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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
or visit
properfood.com



Breakfast

Seasonal Fruit Cup (GF & Vegan) \$6.95

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

House-Made Overnight Oats (GF & Vegan) \$6.50

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

Hard-Boiled Egg (GF & V) \$1.25

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

Greek Yogurt Parfait (GF & V) \$7.50

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

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) \$8.50

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

Mango & Berry Cup with Vegan Yogurt

(GF & Vegan) \$8.95

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

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

Everything Croissant Breakfast Sandwich with Bacon \$9.50

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

Everything Croissant Breakfast Sandwich (V) \$8.95

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

Pastries From Colson Patisserie

(Requires 48-hour notice)

Classic Butter Croissant \$3.95

Light and flaky, delicately buttery

Blueberry Muffin \$4.25 (Vegan)

Bright, full of blueberries with a touch of lemon

Lemon Loaf \$4.95 (GF)

Almond flour lemon loaf cake; light and moist

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

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



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

Protein Breakfast Bite with Chicken Sausage (GF) \$7.95

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

Protein Breakfast Bite with Mushrooms (GF & V) \$6.95

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

Salads

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

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 with Lemon Pepper Chicken (GF) \$16.95

Freebird 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

Farro Salad with Cauliflower (V) \$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

Farro Salad with Garlic-Herb Steak \$17.50

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 \$16.50

Freebird 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

Lemon Quinoa Salad with Roasted Carrots & Labneh (GF & V) \$12.95

White quinoa, cherry tomatoes, roasted baby carrots, organic baby spinach, labneh mix, toasted caraway seeds, chopped parsley and basil, house-made lemon vinaigrette

Lemon Quinoa Salad with Aleppo Chicken (GF) \$14.95

Freebird Aleppo chicken, white quinoa, cherry tomatoes, roasted baby carrots, organic baby spinach, labneh mix, toasted caraway seeds, chopped parsley and basil, house-made lemon vinaigrette

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

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

Charred Radicchio Caesar Salad (V) \$13.95

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

Charred Radicchio Caesar Salad with Chicken \$15.95

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



Charred Radicchio Caesar Salad with Shrimp \$16.95

Sustainably-sourced lemon-pepper shrimp, charred radicchio, sliced herbed celery, shaved parmesan cheese, breadcrumbs, romaine, lemon wedge, house-made Caesar dressing

Proper Cobb Salad (GF & V) \$14.95

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

Proper 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

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

Sesame Soba with Roasted Mushrooms (Vegan) \$8.50

Green tea soba noodles, roasted oyster mushrooms, grilled Bok choy, pickled carrots, green onion, toasted sesame seeds, house-made sesame dressing

Pasta 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

Grilled Chicken Breast (GF) \$7.95

Line-Caught Roasted Salmon (GF) \$9.50

Lemon Garlic Shrimp (GF) \$7.95

All-Natural Grilled Hanger Steak (GF) \$9.50

Roasted Garlic-Herb Organic Tofu (GF & Vegan) \$6.95

Hot Plates

Salmon Teriyaki Hot Plate (GF) \$17.95

Sustainably-sourced teriyaki glazed salmon, broccoli, roasted seaweed, sesame, green onion, umami brown rice, house-made teriyaki sauce

Peri-Peri Vegan Tofu Hot Plate (GF) \$13.95

Peri-Peri organic tofu, peri-peri cauliflower, garlicky green beans, sliced onions, grilled corn, lemon-thyme saffron rice, chopped parsley, house-made spicy peri-peri sauce

Peri-Peri Chicken (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 (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

Chicken Asada Hot Plate (GF) \$14.95

Freebird asada marinated chicken, Mexican basmati rice, black beans, roasted onions, pickled carrots, chopped green onion, house-made salsa Puya, queso fresco

Carne Asada Hot Plate (GF) \$16.95

Carne asada all-natural hanger steak, Mexican basmati rice, black beans, roasted onions, pickled carrots, chopped green onion, house-made salsa Puya, queso fresco

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 Hot Plate (GF) \$17.95

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

Chimichurri Salmon Hot Plate (GF) \$17.95

Sustainably-sourced garlic-herb salmon, roasted red potatoes, roasted Brussel sprouts, house-made 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**Proper Chicken Stir-Fry (GF) \$15.95**

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

Proper Shrimp Stir-Fry (GF) \$16.95

Sustainably-sourced lemon-pepper shrimp, roasted oyster mushrooms, steamed broccoli, red onion, celery, red peppers, green onion, black & white sesame seeds, house-made soy chili sauce, umami brown rice

Proper Veggie Stir-Fry (GF & Vegan) \$12.95

Roasted oyster mushrooms, steamed broccoli, red onion, celery, red peppers, green onion, black & white sesame seeds, house-made soy chili sauce, umami brown rice

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

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

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**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

Veggie Garden Sandwich \$9.95 (Vegan)

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

Turkey Gruyère Croissant Sandwich \$12.95

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

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 & Gruyère Sandwich \$12.95

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

Mediterranean Wrap with Spiced Chicken \$11.95

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

Mediterranean Garden Wrap (V) \$10.95

Tomato-cucumber 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 \$10.95

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

Carne Asada Burrito \$11.95

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

Chicken Asada Burrito \$10.95

Freebird asada marinated chicken, Mexican Rice, black beans, white cheddar cheese, green onion, house-made salsa Puya, sour cream mix, flour tortilla

Tofu Asada Burrito (V) \$9.95

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

Power Up Protein Snack (GF) \$8.50

Garlic-herb chicken breast, hard-boiled egg, Marcona almonds, organic baby spinach

Crudité with House-Made Hummus (Vegan & GF) \$6.50

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

Cheese Plate (V) \$6.50

Provolone cheese, yellow cheddar cheese, red grapes, crostini

Proper Chocolate Chip Cookie (V) \$3.50

House-made with dark chocolate, sea salt

Cranberry Walnut Oatmeal Cookie (V) \$3.50

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

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

House-made with dark chocolate, sea salt

Beverages**Daily Green** – 16oz. \$8.95

Cold pressed Granny Smith apples, cucumber, kale, celery

Orange Carrot Ginger – 16oz. \$8.95

Cold pressed oranges, carrots, ginger, lemon

Proper Gold – 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 Milk Cold Brew \$5.95

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

Cinnamon Mocha Cold Brew Coffee \$6.25

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)



Sandwiches/Wrap Platters

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

Turkey Avocado Sandwich \$80

All-natural roasted turkey, avocado, red leaf lettuce, jack cheese, house-made lemon aioli, Proper honey mustard, six-grain seeded bread

Ham & Gruyère Sandwich \$80

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

Veggie Garden Sandwich (V) \$65

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

Chef's Artisanal PB&J (Vegan) \$60

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

Mediterranean Garden Wrap (V) \$65

Tomato-cucumber salad, feta, labneh, alfalfa sprouts, arugula, house-made lemon tahini dressing, flatbread

Mediterranean Wrap with Spiced Chicken \$75

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

Salad Platters

Each salad platter serves 10 people

Fall Salad (V & GF) \$160

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 Chicken (GF) \$180

Freebird 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

Proper Cobb Salad (V & GF) \$155

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

Proper Cobb Salad with Chicken (GF) \$175

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

Chinese Salad with Organic Tofu (Vegan) \$165

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) \$175

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