sauce	50	4.5	3.5	0	0	1	0	1	130	✓		
Coconut Curry Chicken Hot Plate	480	14.5	3.5	45	2	27	9	59	1340	✓		
coconut-curry sauce	50	4.5	3.5	0	0	1	0	1	130	✓		
Coconut Curry Tofu Hot Plate	440	15.5	4.5	0	2	13	9	60	1120	✓	✓	
coconut-curry sauce	50	4.5	3.5	0	0	1	0	1	130	✓	✓	
Creamy Pasta Salad with Pesto	430	11	2	5	5	11	6	76	490	✓	✓	
Grilled Chicken Breast (add-on protein)	120	1	0	65	0	27	0	0	330	✓		
Grilled Hanger Steak (add-on protein)	200	11	4	60	0	24	0	0	470	✓		
Lemon Garlic Shrimp (add-on protein)	110	6	1	105	0	12	0	1	680	✓		
Garlic Herb Organic Tofu (add-on protein)	170	11	2	0	2	12	1	5	15	✓		✓
Pulled Chicken Aleppo (add-on protein)	110	2	0	60	0	24	0	0	300	✓		
Line-caught Salmon (add-on protein)	179	10	3.1	59	0	20	0	0	47	✓		
Proptato Salad	350	23	5	105	2	6	4	28	830	✓	✓	
Chicken Stir Fry	440	6	1	65	4	34	4	61	430	✓		
stir fy sauce	70	0	0	0	0	1	11	16	600	✓		
Shrimp Stir Fry	410	10	2	95	4	18	4	62	720	✓		
stir fy sauce	70	0	0	0	0	1	11	16	600	✓		
Veggie Stir Fry	350	6	1	0	5	8	6	65	150	✓		✓
stir fy sauce	70	0	0	0	0	1	11	16	600	✓		✓
Carne Asada Hot Plate	495	18	6	60	0	32	1	51	145	✓		
salsa	10	0	0	0	1	0	1	2	60	✓		
queso fesco	60	5	3	15	0	4	0	1	160	✓		
pickled carrots	25	0	0	0	0	2	4	75	✓			
Chicken Asada Hot Plate	335	2	0	50	0	28	1	51	135	✓		
salsa	10	0	0	0	1	0	1	2	60	✓		
queso fesco	60	5	3	15	0	4	0	1	160	✓		
pickled carrots	25	0	0	0	0	2	4	75	✓			
Peri-Peri Tofu Hot Plate	390	7	1	0	4	11	5	72	710	✓		✓
peri peri sauce	50	4	1	0	1	0	1	2	270	✓		
Sandwiches & Wraps												
Turkey Avocado Sandwich	510	20	6	120	2	43	8	42	1050			
Steak Sandwich	610	34	12	105	1	33	2	41	750			
Crispy Cheddar Chicken Wrap	610	25	9	100	2	29	3	63	1670			
Line-Caught Tuna Sandwich	490	19	3	90	1	30	10	56	970			
Chicken BLT Sandwich	620	23	15	145	1	36	1	32	1120			
Garden Sandwich with Chicken	480	18	2	35	2	29	9	56	820			
Veggie Garden Sandwich	420	17	2	0	2	16	9	56	650			✓
Caesar Salad Wrap with Chicken	360	15	5	55	1	27	1	31	760			
Ham & Gruyere Sandwich	640	30	10	130	1	33	3	62	1970			
Proper PB&J	570	24	6	0	2	18	14	82	830			✓
Tureky Gruyere Croissant Sandwich	540	30	13	175	0	41	6	25	480			
Turkey Cranberry Brie Sandwich	620	32	9	200	1	51	13	32	460			
Local Pastrami Sandwich	700	38	11	185	1	42	3	50	2230			
Mediterranean Wrap with Chicken	500	29	8	85	1	29	1	33	870			
Mediterranean Garden Wrap	400	24	7	0	1	15	1	33	610		✓	
Carne Asada Burrito	630	26	12	70	1	31	1	67	840			
Chicken Asada Burrito	550	17	9	75	1	32	1	67	870			
Tofu Asada Burrito	560	20	9	40	1	23	2	73	870		✓	
Buffalo Wrap - Chicken	590	29	13	120	1	32	2	52	1100			
Buffalo Wrap - Veg	560	23	13	80	3	19	3	58	1120		✓	
Chicken BLT Wrap	500	14	9	115	1	28	1	30	930			
Soup												
Butternut Squash Soup with Hazelnut Oil	140	4	1	0	7	3	9	26	500	✓		✓
Chicken Tortilla Soup	220	7	1.5	30	2	15	3	23	820	✓		
Juice & Drinks												
Proper Daily Green Juice	190	0	0	0	10	5	23	45	110	✓		✓
Proper Gold Juice	240	0.5	0	0	11	3	41	58	0	✓		✓
Proper Orange Carrot Ginger Juice	230	0	0	0	10	4	40	55	55	✓		✓
Oat Milk Cold Brew Coffee ³	50	0.5	0	0	0	1	0	8	130	✓		✓
Cold Brew Coffee ³	5	0	0	0	0	0	0	0	0	✓		✓
Cinnamon Mocha Cold Brew Coffee ³	80	1.5	0	0	1	3	0	14	360	✓		✓
Proper Mango Iced Tea ³	15	0	0	0	0	3	0	0	15	✓		✓
Iced Tea ³	10	0	0	0	0	2	0	0	10	✓		✓
Cookies, Bars, Snacks												
Chocolate Chip Cookie	260	13	8	40	0	3	22	35	300		✓	
Nutella Cookie	270	15	8	40	1	4	22	35	250		✓	
Gluten-Free Chocolate Chip Cookie	290	15	9	45	0	3	25	39	140	✓	✓	
Oatmeal Cookie	320	15	7	45	0	5	22	41	290		✓	
Hummus Plate	290	17	2	0	6	12	5	22	480	✓		✓
Cheese Plate	300	16	10	50	1	16	10	23	570		✓	
Ratatouille Plate	160	11	1	10	1	4	3	15	1100		✓	
Proper Energy Bar	380	18	7	0	6	11	20	45	210	✓		✓



