



Nutrition (Summer 2025)

Breakfast

	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Dietary Fiber (g)	Protein (g)	Sugars (g)	Carbohydrates (g)	Sodium (mg)	Gluten Free ¹	Vegetarian	Vegan
Croissant Sandwich	420	28	13	260	0	15	6	26	450	✓		
Croissant Sandwich with Bacon	520	37	16	280	0	19	6	26	610			
Croissant Sandwich with Turkey	480	29	13	290	0	27	6	26	490			
Farmhouse Breakfast Wrap with Bacon	580	29	12	405	1	25	1	46	1040			
Farmhouse Breakfast Wrap	530	29	10	390	1	24	1	46	950	✓		
Fruit Cup	90	0	0	0	2	2	20	22	15	✓		✓
Proper Yogurt Parfait	240	9	3	15	2	17	21	29	45	✓	✓	
Coconut Chia Pudding	180	7	3	0	3	2	21	31	210	✓		✓
Power Breakfast	400	17	5	445	7	17	9	45	365	✓	✓	
white cheddar cheese	70	6	3	20	0	5	0	1	115	✓	✓	
Power Breakfast with Bacon	550	16	10	480	7	22	9	43	605	✓		
white cheddar cheese	70	6	3	20	0	5	0	1	115	✓		
Overnight Oats	290	7	0.5	0	0	8	19	50	75	✓		✓
Matcha Overnight Oats	350	12	1	5	5	13	13	50	90	✓	✓	
Breakfast Muffin with Turkey Sausage	360	19	5	310	1	19	2	28	640			
Breakfast Muffin	300	14	4	285	1	14	2	28	440		✓	
Protein Breakfast Wrap with Steak	420	19	4	40	3	30	5	34	510	✓		
Protein Breakfast Wrap with Turkey	369	9	1	60	3	37	5	34	420			
Hardboiled Eggs	70	5	1	215	0	6	0	1	65	✓	✓	
Protein Breakfast Bite	150	8	3	365	1	13	4	6	170	✓	✓	
Protein Breakfast Bite with Chicken Sausage	190	11	4	385	1	16	5	7	310	✓		

