

HELLO DINNER SUMMER 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 Summer veggies. Served with Hello Flavor! Clarified Butter

Detox /Available Low Carb or KetoStyle * 9.00

NEW YORK STEAK & TATERS Seasoned and slow roasted beef tenderloin with oven roasted potatoes and green beans. Served with house made steak sauce.

Paleo/Grain Free Available Low Carb or KetoStyle * 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/KetoStyle/Spicy 8.00

BEAST BOWL Black beans, quinoa, sweet peas & roasted Summer veggies with guacamole in a hearty, plant-based bowl. Enjoy warm or cold.

Detox/Vegan/Dairy Free * 9.00 / 10.00 Chicken

HELLO NUGGETS Hand breaded & baked until golden GF tender chicken bites. Served with seasoned baked potato wedges, seasonal veggies and sweet & spicy Honey Mustard and Clean Fry Sauce for dunking !

Contains Dairy/Available Detox/Available LowCarb * 8.50

ORANGE CHICKEN Baked seasoned chicken bites with tons of Asian veggies and Zoodles! Served with Sweet & tangy Orange Sauce

Detox/KetoStyle/LowCarb * 8.50

CREAMY PESTO ZOODLES Tender all-natural chicken breast served over zucchini noodles with a creamy Cashew Pesto Sauce

Contains Nuts/Detox/KetoStyle/Paleo/LowCarb/GrainFree * 8.50

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/LowCarb/GrainFree * 7.50

SHEPHERD'S PIE Ground turkey and veggies seasoned just right and topped with a potato-cauliflower crust

Detox/Paleo/Low Carb/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

SALMON CAKE Wild salmon seasoned with lemon & herbs and baked till golden. Served with baby green beans and Lemon Dill Tartar.

Paleo /LowCarb /GrainFree/DairyFree * 8.00

SNACKS & SWEET TREATS

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 raisins.

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

THE GROVE

Our own Cranberry Chicken salad with Nut Thin crackers and crunchy celery sticks

Contains Nuts/Detox

4.00

EAGLE ISLAND

Stevia sweetened Greek yogurt topped with chia, barriers & GF granola.

Contains Dairy & Nuts ✨

4.00

PROTEIN SNACK CUP

Hard Boiled cage-free local egg with nuts & fruit in a handy to-go cup.

Contains Nuts & Egg

4.00

BREAKFAST

VEGGIE SCRAMBLE

Sautéed seasonal veggies scrambled with cage free local eggs.

***Contains Egg Paleo/LowCarb/KetoStyle** ✨

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 Keto Style option.

Contains Egg /DairyFree/Available

LowCarb&KetoStyle

6.00

BREAKFAST FRIED RICE

Brown rice scrambled with veggies, zesty turkey and local cage free eggs.

Contains Egg/Available LowCarb &KetoStyle ✨

6.00

SWEET POTATO HASH

Roasted sweet potatoes scrambled with local cage free eggs and a touch of cheese.

Contains Dairy & Egg/Vegetarian ✨

6.00

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 /DairyFree/Detox/Vegan ✨

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 ✨

7.50

✨ = freezable item

HOW TO ORDER:

Orders are due by midnight the day prior for delivery Monday – Friday. Delivery available to Boise, Garden City, 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!

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