

HELLO DINNER FALL 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. More items available online at hellodinner.com

- ATLANTIC SALMON** King salmon baked with fresh herbs and lemon alongside seasoned potato wedges and oven roasted butternut squash & fall veggies. Served with Hello Flavor! Clarified Butter **Detox/Paleo/Grain Free * 10.50**
- FLAT IRON STEAK** Perfectly seasoned pan seared flat iron steak alongside and baby green beans. Served with a balsamic honey steak sauce **Paleo/Low Carb/Grain Free * 10.25**
- UNRAVELED BURRITO BOWL** Soft GF wrap piled with organic rice & beans, sweet peppers, veggies and your choice of protein- zesty turkey, flat iron steak or all natural chicken breast. Served with spicy verde sauce and chipotle greek yogurt "sour cream"
Available Vegetarian/Contains Dairy 9.00/10.00
- PAD THAI BOWL** Amazing Pasta Zero 15 calorie noodles topped with tons of veggies, tender chicken, toasted almonds and Almond Satay sauce **Contains Nuts/Available Vegetarian/Detox/Low Carb/Grain Free 9.00**
- PHILLY STEAK BOWL** Yukon gold mashers topped with sweet peppers & onions and tender, thin sliced steak! Served with side of our creamy clean cheese sauce and au jus **Contains Dairy/Grain Free * 10.00**
- BROCCOLI CHEDDAR STUFFED BAKER BOWL** Roasted seasoned potato wedges topped with fresh broccoli, creamy pumpkin cheddar sauce and turkey bacon bits **Available Vegetarian/Contains Dairy * 8.00 Add ham or chicken breast 1.00**
- APRICOT CHICKEN** All natural chicken breast simmered with sweet apricots and apple cider until tender. Served over butternut-veggie "rice" Perfect Fall comfort food! **Detox/Paleo/Low Carb/Grain Free * 8.25**
- 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/Grain Free * 7.50**
- PIZZA MEATBALLS** Turkey meatballs stuffed with nitrate free turkey pepperoni, fresh herbs & veggies. Served over veggie "noodles" and Mega Marinara. **Detox/Paleo/Low Carb/Low Fat/Grain free * 8.50 add cheese .50**
- PUMPKIN MAC-N-CHEESE** GF pasta tossed with our clean pumpkin cheddar sauce and topped with your choice of protein – Turkey bacon, Chicken Breast or Nitrate Free Ham **Available Vegetarian/Contains Dairy * 7.50/8.50**
- 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, fresh fruit & veggies and even a bite of dark chocolate! **Detox/Contains Nuts 10.00**
- 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/Grain free * 8.50**
- 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/Grain Free * 8.25**
- SHEPHERD'S PIE** Ground turkey and veggies seasoned just right and topped with a potato -cauliflower crust **Detox/Paleo/Low Carb/Low Fat/Grain free * 7.75**
- 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/Grain Free 8.25**
- BUILD YOUR OWN SALAD BAR** Choose your veggies, toppings, protein and dressing! Order online at Hellodinner.com or at the counter!
- BONE BROTH CHICKEN NOODLE SOUP** Slow simmered chicken, GF pasta and veggies in our own bone broth- 32 oz **Detox * 8.00**
- ITALIAN MEATBALL SOUP** A savory tomato broth packed full of turkey meatballs and veggies 32 oz **Detox/Paleo/Low Carb/Grain Free * 8.00**
- 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/Grain Free * 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/Grain free * 8.25**
- TURKEY MEATLOAF** Super clean gluten free classic served with sweet tiny peas, Yukon gold mashers & clean ketchup
Contains Egg/Paleo/Low Carb/Low Fat/Grain Free * 8.25

SIDES, SNACKS & SWEET TREATS

HELLO NICE DREAM CREAM!!! Dairy-free, no refined sugar, real fruit and flavorings in a frozen, creamy, decadent treat that you don't have to feel guilty about! Rotating seasonal flavors, so check in often to see what we are mixin up! Only available in our retail store

BROWNIE BATTER DIPPER Sweet & Salty! Creamy dark chocolate dip with light crispy pretzels and sweet apple slices **Detox/Vegan 4.00**

THE LUCKY PEAK All natural cheese, 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/Grain Free 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 veggie dippers for a satisfying, crunchy, spicy snack **Detox/Paleo/Low Carb/Grain Free 4.00**

FRUIT & NUTS Fresh seasonal fruit, raw nuts & seeds and a bite of dark chocolate! **Contains Nuts/Detox/Paleo/Grain Free 3.00**

BREAKFAST

PUMPKIN DARK CHOCOLATE BREAKFAST BROWNIE Flourless, protein packed, moist and fudgy breakfast-approved treat!
Detox/Paleo/Contains Nuts 6.00

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 SMOOTHIES Plant-based protein in lots of fun flavors to speed up your morning routine! 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**

BREAKFAST TACOS Zesty spiced ground turkey, scrambled local cage free eggs, mexi veggies and organic corn tortillas with a side of Chef Diane's salsa. **Contains Corn,Dairy&Egg 6.00**

* = freezable item

HOW TO ORDER: Orders are due 24 hours' prior for delivery Monday – Friday! Delivery available to Boise, Eagle or Meridian/Nampa. **Pick-ups are available Monday-Friday from 3-5pm. Deliveries are from 4-7pm. Order Online at HelloDinner.com Click on Menu Tab. Use code HELLOWNEWBIE for 10% off your first order!**

Retail store hours Monday-Friday 10:00 - 5:00 Saturday & Sunday 10:00-2:00

www.HelloDinner.com

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