

Properly Small Portions

Garlic bread \$2.50

Three slices of lightly baked bread, encrusted with garlic, olive oil and herbs.

Chips and Salsa \$4 🌱 ♦

A serving of organic blue corn chips and salsa.

Chips and Guacamole \$6 🌱 ♦

Collard Wrap \$4 ♦

asian slaw and sunseed spread, wrapped in a collard leaf, served with carrot-ginger dressing.

Seasonal Fruit Plate \$4.50 🌱 ♦

A beautiful plate of seasonal fruits.

Sunseed Avocado Spread \$6 🌱 ♦

Creamy spread of soaked sunflower seeds, tahini, avocado and spices, blended and served with apples, pears and chips.

Spicy Black Bean Quesadilla \$6 🌱

With cashew vegan cheese or Tillamook cheddar, spinach and topped with salsa and avocado.

Hummus and Veggie Plate \$7.50 🌱

A medley of seasonal veggies and pita bread served with our house-made hummus. (no bread, all veggies or chips =♦)

For the Kids (or young at heart)

Bean, Rice & Cheese Burrito \$5 🌱

Black or pinto beans, brown rice or quinoa, vegan cashew cheese or Tillamook cheddar cheese, topped with avocado.

Veggies, Beans and Grains \$5 🌱 ♦

Bowl or tortilla of steamed veggies, black or pinto beans, and brown rice or quinoa.

Soy Free= 🌱 Gluten free= ♦

PBJ \$4.75 🌱

Organic peanut butter, local jam and served with seasonal fruit.

Kids penne pasta \$5

Small bowl of penne pasta tossed with earth balance, salt and pepper.

Kids grilled cheese \$5 🌱

Tillamook cheddar or Daiya vegan cheese. served with fruit.

Gluten free bread add \$.50 ♦

Sides

Small cup of brown rice or quinoa \$2

Salsa, guacamole or tofu-cilantro sour cream \$1.25

Side of Tofu or Tempeh \$2

Side of toast with Earth Balance \$1.50

Side of Earth Balance or jam \$0.50

Drinks

House Smoothie \$4

w/ kombucha add .50 cents

House Lemonade blend (ask)

sm.\$3 lg.\$4

Home-Brewed Kombucha

sm.\$3 lg.\$4

Herbucha \$3.00

San Pellegrino Mineral Water \$2.25

Natural Brew Sodas \$1.50

Root Beer, Vanilla Crème, Ginger Ale

Hot Lips Sodas \$2.25

Black raspberry, Pear, Apple

Blackberry, Raspberry, Boysenberry

St. John's Roasters Coffee

Small \$1.60 Med \$1.85 Large \$2.15

Iced Tea small \$3 large \$4

Loose Leaf Tea \$2

Org. Earl Grey, Org. English Breakfast, Snowbud (Green), Org. Chaz Chai, Org. Yerba Mate', White Peony, Jasmine Pearls, Green Jade Oolong, Genmaicha, Organic Ginger Peach

Medicinal Tea \$2.50

Feel Better, Wonder Womb, Mood Lifter, Qi and Blood Zinger, Immune Booster, Mineral Magic, Liver Cleanse, Stop Cramping, Yoga Blend

Fresh Squeezed Juices \$4 and \$5.50

add ginger \$0.50

apple-carrot-beet, carrot-celery-kale, carrot-celery-apple (variations okay)

Beer & Wine

We have beer available to go in our Market!!

Draft 12oz. \$3 16 oz. \$4 Pitcher \$14

Bottles \$3

Fishtale Organic IPA, Fishtale Organic Amber Ale, Dick's Lava Rock Porter, Anderson Valley Oatmeal Stout, Terminal Gravity ESG, Fishtale Pear Cider ♦

Hamms Tall Boy \$1.75

Hip Chicks do Wine: Syrah and Cabernet

Sauvignon (reds)

Mia Sonatina: Pinot Gris (white), Chardonnay (white, dry), and Merlot (red)

Amity Vineyards Pinot Noir and Pinot Blanc glass \$7 bottle \$25

Desserts

Check out the deli case or ask us what is available!

We charge .25 for to-go containers!

Proper Eats Café

Consciously participating in the food revolution

Specializing in Vegan Cuisine

Organic, local, proper!

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Portland, OR 97203

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www.propereats.org

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Open 7 days a week

9am - 10pm

Expanded Breakfast Menu!

Live Music –

Friday and Saturday Nights

Check website for other happenings!!

Salads

Served with *miso-tahini, carrot-ginger, raspberry vinaigrette, cashew nori or maple balsamic vinaigrette dressing.*

The Proper Salad \$7.50 🌱 ♦

Organic local seasonal mixed greens topped with seasonal veggies, seaweed-gomasio and choice of dressing.

Spinach Salad \$7.50 🌱 ♦

A bed of fresh spinach covered with avocado, locally grown hazelnuts, cranberries and topped with shredded beets and carrots.

Arugula and Pear Salad \$7.50 🌱 ♦

Fresh organic arugula, local pears, pecans, shredded beets and carrots, served with raspberry vinaigrette dressing.

