

HELLO DINNER SUMMER MENU

Welcome to Hello Dinner! We create ready-to-eat, delicious, chef-crafted meals with nutrient dense, gluten-free ingredients for delivery right to your front door!

- WILD SALMON** Wild salmon baked with fresh herbs and lemon alongside roasted Yukon gold potatoes and fresh broccoli. Served with Hello Flavor! Clarified Butter **Detox /Available Low Carb or Keto * 10.00**
- BEEF TENDERLOIN** Seasoned and slow roasted beef tenderloin with oven roasted potatoes and baby green beans. Served with au jus and house made steak sauce **Paleo/Grain Free/Available Low Carb or Keto * 10.00**
- CHARRO CHICKEN BOWL** A big bowl of brown rice, seasoned black beans, crispy romaine and sautéed veggies. Topped with tender shredded chicken slow cooked with Mexican herbs, spices and fresh lime. Served with Roasted Veggie Pico de Gallo **Contains Corn/Available Low Carb or Keto * 9.00**
- CHICKEN ALFREDO ZOODLES** Fresh veggie "Noodles" with our amazing, creamy, dairy-free Alfredo and your choice of tender chicken, wild salmon or shrimp! **Keto/Detox/Low Carb/Grain Free/Contains Nuts * 8.50**
- 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/Keto/Spicy 8.00
- GREEN CURRY CHICKEN** Thai -style green curry coconut sauce with tender chicken and tons of veggies
Keto/Detox/Low Carb/Grain Free/Contains Shellfish/Spicy * 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**
- BACON & BUTTER CHICKEN** Keto-style! Tender chicken breast and turkey bacon bits on top of fresh spinach and veggie "rice" with a side of amazing Hello Flavor! clarified butter **Detox/Keto/Low Carb/Grain Free * 7.50**
- SUPERFOOD VEGGIE BOWL** Brown rice & quinoa on a bed of shredded kale, broccoli and Brussels and topped with roasted sweet potatoes, edamame and toasted almonds. Served with almond satay dressing and creamy Sriracha **Contains Soy/Vegan/Contains Nuts 9.00**
- 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 * 7.50
- 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 8.00
- WARM CHICKEN CAESAR SALAD** Natural chicken breast in our house made clean Caesar dressing and served with crisp greens, fresh summer tomatoes and cucumbers **Keto/Detox/Low Carb/Grain Free/Contains Nuts 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/Grain Free * 7.50**
- SLOW ROASTED PORK SIRLOIN** All-natural pork sirloin cooked low and slow until super tender and served with Yukon gold smashed potatoes and baby carrots **Paleo/Low Carb/Grain free/ Available Keto * 8.00**
- 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/Available Keto * 8.00**

SNACKS & SWEET TREATS

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 creamy almond butter and Craisins
Contains Nuts/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**

EAGLE ISLAND Stevia sweetened Greek yogurt topped with chia, fresh berries & GF granola **Contains Dairy**

BREAKFAST

ACAI BOWL House made Acai sorbet topped with sweet berries, & fruit, toasted nuts and served with a side of crunchy GF granola **Vegan/Contains Nuts * 7.50**

BREAKFAST SAMMICH Local cage free scramblers and lean turkey sausage, all natural cheese and turkey bacon piled on a GF bagel **Contains Egg * 7.00**

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 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 and a touch of cheese **Contains Dairy & Egg * 6.00**

HELLO SMOOTHIES Plant-based protein in lots of fun flavors to speed up your morning routine! Pre-blended and packed ready to go – no noisy blender needed! Dairy free **Detox/Paleo/Vegan * 7.75**

BUILD YOUR OWN OATS Real vanilla, cinnamon and GF oats beefed up with flax, hemp hearts, and chia with an added boost of vegan protein. Add your choice of toppings: berries, GF granola & nuts or creamy almond butter
Detox/Vegan 6.00

* = freezable item

HOW TO ORDER: Orders are due by midnight the day prior for delivery Monday – Friday! Delivery available to Boise, Eagle or Meridian. **Deliveries are from 2-7pm. We do not schedule delivery times. You MUST leave a large cooler & ice packs on your porch or your original payment method will be charged a non-refundable fee of 7.00 per bag. You will be notified via text message when in-store pickup orders are ready. Order Online at HelloDinner.com. Click on “Order Meals Now” tab. Use code HELLONEWBIE for 10% off your first order! Please feel free to call the store with any questions or ordering issues**

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