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OFFICE MEAL  
OFFERINGS  
...

FALL  
September 2025







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



## **Breakfast**

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

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

### **Hard-Boiled Egg (GF & V) \$1.50**

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

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

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

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

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

### **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) \$8.25**

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

### **Mango & Berry Cup with Vegan Yogurt (GF & Vegan) \$8.75**

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

### **Everything Croissant Breakfast Sandwich (V) \$7.95**

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

### **Everything Croissant Breakfast Sandwich with Bacon \$8.95**

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

### **Protein Breakfast Bite with Chicken Sausage \$7.50**

Cage-free eggs, chicken sausage, house made sun-dried tomato pesto, organic baby spinach

### **Protein Breakfast Bite with Mushrooms (V) \$6.50**

Cage-free eggs, grilled button mushrooms, sun-dried tomato pesto, organic baby spinach

### **Pastries From Sunday Bakeshop!**

(Requires 72-hour notice)

#### **Classic Butter Croissant \$27 (6 croissants)**

Light and flaky with a well-developed honeycomb crumb.

#### **Chocolate Croissant \$30 (6 croissants)**

Rich Valrhona chocolate cradled in layers of fluffy croissant pastry.

### **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

### **Breakfast Muffin (V) \$7.50**

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

### **Breakfast Muffin with Turkey Sausage \$8.50**

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

### **Protein Breakfast Wrap with Steak \$11.95**

Cage-free scrambled egg whites, grilled hanger steak, organic baby spinach, smashed avocado, lavash

### **Protein Breakfast Wrap with Turkey \$11.50**

Cage-free scrambled egg whites, caramelized turkey breast, organic baby spinach, smashed avocado, lavash

**Veggie Rustic 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, chicken sausage, pepperjack cheese, house made sundried tomato pesto, roasted red potatoes, house made roasted garlic aioli, green onion, flatbread

## Salads

**Fall Salad with Lemon-Pepper Chicken (GF) \$16.95**

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

**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 (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

**Seared Lemon Pepper Tuna Salad (GF) \$17.95**

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 Tofu Salad (Vegan) \$15.95**

Citrus-miso organic tofu, Marcona almonds, sesame seeds, carrots, crispy wontons, Valencia oranges, cilantro, mixed greens, sesame & green onion dressing

**Charred Radicchio Caesar Salad with Chicken \$15.95**

Garlic-herb chicken, charred radicchio, sliced herbed celery, shaved parmesan cheese, breadcrumbs, romaine, lemon wedge, house made Caesar dressing

**Charred Radicchio Caesar Salad (V) \$13.95**

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

**Coconut Prawn & Kale Salad \$16.95**

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

**Farro Salad with Garlic-Herb Steak \$17.95**

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 \$16.95**

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

**Farro Salad with Cauliflower \$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

**Thai Salad with Tofu (GF & V) \$15.95**

Charred curry tofu, agave salted almonds, red and napa shredded cabbage, sliced green onions, shredded carrots, Thai basil, spring mix, house-made ginger vinaigrette

**Thai Salad with Chicken (GF) \$16.95**

Charred curry chicken thigh, agave salted almonds, red and napa shredded cabbage, sliced green onions, shredded carrots, Thai basil, spring mix, house-made ginger vinaigrette

**Greek Salad with Chicken (GF) \$15.95**

Free-range chicken, Roma tomatoes, marinated feta, pickled red onions, Kalamata olives, red pepper, cucumber, chopped romaine, red wine vinaigrette

**Greek Salad (GF & V) \$13.95**

Roma tomatoes, marinated feta, pickled red onions, Kalamata olives, red pepper, cucumber, chopped romaine, red wine vinaigrette

**Lemon Quinoa Salad (GF) \$12.95**

Lemon basil quinoa mix, cherry tomatoes, green olives, feta cheese, fresh chopped basil, organic baby kale, lemon wedge, house-made lemon vinaigrette

