

HELLO DINNER SPRING 2017 MENU

Welcome to Hello Dinner! We create ready-to-eat, delicious, chef-crafted meals with nutrient dense, gluten-free ingredients for pick-up or delivery. Order online at www.hellodinner.com

- ATLANTIC SALMON** King salmon baked with fresh herbs and lemon. Served with organic brown rice pilaf packed with asparagus and veggies. Served with Hello Butter **Detox * 10.00**
- FLAT IRON STEAK** Perfectly seasoned pan seared flat iron steak alongside baked fingerling potatoes and baby green beans. Served with a balsamic honey steak sauce **Paleo/Low Carb * 10.00**
- THAI PORK TENDERLOIN** Lean pork tenderloin marinated in organic coconut milk and spices, caramelized and oven baked. Served with toasted coconut rice pilaf and a rich and creamy butternut-sweet potato pudding with a side of Almond Satay sauce **Paleo/Contains Soy & Nuts * 9.00**
- KOREAN BBQ BEEF** Tender flat iron steak dressed up with a sweet and savory Karah's Korean BBQ sauce made with fresh garlic, ginger and toasted sesame. Served with fresh broccoli, mushrooms and carrots **Contains Soy/Low Fat/Paleo * 9.50**
- CHILE VERDE** Fire roasted green chilies and salsa slow simmered with zesty ground turkey for a super satisfying high-protein one dish meal **Detox/Paleo/Low Carb/Spicy * 7.50**
- LASAGNA PRIMAVERA** GF lasagna noodles layered with Clean Alfredo, all natural mozzarella and tons of spring veggies **Contains Dairy/Vegetarian * 8.00**
- CHICKEN LETTUCE WRAPS** Crispy romaine leaves stuffed with tender all natural chicken & veggies and served with a mild & sweet Sesame Tamari **Detox/Paleo/Low Carb/Low Fat/Contains Soy 7.00**
- HELLO LUNCH BOX** Your choice of our cranberry chicken salad, spicy tuna salad or vegan quinoa salad in a convenient to-go lunch- includes Nut Thin Almond crackers, crackers, fresh fruit & veggies and even a bite of dark chocolate to satisfy your sweet tooth! **Detox/Contains Nuts 9.00**
- THAI TURKEY LETTUCE WRAPS** Satay seasoned turkey and veggies served with crispy romaine lettuce wraps. Served with a side of "creamy" Sriracha sauce to spice things up! **Contains Nuts/Detox/ Paleo/Low Carb * 8.50**
- CHICKEN SCAMPI** All natural chicken breast with organic coconut oil and clarified butter, fresh lemon and garlic. Served over a veggie packed cauliflower "rice" **Detox /Paleo/Low Carb * 8.00**
- WILD SALMON CAKE** Perfectly seasoned wild salmon baked with fresh herbs and served with baby green beans and lemon dill clean tartar sauce **Detox /Paleo/Low Carb/Low Fat * 8.00**
- SHEPHERD'S PIE** Ground turkey and veggies seasoned just right and topped with a Yukon gold -cauliflower crust **Detox/Paleo/Low Carb/Low Fat * 7.75**
- SPRING ROLL BOWL** Non-GMO edamame with toasted cashews and veggies on top of rice noodles and stuffed in a crispy cabbage leaf! Served with sweet chile garlic sauce and Miso Wasabi Vinaigrette **Contains Nuts & Soy/Vegan 9.00**
- BBQ CHICKEN POPCORN SALAD** Fresh greens topped with chicken breast, low-fat mozzarella, sweet corn, grape tomatoes, red onion and organic non-GMO popcorn "croutons". Served with Clean BBQ Ranch **Contains Dairy & Corn 8.50**
- BLT RANCH PROTEIN BOWL** Chopped cucumbers, zucchini, grape tomatoes, celery & carrots topped with oven roasted turkey breast, smoky turkey bacon & local, cage-free egg. Served with an extra-large size super-protein Avocado Ranch **Contains Dairy & Egg 9.00**
- CRANBERRY CHICKEN SALAD** All natural chicken breast and Craisins with celery, lemon and egg free non-gmo Just Mayo! on top of crisp romaine - A customer favorite! **Detox/Paleo/Low Carb 8.50**
- PULLED PORK** Pork sirloin slow simmered in apple cider and our clean BBQ sauce. Served with roasted sweet potatoes and an extra side of clean BBQ for dunking **Paleo/Low Carb * 7.50**
- SLOW ROASTED PORK SIRLOIN** All natural pork sirloin cooked low and slow until super tender and served with a cauliflower and Yukon gold smash and baby carrots **Paleo/Low Carb * 8.00**
- TURKEY MEATLOAF** Super clean gluten free classic served with sweet tiny peas, Yukon gold -cauliflower mashers & gravy and clean ketchup **Contains Egg/Paleo/Low Carb/Low Fat * 8.00**

