



Breakfast

NEW! Seasonal Fruit Cup (GF & Vegan) \$6.95

Watermelon, honeydew melon, peaches, blueberries

Overnight Oats (GF & Vegan) \$6.50

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

Hard-Boiled Egg (GF & V) \$2.25

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

Greek Yogurt Parfait (GF & V) \$7.50

Greek yogurt, house-made granola, fresh strawberries, Agave

Matcha Overnight Oats

(GF & V) \$7.50

Raspberry, Greek yogurt, matcha, gluten-free oats, caramelized almonds, agave, chia, honey

Coconut Chia Pudding (GF & Vegan) \$6.50

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

Power Breakfast with Mushrooms (GF & V) \$10.50

Cage-free scrambled eggs, grilled mushrooms, herb-roasted red potatoes, white cheddar, baby spinach, chipotle aioli

Power Breakfast with Bacon (GF) \$11.50

Cage-free scrambled eggs, nitrate-free bacon, herb-roasted red potatoes, white cheddar, baby spinach, chipotle aioli

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

Croissant Jamon Sandwich \$9.95

Croissant, all-natural ham, Gruyere cheese, tarragon aioli

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

Farmhouse Breakfast Wrap (V) \$8.50

Cage-free scrambled eggs, yellow cheddar, roasted onion, roasted potatoes, tomato aioli, parsley, flatbread

Farmhouse Breakfast Wrap with Bacon \$9.50

Cage-free scrambled eggs, crispy bacon, yellow cheddar, roasted onion, roasted potatoes, tomato aioli, parsley, flatbread

NEW! Protein Breakfast Bite with Chicken Sausage (GF) \$7.50

FreeBird chicken sausage, cage-free eggs, grilled button mushrooms, sun-dried tomatoes, cottage cheese, steamed organic baby spinach, parsley

Protein Breakfast Bite (GF & V) \$6.50

Cage-free eggs, grilled button mushrooms, sun-dried tomatoes, cottage cheese, steamed spinach, parsley

Pastries From Colson Patisserie

(Requires 48-hour notice)

Classic Butter Croissant \$4.00

Light and flaky, delicately buttery

Blueberry Muffin \$3.25 (Vegan)

Bright, full of blueberries with a touch of lemon

Lemon Loaf \$4.00 (GF)

Almond flour lemon loaf cake; light and moist



Salads

NEW! Summer Salad (GF & V) \$14.95

Roasted peaches, marinated Toy Box tomatoes, goat cheese, candied walnuts, fresh mint, basil, organic baby spinach, arugula, house-made watermelon poppyseed vinaigrette

NEW! Summer Salad with Garlic-Herb Salmon (GF) \$17.95

Sustainably sourced garlic-herb salmon, roasted peaches, marinated Toy Box tomatoes, goat cheese, candied walnuts, fresh mint, basil, organic baby spinach, arugula, house-made watermelon poppyseed vinaigrette

NEW! Summer Salad with Garlic-Herb Chicken (GF) \$16.95

FreeBird garlic-herb chicken, roasted peaches, marinated Toy Box tomatoes, goat cheese, candied walnuts, fresh mint, basil, organic baby spinach, arugula, house-made watermelon poppyseed vinaigrette

NEW! Farro Salad with Garlic-Herb Steak \$16.95

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

NEW! Crispy Chicken Salad \$15.95

FreeBird free-range crispy chicken, shredded carrots, Toy Box tomatoes, chives, butter lettuce and arugula, hard boiled eggs, radishes, house-made creamy herb vinaigrette

Lemon Quinoa Salad (GF & V) \$12.95

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

Thai Salad with Tofu (GF & Vegan) \$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

Seared Lemon Pepper Tuna Salad (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 Tofu Salad (Vegan) \$15.95

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

Greek Salad (GF & V) \$14.50

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

Greek Salad with Chicken (GF) \$16.50

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

Greek Salad with Shrimp (GF) \$16.50

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

Cobb Salad (GF & V) \$14.95

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

**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**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

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

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

FreeBird Grilled Chicken Breast (GF) \$7.95**Pulled Aleppo Chicken (GF) \$6.95****Line-Caught Roasted Salmon (GF) \$9.50****Lemon Garlic Shrimp (GF) \$7.95****All-Natural Hanger Steak (GF) \$9.50****Roasted Garlic-Herb Organic Tofu (GF & Vegan) \$5.95****Hot Plates****Salmon Teriyaki Hot Plate (GF) \$17.95**

