

HELLO DINNER

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

WILD SALMON Wild salmon baked with fresh herbs and lemon alongside brown rice and roasted seasonal veggies. Served with Herb & Garlic clarified butter
Gluten Free/DairyFree/✳

PRIME RIB BOWL Seasoned and slow roasted beef tenderloin with Yukon Gold & cauliflower mashers and fresh veggies. Served with creamy horseradish Au Jus
Gluten Free/GrainFree/DairyFree/✳

THAI TURKEY LETTUCE WRAPS Satay seasoned turkey and veggies with crispy lettuce wraps. Served with "creamy" Sriracha sauce to spice things up!
Gluten Free/Contains Nuts/Grainfree/DairyFree/Spicy

BURRITO BOWL A soft GF wrap stuffed with zesty ground turkey, black beans and brown rice with oven roasted sweet corn & sweet peppers. Served with fresh salsa, sour cream and Guacamole!
Gluten Free/Contains Corn & Dairy//✳

FOUR CHEESE ZOODLE-ETTI Fresh zucchini noodles with a super clean mega marinara, mozzarella, provolone, cheddar and Copper Kettle Parmesan. Have it vegetarian or add grilled chicken or zesty ground turkey.
Gluten Free/Low Carb/Contains Dairy/✳

BBQ BACON STUFFED TURKEY BURGER Lean ground turkey stuffed with bacon, clean BBQ and pepper jack cheese, Served with baked sweet potato fries and all the fixins and naked with a lettuce wrap
Gluten Free/Low Carb/Contains Dairy/✳

SPRING ROLL BOWL Fresh cabbage & leaf lettuce filled with bean threads, cucumber, radish, fresh mint, Thai Basil & cilantro. Topped with your choice of chicken or wild shrimp or have it vegan!
Gluten Free/Grain Free/Contains Fermented Soy/Available Vegan

SHEPHERD'S PIE Ground turkey and veggies seasoned just right and topped with a Yukon Gold & cauliflower masher crust
Gluten Free/Detox/LowCarb/LowFat/GrainFree/DairyFree/✳

PULLED PORK Pork sirloin slow simmered in apple cider and our clean BBQ sauce with a pinch of smoked sea salt. Served with baked sweet potato fries, fresh broccoli and clean BBQ for dunking
Gluten Free/LowCarb/GrainFree/DairyFree/✳

SLOW ROASTED PORK SIRLOIN All-natural pork sirloin cooked low and slow overnight until super tender & falling apart. Served with Yukon Gold cauliflower mashers, baby carrots and fresh green beans
Gluten Free/LowCarb/GrainFree/DairyFree/✳

TURKEY MEATLOAF Super clean gluten free classic served with sweet tiny peas, Yukon gold cauliflower mashers & clean ketchup
Gluten Free/Contains Egg/GrainFree ✳

✳ = freezable item

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.

Gluten Free/Contains Egg/Paleo/Available LowCarb & KetoStyle/DairyFree /*

BREAKFAST FRIED RICE Brown rice scrambled with veggies, zesty turkey and local cage free eggs

Gluten Free/Available LowCarb & KetoStyle/Contains Egg/DairyFree /*

SMOOTHIE STARTERS All the good ingredients- vegan protein, matcha , hemp, flax , chia, fruits & veggies! Measured & combined in awesome flavors to stock in your freezer and ready to pop in the blender with the with your favorite smoothie liquid

Gluten Free/Vegan /*

SWEET POTATO HASH Roasted sweet potatoes scrambled with local cage free eggs and a touch of cheese

Gluten Free/Contains Dairy & Egg/Vegetarian/GrainFree /*

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

Gluten Free/ Contains Nuts/Detox/Vegan/DairyFree /*

SNACKS & SWEET TREATS

THE LUCKY PEAK All-natural cheese, fresh fruit, almonds and gluten free Nut Thin crackers.

Gluten Free/Contains Nuts&Dairy

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!

Gluten Free/Contains Nuts/Detox/Paleo *

THE GREENBELT Apple and celery slices paired with creamy almond butter and Craisins

Gluten Free/Contains Nuts/Detox/Paleo/LowCarb/Grain Free

FRUIT & NUTS Fresh seasonal fruit, raw nuts & seeds and a bite of dark chocolate!

Gluten Free/Contains Nuts/Detox/Paleo/Grain Free

EAGLE ISLAND Stevia sweetened Greek yogurt topped with chia, berries & GF granola

Gluten Free/Contains Dairy&Nuts 4.00

* = 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 10.00 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 email chefdiane@hellodinner.com with any questions or ordering issues



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