Allergens (Winter 2025) - NYC

Breakfast

	Gluten	Dairy	Egg	Nuts	Fish (Seafood)	Shellfish	Soy	Onion	Cilantro	Garlic	Sesame	Gluten Free ¹	Vegetarian	Vegan
Rustic Breakfast Plate		✓	✓								✓	✓		
Rustic Breakfast Plate with Bacon		✓	✓								✓			
Rustic Breakfast Wrap with Chicken Sausage	✓	✓	✓					✓		✓				
Rustic Breakfast Wrap	✓	✓	✓					✓		✓		✓		
Proper Yogurt Parfait		✓									✓	✓		
Chocolate Cherry Overnight Oats				✓							✓			✓
Breakfast Muffin with Turkey Sausage	✓	✓	✓				✓				✓			
Breakfast Muffin	✓	✓	✓				✓					✓		
Egg White Power Breakfast Bowl with Steak		✓	✓								✓			
Egg White Power Breakfast Bowl with Chicken Sausage		✓	✓								✓			
Egg Basket with Bacon	✓	✓	✓											
Egg Basket	✓	✓	✓									✓		
Hardboiled Eggs			✓								✓	✓		
Overnight Oats				✓							✓			✓
Pumpkin Spice Overnight Oats				✓							✓			✓
Fruit Cup											✓			✓
Coconut Chia Pudding				✓							✓			✓
Protein Breakfast Bite			✓						✓		✓	✓		✓
Protein Breakfast Bite with Chicken Sausage			✓						✓		✓			
Swiss Style Muesli		✓									✓	✓		
Mango & Berry Cup with Greek Yogurt		✓									✓	✓		
Mango & Berry Cup with Vegan Yogurt											✓			✓

Salads & Entrées

Winter Salad with Salmon ²		✓		✓	✓				✓		✓			
Winter Salad with Chicken ²		✓		✓					✓		✓			
Winter Salad ²		✓		✓					✓		✓	✓		
Mediterranean Bowl with Salmon	✓	✓			✓			✓	✓	✓				
Mediterranean with Chicken	✓	✓						✓	✓	✓				
Mediterranean Bowl	✓	✓						✓	✓	✓		✓		
Chinese Chicken Salad ⁴	✓ ⁴			✓			✓	✓	✓	✓	✓ ⁴			
Chinese Salad with Tofu ⁴	✓ ⁴			✓			✓	✓	✓	✓	✓ ⁴	✓		
Charred Radicchio Caesar Salad with Chicken	✓	✓	✓				✓	✓	✓	✓				
Charred Radicchio Caesar Salad with Shrimp	✓	✓	✓		✓		✓	✓	✓	✓				
Charred Radicchio Caesar Salad	✓	✓	✓				✓	✓	✓	✓		✓		
Crispy Chicken Salad	✓	✓	✓				✓	✓	✓	✓				
Proper Cobb Salad		✓	✓				✓	✓	✓	✓		✓		
Proper Cobb Salad with Chicken		✓	✓				✓	✓	✓	✓				
Salmon Teriyaki Hot Plate					✓		✓	✓	✓	✓	✓			
Chicken Teriyaki Hot Plate						✓	✓	✓	✓	✓	✓			
Coconut Curry Shrimp Hot Plate				✓	✓		✓	✓	✓	✓	✓			
Coconut Curry Chicken Hot Plate				✓			✓	✓	✓	✓	✓			
Coconut Curry Tofu Hot Plate				✓			✓	✓	✓	✓	✓	✓		
Chimichurri Salmon					✓		✓	✓	✓	✓	✓			
Chimichurri Steak							✓	✓	✓	✓	✓			
Peri Peri Salmon					✓		✓	✓	✓	✓	✓			
Peri Peri Chicken							✓	✓	✓	✓	✓			
Steak Protein Plate		✓					✓	✓	✓	✓	✓			
Chicken Protein Plate		✓					✓	✓	✓	✓	✓			
Salmon Protein Plate		✓			✓		✓	✓	✓	✓	✓			
Seared Lemon Pepper Tuna				✓	✓		✓	✓	✓	✓	✓			
Farro Salad with Steak	✓	✓	✓				✓	✓	✓	✓	✓			
Farro Salad with Chicken	✓	✓	✓				✓	✓	✓	✓	✓			
Farro Salad with Cauliflower	✓	✓	✓				✓	✓	✓	✓	✓			
Sesame Soba Noodle Salad	✓					✓	✓	✓	✓	✓		✓		✓
Creamy Pasta Salad with Pesto	✓		✓				✓	✓	✓	✓		✓		
Grilled chicken (add-on protein)									✓	✓	✓			
Steak (add-on protein)						✓			✓	✓	✓			
Lemon Pepper Shrimp (add-on protein)					✓				✓	✓	✓			
Garlic-Herb Tofu (add-on protein)						✓			✓	✓	✓			✓
Pulled Chicken Aleppo (add-on protein)									✓	✓	✓			
Line-caught Salmon (add-on protein)				✓						✓	✓			
Proptato Salad			✓					✓			✓	✓		
Lentil Protein Salad				✓				✓			✓			✓
Chicken Stir Fry							✓	✓		✓	✓			
Korean BBQ Beef Stir Fry							✓	✓		✓	✓			
Veggie Stir Fry							✓	✓		✓	✓			✓
Carne Asada Hot Plate		✓					✓	✓		✓	✓			
Chicken Asada Hot Plate		✓					✓	✓		✓	✓			
Peri-Peri Vegan Tofu Plate						✓	✓	✓		✓	✓			✓

