



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