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

Peri-Peri Chicken Hot Plate (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 Hot Plate (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

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 (GF) \$17.95

Sustainably-sourced garlic-herb hanger steak, garlicky kale and caramelized onion mix, roasted red potatoes, chimichurri dressing

Chimichurri Salmon (GF) \$17.95

Sustainably-sourced garlic herb salmon, garlicky kale and caramelized onion mix, roasted red potatoes, 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

NEW! Seasonal Grain Bowl with Garlic-Herb Chicken (GF) \$15.95

FreeBird garlic-herb marinated chicken, grilled bell peppers, charred corn and marinated tomatoes, grilled zucchini and yellow squash, ricotta salata, chopped kale, white quinoa, house-made lemon basil dressing

NEW! Seasonal Grain Bowl (GF & V) \$14.95

Charred corn and marinated Toy Box tomatoes, grilled bell peppers, grilled zucchini and yellow squash, ricotta salata, white quinoa, chopped kale, house-made lemon basil dressing

NEW! 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

NEW! 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

NEW! 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

NEW! Braised Tomato Chicken Sandwich \$12.50

FreeBird all-natural braised chicken thigh, Manchego cheese, charred onion aioli, diced pepperoncini, fresh basil, arugula, ciabatta bread

NEW! 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

Line-Caught Tuna Sandwich \$11.50

Line-caught albacore tuna, green onion, chopped celery, parsley, lime, house-made jalapeno aioli, romaine lettuce, six-grain seeded 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

Veggie Garden Sandwich \$9.95 (Vegan)

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

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 & White Cheddar Sandwich \$12.50

Black Forest ham, white cheddar, red leaf lettuce, BBQ & Dijon aioli, grilled sourdough bread

NEW! Mediterranean Wrap with Spiced Chicken \$11.95

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



Proper Snacks & Treats

NEW! Mediterranean Garden Wrap (V) \$10.95

Arabic 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 \$10.50

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

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

Proper Energy Bar (GF & Vegan) \$4.95

Goji berry, rolled oats, flax seed, coconut peanut butter, dark chocolate, dried cherries, sea salt

Proper Date Bites (GF & Vegan) \$4.95

Dates, peanut butter, cocoa powder, coconut spirulina

Nutella Cookie (V) \$3.75

Chocolate Chip Cookie (V) \$3.50

House-made with dark chocolate, sea salt

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

House-made with dark chocolate, sea salt

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

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

Cheese Tray (V) \$6.50

Provolone cheese, yellow cheddar cheese, red grapes, crostini



Sandwiches/Wrap Platters

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

Turkey Avocado Sandwich \$70

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

Ham & White Cheddar Sandwich \$65

Black Forest ham, white cheddar, red leaf lettuce, BBQ & Dijon aioli, grilled sourdough bread

Veggie Garden Sandwich (V) \$55

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

Proper PB&J (Vegan) \$50

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

Buffalo Cauliflower Wrap (V) \$67

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

Buffalo Chicken Wrap \$72

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

Salad Platters

Each salad platter serves 10 people

Summer Salad (V & GF) \$148

Roasted peaches, marinated Toy Box tomatoes, goat cheese, candied walnuts, fresh mint, basil, organic baby spinach, arugula, house-made watermelon poppyseed vinaigrette

Summer Salad with Garlic-Herb Chicken (GF) \$168

FreeBird garlic-herb chicken, roasted peaches, marinated Toy Box tomatoes, goat cheese, candied walnuts, fresh mint, basil, organic baby spinach, arugula, house-made watermelon poppyseed vinaigrette

Cobb Veg Salad (V & GF) \$143

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

Cobb Veg Salad with Chicken (GF) \$163

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

Chinese Tofu Salad (V) \$155

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) \$165

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



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 \$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 Cold Brew Coffee \$5.95

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

Cinnamon Mocha Cold Brew Coffee \$5.95

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)