Salads & Entrées

Summer Salad with Salmon	330	12	2	85	3	35	21	25	250	✓		
candied walnuts	80	5	0.5	0	1	1	3	4	50	✓		
goat cheese	60	4	3	20	0	3	0	1	90	✓		
watermelon poppy vinaigrette	190	19	3.5	0	0	1	3	5	330	✓		
Summer Salad with Chicken	210	3	1	55	3	27	21	25	390	✓		
candied walnuts	80	5	0.5	0	1	1	3	4	50	✓		
goat cheese	60	4	3	20	0	3	0	1	90	✓		
watermelon poppy vinaigrette	190	19	3.5	0	0	1	3	5	330	✓		
Summer Salad	100	2	0	0	3	4	21	24	110	✓	✓	
candied walnuts	80	5	0.5	0	1	1	3	4	50	✓	✓	
goat cheese	60	4	3	20	0	3	0	1	90	✓	✓	
watermelon poppy vinaigrette	190	19	3.5	0	0	1	3	5	330	✓	✓	
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		✓	
Summer Grain Bowl with Chicken	450	14	4	135	3	32	3	48	180	✓		
lemon basil dressing	140	15	2	10	0	1	3	4	210	✓		
ricotta salata cheese	60	5	3	20	0	4	1	1	240	✓		
Summer Grain Bowl (veg)	280	6	2	0	3	9	3	48	110	✓	✓	
lemon basil dressing	140	15	2	10	0	1	3	4	210	✓	✓	
ricotta salata cheese	60	5	3	20	0	4	1	1	240	✓	✓	
Couscous & Spinach Salad with Salmon ²	630	32	7	65	4	31	8	51	690			
lemon vinaigrette	94	10	2	0	0	1	1	2	64			
Couscous & Spinach Salad with Chicken ²	616	27	6	70	5	38	11	55	980			
lemon vinaigrette	94	10	2	0	0	1	1	2	64			
Chinese Chicken Salad	291	6	1	80	4	37	13	22	440			
sesame & green onion dressing	239	23	4	0	2	3	1	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		✓	
Peri Peri Salmon	370	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	✓		
Proper Cobb Salad	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	✓		
Salmon Teriyaki Hot Plate	449	13	2	85	3	37	7	50	690	✓		
teriyaki sauce	71	0	0	0	0	1	11	16	370	✓		
Chicken Enchiladas & Rice	540	26	12	120	1	36	6	44	990	✓		
Sweet Potato Enchiladas & Rice	530	25	12	70	4	17	14	64	1100	✓	✓	
Chimichurri Steak	500	29	8.5	65	4	31	2	31	630	✓		
chimichurri sauce	150	17	2.5	0	0	0	0	2	320	✓		
Chimichurri Salmon	420	19	3.5	80	4	33	2	30	480	✓		
chimichurri sauce	150	17	2.5	0	0	0	0	2	320	✓		
Lean & Clean Chicken Hot Plate	395	4	0	115	3	52	2	40	750	✓		
bone broth sauce	15	1	0	5	0	1	0	1	160	✓		
Lean & Clean Salmon Hot Plate	405	12	2	85	2	37	2	40	240	✓		
bone broth sauce	15	1	0	5	0	1	0	1	160	✓		
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	✓		
Greek Salad with Chicken	370	18	10	60	4	38	5	14	960	✓		
red wine vinaigrette	140	15	3	0	0	0	0	0	95	✓		
Greek Salad	310	20	12	0	4	15	6	17	900	✓	✓	
red wine vinaigrette	140	15	3	0	0	0	0	0	95	✓	✓	
Lemon Quinoa Salad	516	20	2	0	2	13	1	69	546	✓	✓	
feta cheese	30	3	2	0	0	2	0	0	110	✓	✓	
lemon vinaigrette	94	10	2	0	0	1	1	2	64	✓	✓	
Thai Salad with Chicken	150	4	2	25	5	15	7	15	370	✓		
agave almonds	70	5	0	0	0	2	2	4	30	✓		



Nutrition (Summer 2025)

