

HELLO DINNER SPRING 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 Spring veggies
Served with lemon herb clarified butter **Detox / Available LowCarb & KetoStyle/DairyFree * 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/GrainFree/DairyFree/Available LowCarb & KetoStyle * 9.00**

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**

SALMON ASPARAGUS LETTUCE WRAPS Wild salmon and roasted asparagus with crispy lettuce wraps. Served with fresh
lemon herb olive oil for drizzling **KetoStyle/LowCarb/GrainFree/Detox 8.00**

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

COBB SALAD STUFFED AVOCADO Creamy fresh avocado stuffed with tender chicken, turkey bacon, cage free egg,
grape tomatoes & white cheddar on fresh spinach. Served with our clean ranch
KetoStyle/LowCarb/GrainFree/Contains Egg&Dairy 8.00

ZOODLE-ETTI & MEATBALLS Fresh Zucchini "noodles" topped with house made turkey meatballs & mega marinara
Detox/KetoStyle/LowCarb/GrainFree * 8.00

GUACO TACO BOWL Zesty ground turkey, black beans, and brown rice with oven roasted sweet corn & peppers.
Served with fresh salsa, cheese, sour cream and Guacamole! **Available Vegetarian/Contains Corn&Dairy * 9.00**

PHILLY STEAK STUFFED PEPPERS Sweet bell pepper loaded with sautéed onions, mushrooms & tender New York steak
bites. Topped with all natural cheese and served with a side of Au Jus **KetoStyle/LowCarb/GrainFree/ Dairy * 9.00**

GREEK GODDESS BOWL Tender chicken on a bed of cauliflower "rice", roasted asparagus & fresh spinach. Topped with
cucumbers, grape tomatoes and black olives. Served with Feta Green Goddess dressing
KetoStyle/LowCarb/GrainFree/Contains Dairy 8.50

HASSELBACK CHICKEN CAPRESE All Natural chicken breast sliced thin & stuffed with fresh mozzarella, basil and Roma
tomato. Served with Pesto Vinaigrette for drizzling **KetoStyle/LowCarb/GrainFree/Contains Dairy 8.00**

PINEAPPLE TERIYAKI BOWL Brown rice topped with tons of veggies and your choice of chicken, steak, pork, shrimp or
edamame. Served with Pineapple Teriyaki **Detox / Available LowCarb & KetoStyle/DairyFree 8.00/9.00**

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 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

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 * 7.50**

All of our meats are hormone & steroid free. We make all of our sauces and dressings from scratch. We use local and organic ingredients whenever possible. We always label the major allergens. At Hello Dinner, you will always know exactly what is in your food!

BREAKFAST

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 & 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

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CALL OR EMAIL US TO FIND OUT HOW YOU CAN GET FREE LUNCH DELIVERED TO YOU AT WORK !!!!