**Couscous & Spinach Salad with Honey-Coriander Chicken \$16.95**

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 \$17.95**

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****Pasta Salad 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

**Green Tea Soba Noodle Salad (Vegan) \$8.95**

Green tea soba noodles, shredded pickled carrots, red cabbage, edamame, green onion, toasted sesame seeds, house-made peanut dressing

**Proper Chicken Salad Go-Go (GF) \$6.50**

Shredded chicken breast, roasted butternut squash, dried cranberries, Honeycrisp apples, pickled red onion, wild arugula, caramelized pecans, chopped parsley, house made charred orange aioli

**Mediterranean Chickpea & Herb Go-Go (GF & V) \$7.50**

Garbanzo chickpeas, Kalamata olives, green olives, roasted red peppers, crumbled feta, oregano, Meyer Lemon, wild arugula, chopped parsley, house made lemon vinaigrette

**Chimichurri Kale Quinoa Go-Go (GF) \$6.50**

White quinoa, chopped green kale, Toy Box cherry tomatoes, za'atar rainbow baby carrots, toasted almonds, house made chimichurri dressing, house made lemon vinaigrette

**FreeBird Grilled Chicken Breast \$7.50****Pulled Aleppo Chicken \$6.95****All-Natural Hanger Steak \$9.25****Line-Caught Roasted Salmon \$9.25****Miso Organic Tofu \$5.95****Hot Plates****Salmon Teriyaki Hot Plate (GF) \$17.95**

Fresh glazed salmon, brown rice, broccoli, nori, sesame, green onion, teriyaki sauce

**Chicken Teriyaki Hot Plate (GF) \$16.95**

Chicken, brown rice, broccoli, nori, sesame, green onion, teriyaki sauce

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

Peri-peri marinated chicken breast, garlicky green beans, sliced onions, lemon-thyme saffron rice, chopped parsley, house-made spicy peri-peri sauce

**Peri-Peri Salmon Hot Plate (GF) \$17.50**

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

**Chicken Stir Fry (GF) \$13.95**

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

**Korean BBQ Beef Stir Fry (GF) \$16.95**

Korean BBQ short rib, roasted oyster mushrooms, steamed broccoli, red onion, celery, red peppers, green onion, black & white sesame seeds, umami white rice, house made soy chili sauce

**Veggie Stir Fry (GF & Vegan) \$11.95**

Roasted oyster mushrooms, steamed broccoli, red onion, celery, red peppers, green onion, black & white sesame seeds, umami white rice, house made soy chili 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) \$17.95**

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

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

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

**Lean & Clean Hot Plate with Salmon (GF) \$17.50**

Sustainably sourced roasted salmon, brown rice with green onion, steamed broccoli, bone broth sauce

**Lean & Clean Hot Plate with Chicken (GF) \$15.50**

Grilled free-range chicken breast, brown rice with green onion, steamed broccoli, bone broth sauce

**Steak, Bean & Rice 2.0 \$16.95**

Carne asada charred hanger steak, Mexican rice mix (cannellini pinto beans, black beans, chopped cilantro, lime vinaigrette), iceberg lettuce, crumbled queso fresco, chopped green onion, tortilla strips, tomatillo avocado sauce

**Chicken Enchiladas and Rice (GF) \$14.95**

Garlic-citrus shredded chicken, Mexican rice, black beans, red onion, Manchego and Oaxaca cheese, diced chile pasilla, iceberg lettuce, chopped green onion, sour cream, cilantro, tortilla chips, guajillo enchilada sauce

**Sweet Potato Enchiladas and Rice (GF & V) \$13.95**

Caramelized sweet potatoes, Mexican rice, black beans, red onion, Manchego and Oaxaca cheese, diced chile pasilla, iceberg lettuce, chopped green onion, sour cream, cilantro, tortilla chips, guajillo enchilada sauce