	Calories	Total Fat (g)	Saturated Fat (g)	Cholesterol (mg)	Dietary Fiber (g)	Protein (g)	Sugars (g)	Carbohydrates (g)	Sodium (mg)	Gluten Free ¹	Vegan ²	Vegan
ginger vinaigrette	180	12	2	0	1	1	11	18	290	✓		
Thai Salad with Tofu	140	5	1	0	8	9	9	23	180	✓	✓	
agave almonds	70	5	0	0	0	2	2	4	30	✓	✓	
ginger vinaigrette	180	12	2	0	1	1	11	18	290	✓	✓	
Crispy Chicken Salad	280	6	1	175	3	18	5	33	1020	✓		
creamy herb vinaigrette	290	30	8	125	0	3	1	3	190	✓		
Steak Bean & Rice Bowl 2.0	455	24	9	45	2	29	3	32	1560	✓		
iceberg lettuce	5	0	0	0	0	0	0	1	0	✓		
tomatillo chips	70	3	0	0	1	0	9	45	✓			
tomatillo avocado sauce	20	2	0	0	1	0	1	2	55	✓		
Chicken Teriyaki	360	4	0	60	3	30	10	55	820	✓		
teriyaki sauce	70	0	0	0	0	1	11	15	360	✓		
Steak Teriyaki	420	15	6	70	3	33	2	41	380	✓		
teriyaki sauce	70	0	0	0	0	1	11	15	360	✓		
Tofu Teriyaki	280	8	1	0	3	15	2	44	320	✓		✓
teriyaki sauce	70	0	0	0	0	1	11	15	360	✓		✓
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	✓	✓	
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	✓		
Creamy Pasta Salad with Pesto	430	11	2	5	5	11	6	76	490		✓	
Grilled Hanger Steak (add-on protein)	200	11	4	60	0	24	0	0	470	✓		
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	✓		
Lentil Protein Salad	490	12	2	0	3	31	5	66	780	✓		✓
Proptato Salad	350	23	5	105	2	6	4	28	830	✓	✓	
Sandwiches & Wraps												
Turkey Avocado Sandwich	580	27	7	120	5	44	7	45	940			
Lemon Pepper Chicken Sandwich	520	21	8	110	0	29	8	45	700			
Veggie Garden Sandwich	450	21	2	0	2	15	9	55	650			✓
Garden Sandwich with Chicken	480	18	2	35	2	29	9	56	820			
Crispy Chicken Wrap	680	26	10	100	1	30	3	76	2770			
Buffalo Wrap - Chicken	590	29	13	120	1	32	2	52	1100			
Buffalo Wrap - Cauliflower	560	23	13	80	3	19	3	58	1120		✓	
Proper PB&J	570	24	6	0	2	18	14	82	830			✓
Line-Caught Tuna Sandwich	490	19	3	90	1	30	10	56	970			
Proper BLT with Chicken Sandwich	530	16	7	125	1	32	8	42	730			
Grilled Steak & Provolone Sandwich	570	33	12	105	0	32	1	36	680			
Vegan Wrap	510	15	3	0	1	18	3	64	1030			✓
Chicken Pesto Wrap	590	33	5	45	2	29	3	45	1160			
Ham & White Cheddar Sandwich	450	21	8	100	0	29	2	38	1020			
Chicken BLT Wrap	620	17	10	115	1	35	2	52	1240			
Birria Burrito	470	18	8	45	3	24	3	54	1080			
Chicken Achiote Burrito	550	27	11	115	1	32	2	49	920			
Quesabirria	605	31	21	70	0	44	1	39	935	✓		
birria broth	90	7	1	0	1	2	1	7	510	✓		
salsa verde	15	0	0	0	1	1	0	3	125	✓		
cilantro mix	10	0	0	0	0	0	0	1	110	✓		
Salmon Sushi Roll	315	8	1	30	4	17	8	47	120	✓		
wasabi & ginger	10	0	0	0	0	0	0	3	220	✓		
soy sauce	15	0	0	0	0	0	0	1	1220	✓		
Spicy Tuna Sushi Roll	305	8	1	25	3	18	8	47	150	✓		
wasabi & ginger	10	0	0	0	0	0	0	3	220	✓		
soy sauce	15	0	0	0	0	0	0	1	1220	✓		
Avocado Cucumber Roll	255	5	1	0	4	7	9	54	110	✓		✓
wasabi & ginger	10	0	0	0	0	0	0	3	220	✓		✓
soy sauce	15	0	0	0	0	0	0	1	1220	✓		✓
Soup												
Corn Soup with Chicken	230	9	2	90	4	19	5	21	1250	✓		
Roasted Tomato Soup	60	1	0	0	3	2	7	12	510	✓		✓
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	✓		✓
Proper Mango Iced Tea ³	15	0	0	0	0	3	0	0	15	✓		✓
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	1	0	0	10	✓		✓
Cinnamon Mocha Cold Brew Coffee ³	80	1.5	0	0	1	3	0	14	360	✓		✓
Cookies, Bars & Snacks												
Chocolate Chip Cookie	260	13	8	40	0	3	22	35	300		✓	
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		✓	
Proper Energy Bar	380	18	7	0	6	11	20	45	210	✓		✓
Power Date Bites	240	11	4	0	4	5	29	35	30	✓		✓
Dried Mango	171	0	0	0	1.5	2	25	43	15	✓		✓
Crudite with Hummus	220	13	2	0	5	9	7	20	380	✓		✓

Notes

Where listed separately, sub-items are optional add-ons (e.g., cheese, dressing) and have not been included in the main item's nutrition information.

Dressing nutrition is based on entire amount provided with each salad.

