



## **Breakfast**

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

Watermelon, honeydew melon, peaches, blueberries

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

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

### **Matcha Overnight Oats** (GF & Vegan) \$7.50

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

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

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

### **Coconut Chia Pudding** (GF & Vegan) \$6.50

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

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

Over easy egg, white cheddar, house-made pesto aioli, croissant

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

Over easy egg, crispy bacon, white cheddar, house-made pesto aioli, croissant

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

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

### **Protein Breakfast Bite** \$6.50

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

### **Power Breakfast w/ Mushrooms** (GF & V) \$10.95

Cage-free scrambled eggs, sweet potatoes, white cheddar, baby spinach, chipotle aioli

### **Power Breakfast with Bacon** (GF) \$11.95

Cage-free scrambled eggs, nitrate-free bacon, sweet potatoes, white cheddar, baby spinach, chipotle aioli

### **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

### **Farmhouse Breakfast Wrap** (V) \$8.95

Scrambled eggs, roasted potatoes, yellow cheddar, roasted onion, tomato aioli, parsley, flatbread

### **Farmhouse Breakfast Wrap with Bacon** \$9.95

Scrambled eggs, bacon, roasted potatoes, yellow cheddar, roasted onion, tomato aioli, parsley, flatbread

#### **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.

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## Salads

### **Summer Salad with Chicken (GF) \$16.95**

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

### **Summer Salad with 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

### **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

### **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

### **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

### **Proper Cobb Salad with Chicken (GF) \$16.95**

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

### **Farro Salad with Herb-Garlic 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

### **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

### **Crispy Chicken Salad (GF) \$16.95**

Crispy free-range chicken, shredded carrots, toy box tomatoes, chives, butter lettuce and arugula, hard boiled eggs, radishes, house made creamy herb vinaigrette

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### **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

#### **Proptato Salad (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 \$7.50**

#### **Pulled Aleppo Chicken \$6.95**

#### **All-Natural Hanger Steak \$9.25**

#### **Line-Caught Roasted Salmon \$9.25**

#### **Roasted Garlic-Herb 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

#### **Tofu Teriyaki Hot Plate (GF & Vegan) \$14.50**

Crispy tofu, 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

#### **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**

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

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**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

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

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

**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

**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

**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

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

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

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**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

**Grilled Steak & Provolone Sandwich \$14.25**

Grilled herb-marinated shaved hanger steak, sauteed bell peppers, caramelized onions, provolone cheese, roasted garlic aioli, ficelle

**Ham & White Cheddar Sandwich \$11.50**

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

**Birria Burrito \$13.50**

All-natural marinated birria steak, white cheddar cheese, Mexican rice, black beans, yellow onion, cilantro, salsa verde macha, flour tortilla, consomé

**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

**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

**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

**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

**Oatmeal Walnut Cookie \$3.50**

House-made with oatmeal, toasted walnuts and dried cranberries.

**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)

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**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)*

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