**Bowls****Mediterranean Bowl with Peri-Peri-Salmon (GF) \$16.95**

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

**Mediterranean Bowl with Peri-Peri Chicken (GF)**

\$16.50

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 Garlic-Herb Cauliflower**

(GF & V) \$15.50

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

**Carne Asada Mexican Harvest Bowl \$17.75**

Carne asada marinated hanger steak, Mexican basmati rice, black bean & roasted corn mix, chili roasted carrots, shredded white cheddar, chopped cilantro, pickled red onion, house made salsa Tatemada, flour tortilla

**Tofu Asada Mexican Harvest Bowl (V) \$15.95**

Asada marinated organic tofu, Mexican basmati rice, black bean & roasted corn mix, chili roasted carrots, shredded white cheddar, chopped cilantro, pickled red onion, house made salsa Tatemada, flour tortilla

**Sandwiches & Wraps****Turkey Avocado Sandwich \$13.75**

Roasted all-natural turkey, avocado, red leaf lettuce, Monterey jack cheese, lemon aioli, honey mustard, nine-grain bread

**Turkey Gruyère Croissant Sandwich \$11.50**

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

**Garden Sandwich with Chicken \$11.95**

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

**Ham & Gruyère Sandwich \$11.50**

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

**Line-Caught Tuna Sandwich \$11.50**

Line-caught albacore tuna, green onion, chopped celery, parsley, lime, jalapeno aioli, romaine lettuce, wheat bread

**Proper BLT with Chicken \$13.50**

Lemon pepper chicken, crispy bacon, sliced Roma tomatoes, red leaf lettuce, lemon pepper aioli, grilled sourdough bread

**Veggie Garden Sandwich** (Vegan) \$10.50

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

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

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

**Crispy Chicken Wrap** \$13.50

Free-range crispy chicken, buffalo aioli, romaine lettuce, house-made ranch dressing, Parmesan cheese, flatbread

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

Salt & pepper chicken, shaved parmesan, chopped romaine, house made Caesar dressing, flatbread

**Chicken BLT Wrap** \$13.50

All-natural grilled chicken breast, herb aioli, nitrate-free bacon, Roma tomatoes, red leaf lettuce, flatbread

**Chicken Pesto & Hummus Wrap** \$13.50

Pesto chicken, house-made hummus, roasted tomatoes, mixed greens, spicy lemon aioli, flatbread

**Carne Asada Burrito** \$12.50

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

**Grilled Chicken Achiote Burrito** \$12.50

Achiote chicken thigh, white cheddar cheese, black beans, Mexican rice, yellow onion, cilantro, salsa Verde Macha, flour tortilla

**Buffalo Chicken Wrap** \$13.95

Buffalo chicken, roasted corn aioli, yellow cheddar, iceberg lettuce, lavash

**Buffalo Cauliflower Wrap** (V) \$12.95

Buffalo cauliflower, roasted corn aioli, yellow cheddar, iceberg lettuce, lavash

**Tofu Asada Burrito** \$11.95

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

**Vegan Wrap** (Vegan) \$11.50

Citrus-marinated organic tofu, roasted sweet potatoes, house-made hummus, roasted tomatoes, marinated kale, spicy lemon vinaigrette, organic wheat 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, spirulina coconut

**Crudit  & House-Made Hummus**

(GF & Vegan) \$5.50

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

**Cranberry Walnut Oatmeal Cookie** \$3.50

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

**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

**Dried Mango** (GF & Vegan) \$2.95

Organic dried mango. No sugar added.

**TCHO Chocolates** (GF & Vegan) \$8.50

Super creamy, delicious assortment of oat milk chocolates (10 per order)

**Alter Eco Truffles** (GF) \$10.50

Smooth Ecuadorian chocolate truffles with a creamy center (10 per order)

**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

**Coconut Water** \$2.95

**wildwonder Guava, Peach, or Mango** \$3.95  
*(A Sparkling Prebiotic & Probiotic Drink)*

\*To offset the high cost of operating in San Francisco and caring for our team members, we have instituted a 5% surcharge. This additional fee will be shown as "5% surcharge" on the receipt