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 Heartier portion, often enjoyed as multiple servings. Nutrition info is shown for the entire item.



Allergens (Summer 2025)

Breakfast

	Gluten	Dairy	Egg	Nuts	Fish (Seafood)	Shellfish	Soy	Onion	Cilantro	Garlic	Sesame	Gluten Free ¹	Vegetarian	Vegan
Croissant Sandwich	✓	✓	✓									✓		
Croissant Sandwich with Bacon	✓	✓	✓											
Croissant Sandwich with Turkey	✓	✓	✓											
Farmhouse Breakfast Wrap with Bacon	✓	✓	✓					✓		✓				
Farmhouse Breakfast Wrap	✓	✓	✓					✓		✓		✓		
Fruit Cup											✓			✓
Proper Yogurt Parfait		✓		✓							✓	✓		
Coconut Chia Pudding				✓							✓			✓
Power Breakfast Plate		✓	✓								✓	✓		
Power Breakfast Plate with Bacon		✓	✓								✓			
Overnight Oats				✓							✓			✓
Matcha Overnight Oats		✓		✓							✓	✓		
Breakfast Muffin with Turkey Sausage	✓	✓	✓				✓							
Breakfast Muffin	✓	✓	✓				✓					✓		
Breakfast Protein Wrap with Steak	✓		✓				✓		✓	✓				
Breakfast Protein Wrap with Turkey	✓		✓				✓		✓	✓				
Hardboiled Egg			✓								✓	✓		
Protein Breakfast Bite		✓	✓								✓	✓		
Protein Breakfast Bite with Chicken Sausage		✓	✓								✓			

Salads & Entrées

Summer Salad with Salmon ²		✓		✓	✓					✓		✓		
Summer Salad with Chicken ²		✓		✓						✓		✓		
Summer Salad ²		✓		✓						✓		✓		
Mediterranean Bowl with Salmon	✓	✓			✓			✓		✓	✓			
Mediterranean with Chicken	✓	✓						✓		✓	✓			
Mediterranean Bowl	✓	✓						✓		✓	✓		✓	
Summer Grain Bowl with Chicken		✓	✓					✓		✓		✓		
Summer Grain Bowl		✓	✓					✓		✓		✓		
Greek Salad with Chicken		✓						✓			✓			
Greek Salad		✓						✓			✓	✓		
Couscous & Spinach Salad with Chicken	✓	✓		✓				✓	✓					
Couscous & Spinach Salad with Salmon	✓	✓		✓	✓			✓	✓					
Peri Peri Salmon					✓			✓	✓	✓		✓		
Peri Peri Chicken								✓	✓	✓		✓		
Thai Salad with Chicken				✓			✓	✓		✓		✓		
Thai Salad with Tofu				✓			✓	✓		✓		✓	✓	
Chinese Chicken Salad ⁴	✓ ⁴			✓			✓	✓	✓		✓	✓ ⁴		
Chinese Salad with Tofu ⁴	✓ ⁴			✓			✓	✓	✓		✓	✓ ⁴	✓	
Proper Cobb Salad		✓	✓					✓		✓		✓		
Crispy Chicken Salad	✓	✓	✓					✓		✓				
Seared Lemon Pepper Tuna				✓	✓			✓		✓		✓		
Salmon Teriyaki Hot Plate					✓		✓			✓	✓	✓		
Coconut Curry Chicken Hot Plate				✓						✓		✓		
Coconut Curry Tofu Hot Plate				✓			✓			✓		✓		
Steak Bean & Rice Bowl 2.0		✓					✓	✓	✓	✓		✓		
Chicken Enchiladas & Rice		✓					✓	✓	✓	✓		✓		
Sweet Potato Enchiladas & Rice		✓					✓	✓	✓	✓		✓		
Chimichurri Salmon					✓			✓		✓		✓		
Chimichurri Steak								✓		✓		✓		
Chimichurri Chicken								✓		✓		✓		
Lean & Clean Chicken Hot Plate								✓		✓		✓		
Lean & Clean Salmon Hot Plate					✓			✓		✓		✓		
Farro Salad with Steak	✓	✓	✓					✓		✓		✓		
Tofu Teriyaki							✓	✓		✓	✓	✓		✓
Steak Teriyaki							✓	✓		✓	✓	✓		
Chicken Teriyaki							✓	✓		✓	✓	✓		
Lemon Quinoa Salad		✓									✓		✓	
Creamy Pasta Salad with Pesto	✓		✓					✓		✓			✓	
Green Tea Soba Noodle (small)	✓			✓			✓	✓		✓				✓
Grilled chicken (add-on protein)											✓			
Steak (add-on protein)										✓		✓		
Garlic-Herb Tofu (add-on protein)										✓		✓		✓
Pulled Chcken Aleppo (add-on protein)											✓			
Line-caught Salmon (add-on protein)					✓						✓			
Lentil Protein Salad				✓				✓			✓			✓
Proptato Salad			✓					✓			✓	✓		