SIDES, SNACKS & SWEET TREATS

- CHOCOLATE CHIP COOKIE DOUGH PROTEIN BITES** Non-GMO, soy and dairy free, protein bites crafted with chocolate chip cookie dough and vegan protein and smothered in dark chocolate **Contains Nuts/Paleo/Vegan * 6.00**
- GLUTEN, GRAIN, EGG & DAIRY FREE CHOCOLATE CHIP COOKIES** Soft, chewy and delicious! If you haven't tried these yet, you are missing out! Contains nuts **Contains Nuts/Vegan/ Paleo/Low Carb/Amazing 10.00/dozen 3.00/3 pack ***
- BROWNIE BATTER DIPPER** Sweet & Salty! Creamy dark chocolate dip with light crispy pretzels and sweet apple slices **Detox/Vegan 4.00**
- THE LUCKY PEAK** Tillamook white cheddar, grapes and gluten free nut thin crackers with almonds. **Contains Nuts & Dairy 4.00**
- CHOCOLATE CHIP CHEESECAKE DIPPER** Dairy & egg free creamy deliciousness served over crunchy banana chips! Leave it to Hello Dinner to find a way to make cheesecake healthy and delicious! **Contains Nuts/Detox/Paleo * 4.00**
- THE GREENBELT** apple and celery slices paired with house-made super nut butter and Craisins. **Contains Nuts/Detox/Paleo/Low Carb 4.00**
- CAKE CRUMBLE PARFAIT** Stevia sweetened Greek yogurt topped with toasted house baked GF cake crumbs with a hint of fresh lemon **Contains Dairy & Egg 4.00**
- SALTED CARAMEL DIPPER** Our own dairy-free, no-processed sugar caramel with apple slices and crispy pretzel dippers **Detox/Vegan 4.00**
- CHIPS & BEAN DIP** Crunchy, salty protein snack! Flax corn chips served with from -scratch protein packed bean dip & Chef Diane's salsa for dipping! **Contains Corn 3.00**
- SPICY TUNA SNACKER** Wild line-caught tuna spiced up with our own creamy Sriracha sauce.. Packed with crunchy cucumber and celery dippers for a satisfying crunchy , spicy snack **Detox/Paleo/Low Carb 4.00**
- BREAKFAST**
- COUNTRY BREAKFAST BOWL** Nitrate free turkey bacon & sausage and local cage free scrambled eggs on a seasoned mashed potato crust with a side of country gravy! **Contains Egg/Paleo * 6.00**
- BREAKFAST ENCHILADAS** Local cage free scrambled eggs, mexi-veggies and low-fat cheese layered with mini corn tortillas and mild enchilada sauce **Contains Egg & Dairy * 6.00**
- BREAKFAST FRIED RICE** Organic brown rice scrambled with veggies, zesty turkey and local cage free eggs **Contains Egg * 6.00**
- SWEET POTATO HASH** Roasted sweet potatoes scrambled with local cage free eggs **Contains Dairy & Egg 6.00**
- HELLO SMOOTHIE** Plant-based protein, granny smith apples & green bananas, greens, high MCT coconut oil, pure coconut water and matcha green tea powder. Perfect breakfast for our 7day Reset program. Dairy free **Detox/Paleo/Vegan * 6.00**
- CINNAMON ROLL PROTEIN OATS** Real vanilla, cinnamon and GF oats beefed up with flax, hemp hearts, and chia with an added boost of vegan protein **Detox/Vegan 6.00**
- SAUSAGE & BACON PANCAKE DIPPERS** Lean turkey bacon & sausage baked in a light GF pancake wrapper with a side of cage-free scramblers and a side of pure maple syrup **Contains Egg 6.00**
- HEARTY GRAINS BREAKFAST COOKIES** Organic quinoa, GF oats, plant-based protein, toasted nuts, seeds & naturally sweet dried fruits in a perfect portable breakfast treat **Contains Nuts/ Detox/Vegan 6.00**

* = freezable item

HOW TO ORDER: Orders are due 24 hours' prior for delivery Monday – Thursday! Delivery available to Boise, Eagle or Meridian/Nampa. **Pick-ups are available Monday-Friday from 4-6pm. Deliveries are from 4-7pm. Order Online at HelloDinner.com**
Click on Menu Tab. Use code HELLOWNEWBIE for 10% off your first order!

www.HelloDinner.com

info@hellodinneridaho.com

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Facebook -hellodinneridaho

12646 W FAIRVIEW 208.412.0752