Sandwiches & Wraps

Turkey Avocado Sandwich	✓	✓	✓							✓				
Garden Sandwich with Chicken	✓								✓					
Veggie Garden Sandwich	✓								✓	✓				
Crispy Cheddar Chicken Wrap	✓	✓	✓						✓					
Caesar Salad Wrap with Chicken	✓	✓	✓					✓						
Line-Caught Tuna Sandwich	✓		✓		✓			✓						
Chicken BLT Sandwich	✓		✓											
Steak Sandwich	✓	✓	✓				✓		✓					

Ham & Gruyere Sandwich	✓	✓	✓							✓				
Turkey Gruyere Croissant Sandwich	✓	✓	✓							✓	✓			
Turkey Cranberry Brie Sandwich	✓	✓	✓											
Local Pastrami Sandwich	✓	✓	✓											
Proper PB&J	✓			✓			✓							✓
Carne Asada Burrito	✓	✓					✓	✓	✓	✓				
Chicken Asada Burrito	✓	✓					✓	✓	✓	✓				
Tofu Asada Burrito	✓	✓					✓	✓	✓	✓			✓	
Mediterranean Wrap with Chicken	✓	✓								✓				
Mediterranean Garden Wrap	✓	✓						✓		✓			✓	
Buffalo Wrap - Chicken	✓	✓	✓							✓				
Buffalo Wrap - Veg	✓	✓	✓							✓			✓	
Chicken BLT Wrap	✓		✓					✓		✓				
Soup														
Butternut Squash Soup with Hazelnut Oil				✓				✓		✓		✓		✓
Chicken Tortilla Soup								✓	✓	✓	✓	✓		
Juice & Drinks														
Proper Daily Green Juice												✓		✓
Proper Gold Juice												✓		✓
Proper Orange Carrot Ginger Juice												✓		✓
Oat Milk Cold Brew Coffee ³												✓		✓
Proper Mango Iced Tea												✓		✓
Cold Brew Coffee ³												✓		✓
Cinnamon Mocha Cold Brew Coffee ³												✓		✓
Cookies, Bars, Snacks														
Chocolate Chip	✓	✓	✓					✓					✓	
Gluten-Free Chocolate Chip		✓	✓					✓					✓	
Nutella	✓	✓	✓	✓				✓					✓	
Oatmeal Cookie	✓	✓	✓	✓									✓	
Hummus Plate										✓	✓	✓	✓	
Cheese Plate	✓	✓								✓				
Ratatouille Plate	✓	✓						✓		✓				
Power Date Bites				✓								✓		✓
Proper Energy Bar				✓				✓				✓		✓
Dried Mango												✓		✓
Power-Up Protein Snack			✓	✓						✓		✓		

Notes

Allergen information is inclusive for all elements of the item including dressing

1 Prepared with gluten-free ingredients. However, our kitchen is not gluten-free, so it is possible for these items to contain trace amounts of gluten.

2 Cheese is served in a separate container - without the cheese, these items are dairy-free

3 Caffeine per bottle: Oat Milk Cold Brew 91mg; Cold Brew 136mg; Iced Tea 39mg

4 Wontons are served in a separate container - without wontons, this salad is gluten-free

For more information, please contact info@properfood.com