Allergens (Summer 2025)

Sandwiches & Wraps

	Gluten	Dairy	Egg	Nuts	Fish (Seafood)	Shellfish	Soy	Onion	Cilantro	Garlic	Sesame	Gluten Free ¹	Vegetarian	Vegan
Turkey Avocado Sandwich	✓	✓	✓				✓				✓			
Garden Sandwich with Chicken	✓									✓				
Veggie Garden Sandwich	✓									✓				✓
Crispy Chicken Wrap	✓	✓	✓					✓		✓				
Buffalo Wrap - Chicken	✓	✓	✓				✓			✓				
Buffalo Wrap - Cauliflower	✓	✓	✓				✓			✓	✓	✓		
Proper PB&J	✓			✓			✓							✓
Line-Caught Tuna Sandwich	✓		✓		✓			✓	✓					
Proper BLT with Chicken Sandwich	✓		✓											
Grilled Steak and Provolone Sandwich	✓	✓	✓					✓		✓				
Vegan Wrap	✓						✓	✓	✓	✓	✓			✓
Chicken Pesto Wrap	✓	✓					✓			✓	✓			
Birria Burrito	✓	✓					✓	✓	✓	✓				
Chicken Achiote Burrito	✓	✓							✓					
Quesabirria		✓					✓	✓	✓	✓		✓		
Ham & White Cheddar Sandwich	✓	✓	✓							✓				
Chicken BLT Wrap	✓		✓				✓	✓		✓	✓			
Salmon Sushi Roll					✓		✓	✓				✓		
Spicy Tuna Roll			✓		✓		✓	✓			✓	✓		
Veggie Sushi Roll							✓	✓				✓		✓

Soup

Corn Soup with Chicken								✓		✓		✓		
Roasted Tomato Soup								✓		✓		✓		✓

Juice & Drinks

Proper Daily Greens Juice												✓		✓
Proper Gold Juice												✓		✓
Proper Orange Carrot Ginger Juice												✓		✓
Oat Milk Cold Brew Coffee ⁵												✓		✓
Proper Mango Iced Tea												✓		✓
Cold Brew Coffee ⁵												✓		✓
Cinnamon Mocha Cold Brew Coffee ³												✓		✓

Cookies, Bars & Snacks

Chocolate Chip	✓	✓	✓				✓						✓	
Gluten-Free Chocolate Chip		✓	✓				✓					✓	✓	
Oatmeal Cookie	✓	✓	✓	✓									✓	
Proper Energy Bar				✓			✓					✓		✓
Power Date Bites				✓								✓		✓
Dried Mango												✓		✓
Crudite with Hummus									✓	✓	✓			✓

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 Nuts are served in a separate container - without the nuts, these items are nut-free
- 3 Acai Smoothie is made with coconut and almond milk
- 4 Wontons are served in a separate container - without wontons, this salad is gluten-free
- 5 Caffeine per bottle: Coconut Cold Brew 136mg; Cold Brew 178mg; Iced Tea 52mg