

HELLO DINNER WINTER MENU

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 Winter veggies. Served with Herb & Garlic clarified butter **Gluten Free/DairyFree * 9.00**
- PRIME RIB BOWL** Seasoned and slow roasted beef tenderloin with oven roasted potatoes and fresh veggies. Served with roasted garlic Au Jus **Gluten Free/GrainFree/DairyFree * 10.00**
- 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 8.00**
- BONELESS WINGS** Tender grilled chicken breast strips with your choice of sauce- BBQ , Sweet & Spicy Fire or classic Buffalo . Served with clean ranch and fresh veggies for dipping **Gluten Free/Contains Dairy 8.50**
- CHICKEN AVOCADO ENCHILADA BAKE** Soft corn tortillas layered with fresh avocado , shredded chicken ,queso fresco & mozzarella cheeses. Baked with Chile Verde enchilada sauce over mexi rice & Chef Diane's Salsa **Gluten Free/Contains Corn&Dairy * 9.00**
- BUTTERNUT & BACON MAC AND CHEESE** Creamy white cheddar macaroni and cheese made even better with rich roasted Butternut and bacon ! **Contains Dairy & Gluten NOT available Gluten free/Contains Dairy * 9.00**
- SPINACH MANICOTTI BOWL** GF Pasta with tons of creamy cheeses and fresh spinach then baked with our mega marinara until bubbly and gooey- This is a family favorite for sure! **Gluten Free/Contains Dairy/Vegetarian * 9,00**
- TERIYAKI SALMON LETTUCE WRAPS** Wild Salmon & stir fry veggies with crispy lettuce wraps. Served with Sweet Sesame Teriyaki **Gluten Free/KetoStyle/LowCarb/GrainFree/Detox**
- SHEPHERD'S PIE** Ground turkey and veggies seasoned just right and topped with a mashed potato &cauliflower crust **Gluten Free/Detox/LowCarb/LowFat/GrainFree/DairyFree * 7.50**
- CRANBERRY CHICKEN SALAD** All natural chicken breast in a sweet and slightly tangy, creamy sauce on top of crisp romaine – A customer favorite! **Gluten Free/Contains Egg/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 rainbow potatoes and clean BBQ for dunking **Gluten Free/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 mashed potatoes and baby carrots **Gluten Free/GrainFree/DairyFree * 8.00**
- TURKEY MEATLOAF** Super clean gluten free classic served with sweet tiny peas, Yukon gold cauliflower mashers & clean ketchup **Gluten Free/Contains Egg/GrainFree * 8.00**

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 * 6.00

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

Gluten Free/Available LowCarb & KetoStyle/Contains Egg/DairyFree * 6.00

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 * 7.00**

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

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

Gluten Free/ Contains Nuts/Detox/Vegan/DairyFree 6.00

SNACKS & SWEET TREATS

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

Gluten Free/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!

Gluten Free/Contains Nuts/Detox/Paleo * 4.00

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

Gluten Free/Contains Nuts/Detox/Paleo/LowCarb/Grain Free 4.00

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

Gluten Free/Contains Nuts/Detox/Paleo/Grain Free 3.00

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 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



6555 W OVERLAND BOISE IDAHO 83709 - INSIDE FOOTBRIDGE TAVERN
208.412.0752 www.HelloDinner.com
info@hellodinneridaho.com Insta @hellodinnerid Facebook hellodinneridaho