

# SNACKS & SIDES Menu

Dish	Dish Description	Price Description	Price
Veggie Dipper	Fresh veggies paired with guacamole for dipping Detox/LowCarb/KetoStyle	Each	\$3.00
Quinoa Salad		Each	\$4.00
Hello Salad		Each	\$4.00
The Grove	Our Cranberry Chicken Salad served with celery and GF crackers. Contains nuts. Nutritional Info Servings Per Recipe: 1 Amount Per Serving Calories: 264.9 Total Fat: 12.3 g Cholesterol: 31.3 mg Sodium: 227.0 mg Total Carbs: 26.2 g Dietary Fiber: 3.1 g Protein: 11.4 g	Each	\$4.00
The Lucky Peak	All-natural cheese, grapes and gluten free nut thin crackers with almonds. Contains Nuts & Dairy Nutritional Info Servings Per Recipe: 1 Amount Per Serving Calories: 227.5 Total Fat: 13.3 g Cholesterol: 25.0 mg Sodium: 265.6 mg Total Carbs: 19.0 g Dietary Fiber: 1.1 g Protein: 8.7 g	Each	\$4.00
Chocolate Chip Cheesecake Dipper	Dairy & egg free creamy deliciousness served over crunchy banana chips! Leave it to Hello Dinner to find way to make cheesecake healthy and delicious! Contains Nuts/Detox/Paleo. Nutrition Facts Serv. Size: (0.0g) Servings: 1 Calories 280 Fat cal 160 * Percent Daily Values (DV) are based on a 2,000 calorie diet. Amount/serving %DV* Total Fat 17g 26 % Sat. Fat 10g   50 % Trans Fat 0g   Cholest. 0mg 0 % Sodium 20mg 1 % Amount/serving %DV* Total Carb. 28g 9 % Fiber 3g   12 % Sugars 17g   Protein 4g Filler 5g 1 % Vitamin A 4% â€¢ Vitamin C 20% â€¢ Calcium 6% â€¢ Iron 10% INGREDIENTS: ZUCCHINI, HEMP MILK, BANANA CHIPS, CASHEWS, AGAVE , VANILLA , GUITTARD EXTRA DARK CHOCOLATE CHIPS 63%	Each	\$4.50
The Greenbelt	Apple and celery slices paired with creamy almond butter and Craisins. Contains Nuts/Detox/Paleo/Low Carb/Grain Free Nutritional Info Servings Per Recipe: 1 Amount Per Serving Calories: 294.1 Total Fat: 16.1 g Cholesterol: 0.0 mg Sodium: 100.2 mg Total Carbs: 27.0 g Dietary Fiber: 4.8 g Protein: 8.1 g	Each	\$4.00

Fruit & Nuts	<p>Fresh seasonal fruit, raw nuts &amp; seeds and a bite of dark chocolate!          Contains Nuts/Detox/Paleo/Grain Free Nutrition Facts Serv. Size:          (109g) Servings: 1 Calories 250 Fat cal 150 * Percent Daily Values          (DV) are based on a 2,000 calorie diet. Amount/serving %DV* Total          Fat 17g 26 % Sat. Fat 4.5g   23 % Trans Fat 0g   Cholest. 0mg 0 %          Sodium 0mg 0 % Amount/serving %DV* Total Carb. 22g 7 % Fiber 5g            20 % Sugars 13g   Protein 6g Filler 5g 1 % Vitamin A 2%          Vitamin C 50% Calcium 4% Iron 15% INGREDIENTS:          APPLES, DARK CHOCOLATE , ALMONDS, PUMPKIN SEEDS,          SUNFLOWER SEEDS, CASHEWS</p>	Each	\$3.00
Eagle Island	<p>Sweetened Greek yogurt topped with chia, berries &amp; GF granola.          Contains Dairy/Nuts Nutritional Info Servings Per Recipe: 1 Amount          Per Serving Calories: 289.3 Total Fat: 10.8 g Cholesterol: 15.0 mg          Sodium: 112.3 mg Total Carbs: 23.5 g Dietary Fiber: 4.7 g Protein:          26.0 g</p>	Each	\$4.00