Sea Salad \$8.50 small \$4.50 ♦

Organic, seasonal mixed greens, house made kraut, olives, avocado and cucumber, topped with shredded beets and carrots and served with cashew-nori dressing.

Tabouli \$5 🌱

Fresh made Tabouli (organic bulgur, parsley, lemon juice, olive oil) served over a bed of seasonal mixed greens.

Side Salad \$4 🌱 ♦

A small serving of organic seasonal mixed greens and cucumber topped with grated carrots and beets, sprinkled with seaweed gomasio.

Caesar Salad \$8.50 small \$4.50

Romaine lettuce, herbed croutons and shredded beets and carrots tossed in house caesar dressing and topped with grilled tempeh.

Soy Free= 🌱 **Gluten free=** ♦

Soup

Soup of the day, served with bread cup **\$3.50** bowl **\$5.50**

Cup of Soup and Large Salad \$10.50

Bowl of Soup with Small Salad \$9.00
(add \$1 for Caesar or Sea Salad)

Sandwiches & Wraps

Add a cup of soup or side salad for \$3

(Add \$.50 for Udi's Gluten-free bread or spelt)

Veggie \$6.50

Mesculin mix and seasonal veggies with choice of hazelnut arugula pesto (🌱), miso-tahini, hummus (🌱) or sunseed (🌱).

Tempeh Reuben \$7.50

Marinated tempeh, baked and served on Dave's Killer Rye bread with caramelized onions, house made kraut and our vegan reuben sauce.

BBQ Tempeh \$7.50

Marinated tempeh, caramelized onions and asian slaw, cooked in homemade BBQ sauce, served on bread.

Tabouli Wrap \$7.50

Spinach, cucumbers, carrots, red onion, kraut and miso-tahini wrapped in an organic flour tortilla.

Pesto and Veggie Wrap \$8

Lightly steamed veggies, brown rice or quinoa and tofu or tempeh, tossed in our hazelnut-arugula pesto, served in a tortilla (or bowl ♦).

Veggie Wrap \$8

Lightly steamed veggies, brown rice or quinoa, tofu or tempeh, and miso-tahini served in a tortilla (or bowl ♦) and topped with avocado.

Entrees

NoPo Burrito \$6.50 🌱

A mix of seasonal steamed veggies, salsa, and your choice of black or pinto beans, brown rice or quinoa, topped with guacamole and corn pumpkin-seed relish. Wrapped in an organic wheat or white flour tortilla (or bowl).

Add Tofu or Tempeh **\$2**

Add tofu-cilantro sour cream **\$1.25**

Add vegan cashew or Tillamook cheddar cheese **\$1.50**

Nachos \$8.50 🌱 ♦

Organic blue corn chips topped with rice or quinoa, black beans, salsa, vegan cashew cheese, corn-pumpkin seed relish and guacamole.

Add Tempeh **\$2**

Add tofu-cilantro sour cream **\$1.25**

Sub Tillamook Cheddar **no charge**

Sesame Peanut Noodles \$10 ♦

Rice noodles cooked in peanut sauce with ginger-lime tofu, asian slaw and broccoli, served on a bed of spinach and garnished with lime.

The Proper Plate \$10 ♦

Steamed veggies, black or pinto beans, brown rice or quinoa and seasoned tofu or tempeh. Sprinkled with seaweed gomasio.

Cornmeal Tempeh Plate \$12 ♦

Pan-fried and cornmeal breaded tempeh, quinoa and pinto beans, served over sautéed greens, topped with tofu-cilantro sour cream and corn pumpkin-seed relish. Yum....

Raw Fajitas \$13 ♦

Dehydrated mushrooms, onions and cabbage, plus a walnut-mushroom 'meat', fresh avocado, shredded beets and carrots, all wrapped in 3 collard leaves and served with a small side salad with our carrot-ginger dressing.

Tempeh Tacos \$13 ♦

Three corn tortillas stuffed with seasoned tempeh and steamed veggies, tofu-cilantro sour cream and served with sides of brown rice, black beans, salsa, guacamole, and corn chips. Topped with corn pumpkin-seed relish.

Add vegan cashew cheese or Tillamook **\$1.50**

Shepherd's Pie \$13 ♦

A baked splendor of seasonal veggies and red lentils layered with mashed yam, yukon and red potatoes. Topped with mushroom gravy and served on a bed of sautéed greens.

Chana Masala \$12 🌱 ♦

Chickpeas stewed in tomatoes and onions, served over white basmati rice, with a side salad of romaine lettuce, shredded beets and carrot with creamy coconut dressing.

Proper Breakfast (all day!)

Proper Tempeh Scramble \$9.50 ♦

Seasoned tempeh, roasted potatoes, black beans, salsa and guacamole served on a bed of spinach in a bowl or wrapped in a tortilla.

Add toast with Earth Balance **\$1.50**

Tofu Scramble \$10

Seasoned tofu sautéed with bell peppers, onions, carrots and spinach, topped with avocado. Served with hash browns and toast.

Biscuits and Gravy \$10

Two biscuits, mushroom gravy, roasted potatoes and sautéed greens.

Spelt and Cornmeal Pancakes \$10 🌱

with blueberries, real maple syrup, earth balance and a side of fruit.

Eat well! Be well!