

HELLO DINNER FALL MENU

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

WILD SALMON Wild salmon baked with fresh herbs and lemon alongside brown rice and veggies. Served with Hello Flavor! Clarified Butter **Detox /Available Low Carb or KetoStyle * 10.00**

BEEF TENDERLOIN Seasoned and slow roasted beef tenderloin with oven roasted Yukon Gold potatoes and green beans. Served with house made steak sauce **Paleo/Grain Free/Available Low Carb or KetoStyle * 10.00**

STUFFED ZUCCHINI BOATS Fresh Zukes stuffed with zesty Southwest turkey & veggies or rich and creamy Lasagna filling with mega marinara, zesty turkey and protein packed cottage cheese! Or choose one of each!
Available Vegan & Vegetarian Paleo/Grain Free/ Low Carb & KetoStyle * 9.00

CLEAN PIZZA Egg & Dairy Free cauliflower crust topped with all your fave pizza toppings! Choose Chicken Alfredo, Pulled Pork & Bacon or traditional Pepperoni! Also available Vegan with veggies, creamy dairy free Alfredo & house made cashew cream cheese!

Available Vegan & Vegetarian or Detox/May Contain Nuts & Dairy based on Selection * 9.00

"FRIED" RICE Low Carb cauliflower "rice" mixed with a pinch of brown rice, tons of veggies and scrambled cage free egg. Add your favorite protein. Served with Sweet Sesame Soy sauce and a side of Sriracha to spice it up!
Detox /Available Low Carb or KetoStyle/Available Vegan & Vegetarian * 8.50

BUILD YOUR OWN KETO BOWL Make your Bowl your way with your choice of Keto-friendly veggies, clean proteins and our amazing house-made sauces!
KetoStyle/Available Detox/Low Carb/Grain Free/ May Contain Nuts & Dairy based on Selection* 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/ KetoStyle /Spicy 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/Grain Free/ KetoStyle * 8.00**

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/ KetoStyle /Low Carb/Grain Free * 7.50

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

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 KetoStyle * 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 KetoStyle * 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 * 4.50

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

KETO PANCAKES Savory or sweet ? You decide! Low carb house-made pancakes with your choice of Savory turkey sausage & cage free scramblers or Sweet with stevia sweetened vanilla Greek yogurt and berries!
Contains Dairy & Egg * 6.00

CLASSIC BREAKFAST Cage free scramblers with roasted Yukon gold potato wedges and your choice of turkey bacon or sausage or tenderloin steak . Available with Cauliflower hashbrowns for a Low Carb option
Contains Egg/Paleo/Low Carb/KetoStyle * 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

VEGGIE SCRAMBLE Sautéed seasonal veggies scrambled with cage free local eggs. **Contains Egg/Paleo/Low Carb/KetoStyle * 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, Keep Frozen until ready to serve
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

208.412.0752

www.HelloDinner.com info@hellodinneridaho.com Insta@hellodinnerid Facebookhellodinneridaho