
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

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 \$5.50

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

Spicy Black Bean Quesadilla \$5.75

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

Hummus and Veggie Plate \$7

A medley of seasonal veggies and pita bread served with our house-made hummus.

For the Kids (or young at heart)

Bean, Rice & Cheese Burrito \$5

Black or pinto beans, rice barley or quinoa, vegan cashew cheese (*contains soy) or Tillamook cheddar cheese, topped with avocado.

Veggies, Beans and Grains \$5

Bowl or tortilla of steamed veggies, black or pinto beans, and rice-barley (contains gluten) or quinoa.

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 our home-made vegan cashew cheese and a side of fruit.

Sides

Small cup of rice barley 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 (when available) add .50 cents

House Lemonade blend (ask)

sm.\$3 lg.\$4

Home-Brewed Kombucha

sm.\$2 lg.\$3

Herbucha \$3.75

Uplifting, Relax, Immune Support, Detox

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, Strawberry,

St. John's Roasters Coffee

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

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, Yoga Blend, 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

Iced Tea small \$3 large \$4

Beer & Wine

We now have beer available to go in our Market!!

Draft 12oz. \$3 16 oz. \$4 Pitcher \$15

Bottles \$3

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

Hamms Tall Boy \$1.75

Wines

Hip Chicks do Wine Vin Nombril (white)
Syrah (red)

Mia Sonatina Pinot Gris (white)
Chardonnay (white)
Merlot (red)

glass \$6 bottle \$21

Amity Vineyards Pinot Noir
Pinot Blanc

Hip Chicks do Wine Cabernet Sauvignon
glass \$7 bottle \$24

Desserts

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

Proper Eats Café

Consciously participating in the food revolution

Specializing in Vegan Cuisine

Organic, local, proper!

8638 N. Lombard St.
Portland, OR 97203
Phone (503) 445-2007
www.proper eats.org
propereats@yahoo.com

7 days a week
10am-10pm

Live Jazz – every Thursday
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

Organic, seasonal mixed greens, local 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.

Soup

Soup of the day, served with bread

cup **\$3.50** bowl **\$5.25**

Cup of Soup and Large Salad \$10.25

Bowl of Soup with Small Salad \$8.75

Sandwiches & Wraps

**Add a cup of soup or side salad for \$3
(Add \$0.50 for spelt bread)**

Veggie \$6.50

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

Hummus Sandwich \$6.50

Spinach, hummus, red onions, cucumbers, kalamata olives, tomatoes (when in season), Shredded beets and carrots.

Tempeh Reuben \$7.50

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

BBQ Tempeh \$7.50

Caramelized onions, asian slaw and our homemade BBQ sauce.

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 barley mix and tofu or tempeh, tossed in our hazelnut-arugula pesto, served in a tortilla.

Veggie Wrap \$8

Lightly steamed veggies, rice barley mix, miso-tahini, and tofu or tempeh, served in a tortilla 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 barley or quinoa, topped with guacamole and pumpkin-corn-seed relish. Wrapped in an organic wheat or white flour tortilla.

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/barley, 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**

Proper Breakfast Tempeh Scramble \$9

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

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

Sesame Peanut Noodles \$9

Noodles cooked in a peanut sauce served warm with ginger lime tofu, over a bed of spinach and garnished with asian slaw, broccoli and a lime.

The Proper Plate \$9

A nice plate of black or pinto beans, tofu or tempeh, rice barley mix or quinoa, served with fresh steamed veggies and topped with seaweed gomasio.

Cornmeal Tempeh Plate \$11

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

Raw Fajitas \$11

Dehydrated mushrooms, onions and cabbage, plus a walnut-mushroom 'meat' (with sundried tomatoes), fresh avocado, shredded beets and carrots, all wrapped in 3 collard leaves and served with a small side salad.

Tempeh Tacos \$12

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

Add vegan cashew cheese **\$1.50**

Shepherd's Pie \$12

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

Ask your server about specials!

Eat well! Be well!
