

# HELLO DINNER WINTER 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 roasted winter veggies and butternut squash. Served with Hello Flavor! Clarified Butter **Detox /Available LowCarb & KetoStyle/DairyFree \* 10.00**

**BEEF TENDERLOIN** Seasoned and slow roasted beef tenderloin with oven roasted potatoes and green beans. Served with house made steak sauce **Paleo/GrainFree/DairyFree/Available LowCarb & KetoStyle \* 10.00**

**THAI TURKEY LETTUCE WRAPS** Satay seasoned turkey and veggies with crispy lettuce wraps. Served with "creamy" Sriracha sauce to spice things up! **Contains Nuts/Detox/Paleo/LowCarb/Grainfree/DairyFree/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/LowCarb/LowFat/GrainFree/DairyFree/KetoStyle \* 8.00**

**BACON AVOCADO CHICKEN** Keto-style! Tender chicken breast tossed in our creamy avocado sauce & topped with turkey bacon bits. Served on fresh spinach and veggie "rice" **Detox/KetoStyle/LowCarb/GrainFree/DairyFree \* 7.50**

**WHITE CHICKEN CHILI** Tender chicken breast, white beans, veggies, herbs, spices and mild green chiles in a zippy, creamy, from-scratch bone broth - Hearty and healthy warm-you-up soup! **DairyFree/Detox/GrainFree \* 7.00**

**SCOTCH EGGS** Cage free local eggs hard boiled and baked with a crust of savory turkey sausage. Served on a "nest" of fresh spinach. With Dijon Mayo dipping sauce **Paleo/KetoStyle/LowCarb/GrainFree/DairyFree/Contains Egg 8.00**

**NOODLE-LESS LASAGNA** Zucchini, broccoli and cauliflower "pasta" layered with Mega Marinara, creamy Cashew Alfredo, protein packed cottage cheese and three cheeses- You will not miss the noodles, we promise!  
**Vegetarian/KetoStyle/LowCarb/GrainFree/Contains Dairy&Nuts \* 8.50**

**BEAST BOWL** Black beans, quinoa, sweet peas & roasted winter veggies with creamy avocado sauce in a hearty, plant-based bowl. Enjoy warm or cold **Detox/Vegan/DairyFree \* 9.00**

**MEATZZA PIZZA** Turkey & veggie "Crust" topped with Mega Marinara, three cheeses, and turkey pepperoni  
**KetoStyle/LowCarb/GrainFree/Contains Dairy/Available Detox \* 8.50**

**EGG ROLL BOWL** Crunchy cabbage topped with veggies & tender seasoned chicken. Served with Fresh Ginger Vinaigrette & Sweet Sesame Soy. Enjoy warm or cold **LowCarb/GrainFree/Detox/DairyFree/Contains Soy \* 8.50**

**KETO ENCHILADA STACK** Only at Hello Dinner! Our own No-Carb tortillas layered with your choice of sweet pork or avocado chicken plus cheese, veggies and mild red chile sauce **KetoStyle/LowCarb/GrainFree/Contains Dairy \* 8.50**

**SHEPHERD'S PIE** Ground turkey and veggies seasoned just right and topped with a potato-cauliflower crust  
**Detox/Paleo/Low Carb/LowFat/GrainFree/DairyFree \* 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/LowCarb/GrainFree/DairyFree \* 8.00**

**PULLED PORK** Pork sirloin slow simmered in apple cider and our clean BBQ sauce with a pinch of smoked sea salt. Served with roasted sweet potatoes and an side of clean BBQ for dunking **Paleo/LowCarb/GrainFree/DairyFree \* 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/GrainFree/DairyFree/Available LowCarb & KetoStyle \* 8.00**

**TURKEY MEATLOAF** Super clean gluten free classic served with sweet tiny peas, Yukon gold mashers & clean ketchup  
**Contains Egg/Paleo/DairyFree/GrainFree/Available LowCarb & KetoStyle \* 8.00**

## BREAKFAST

**WAFFLE BERRY BREAKFAST** Fluffy GF waffle paired with mixed berries and organic Agave for a touch of sweetness  
**Detox/Vegan/DairyFree \* 5.00**

**KETO BREAKFAST STACK** Baked sausage, bacon and egg "muffins" stacked with all natural cheddar-jack cheese & fresh spinach. Served with creamy avocado sauce and sour cream  
**Contains Dairy&Egg/LowCarb & Ketostyle/GrainFree \* 6.00**

**CLASSIC BREAKFAST** Cage free scramblers with roasted Yukon gold potato wedges and your choice of turkey bacon, sausage or tenderloin steak. Available with Cauliflower hashbrowns for a Low Carb or KetoStyle option  
**Contains Egg/Paleo/Available LowCarb & KetoStyle/DairyFree \* 6.00**

**BREAKFAST FRIED RICE** Brown rice scrambled with veggies, zesty turkey and local cage free eggs  
**Available LowCarb & KetoStyle/Contains Egg/DairyFree \* 6.00**

**SWEET POTATO HASH** Roasted sweet potatoes scrambled with local cage free eggs and a touch of cheese  
**Contains Dairy & Egg/Vegetarian/GrainFree \* 6.00**

**HELLO SMOOTHIES** Plant-based protein in lots of flavors to speed up your morning routine! Pre-blended and packed ready to go – no noisy blender needed! Keep Frozen until ready to serve **Detox/Vegan/DairyFree \* 7.75**

**BUILD YOUR OWN OATS** GF whole oats beefed up with flax, hemp hearts, and chia with an added boost of vegan protein. Add your choice of toppings: berries, GF granola or creamy almond butter  
**Contains Nuts/Detox/Vegan/DairyFree 6.00**

## SNACKS & SWEET TREATS

**THE LUCKY PEAK** All-natural cheese, grapes, almonds and gluten free Nut Thin crackers. **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/LowCarb/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**

**VEGGIE DIPPER** Fresh veggies paired with guacamole for dipping **Detox/LowCarb/KetoStyle 3.00**

**EAGLE ISLAND** Stevia sweetened Greek yogurt topped with chia, berries & GF granola **Contains Dairy & Nuts 4.00**

**PROTEIN SNACK CUP** Clean protein bites with nuts & dried fruit in a handy to-go cup. **Detox/Contains Nuts 3.00**

\* = 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 8.00 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 Facebook hellodinneridaho**