



BRUSCHETTA v

Diced tomatoes, basil and seasonings tossed in balsamic vinegar and olive oil. Topped with feta and fresh basil, served on garlic toast points and drizzled with a balsamic glaze.

\$6.49 CAL100x5

STUFFED PORTOBELLO MUSHROOM v

Portobello mushroom cap, basted with garlic butter, stuffed with artichoke hearts, feta cheese, sun-dried tomatoes, spinach and mozzarella. Baked and drizzled with a balsamic glaze. Served on a bed of spring mix tossed with an herb vinaigrette dressing.

\$8.49 CAL150x2

MEATBALL TRIO

Three meatballs grilled with fresh mozzarella on a bed of Mellow red sauce with shaved parmesan and basil, sprinkled with breadcrumbs.

\$6.99 CAL150x3

MAGIC MUSHROOM SOUP v

A rich, creamy soup flavored with burgundy wine and herbs. Topped with Italian montamoré, grilled shiitake, button and portobello mushrooms and fresh chives.

\$4.99 Bowl CAL360

HUMMUS v

Creamy hummus served with toasted pita wedges or garlic toast points. Garnished with paprika, basil and olive oil.

\$6.99 CAL180x4 with pita: CAL210x4

PRETZEL BITES v

Our signature Mellow dough, cut into bite sized pieces, finished with garlic butter and parmesan. Served with a side of our Pabst Blue RibbonTM beer cheese dip, it's the perfect shareable munchie.

\$7.99 CAL340x4

PRETZELS v

Signature Mellow dough twisted into pretzels:

 Garlic butter and parmesan, with a side of Mellow red sauce

CAL270x3 CAL270x6

with beer cheese

CAL330x3 CAL290x6

• Butter and kosher salt, with a side of mustard

CAL260x3

CAL260x6

with beer cheese CAL320x3

CAL280x6

\$4.99 half

\$8.99 whole

(Add Pabst Blue Ribbon™ beer cheese for \$2.99)

SPINACH ARTICHOKE DIP v

Fresh sautéed spinach blended with artichokes, mozzarella and parmesan in a creamy sauce topped with shaved parmesan and baked until it's warm and bubbly. Served with garlic toast points.

\$7.99 CAL180x4

OVEN ROASTED WINGS

Crisp double-baked wings. Choose from

Hot (CAL270/550) Jerk (CAL280/560)

Mild (CAL370/740) Sweet Thai chili (CAL370/740)

BBQ (CAL330/660) Naked (CAL270/550)

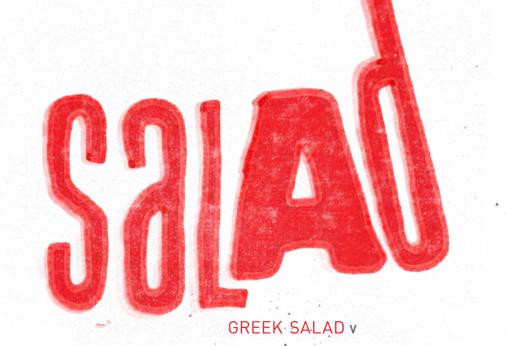
Served with your choice of ranch (CAL200/410) or bleu cheese dressing (CAL200/400) and celery.

\$5.29 half (5) \$8.99 whole (10)

SOUP OF THE DAY

Ask your server for details.

\$4.29 Bowl



Romaine and iceberg lettuce, shredded carrots, red cabbage, onions, cucumbers, green peppers, mushrooms, feta, kalamata olives, roma tomatoes, pepperoncini and banana peppers.

\$4.99 lil' \$8.99 regular CAL170 CAL340

CAESAR SALAD v

Romaine lettuce tossed with Caesar dressing and topped with shaved parmesan and house made croutons.

\$4.79 lil' \$7.99 regular CAL450 CAL780

(Add all-natural chicken for \$3.99, CAL+50/140)

HOUSE SALAD v

Spring mix and romaine with roma tomatoes, cucumbers, black olives and onions, topped with shaved parmesan. We suggest balsamic vinaigrette with this salad.

\$3.99 lil' \$6.29 regular CAL90 CAL180

CHEF SALAD

Romaine and iceberg lettuce, shredded carrots, red cabbage, onions, cucumbers, green peppers, mushrooms, kalamata olives, roma tomatoes, mozzarella, ham and sprouts.

\$4.99 lil' \$8.99 regular CAL150 CAL310

ENLIGHTENED SPINACH SALAD v

Fresh spinach topped with dried cherries, apples, house made candied pecans and feta.

\$4.99 lil' \$8.99 regular CAL400 CAL800

(Add applewood smoked bacon for \$2.79, CAL+160)

THE CAPRI v

Seasoned roma tomatoes, fresh mozzarella and basil drizzled with a balsamic glaze. Served with a side of spring mix tossed with an herb vinaigrette dressing.

\$7.49 CAL560

CHOICE OF SALAD DRESSING:

Signature Esperanza* (CAL220/440) Herb vinaigrette* (CAL260/510) Balsamic vinaigrette* (CAL240/480)

Bleu cheese* (CAL200/400)

Caesar* (CAL240/470)

Honey mustard* (CAL80/170)

Ranch* (CAL200/410)

Lite ranch (CAL130/250)

Spicy ranch (CAL200/400)

Thousand island (CAL190/380)

(*All-natural dressings)



BASE

(Choose up to two)

Lettuce blend (CAL30) (romaine and iceberg lettuce

shredded carrots and red cabbage)

Romaine (CAL30) Spinach (CAL20)

Spring mix (CAL40)

\$4.49

CHEESES

Cheddar (CAL110) Feta (CAL160)

Mozzarella (CAL40) Provolone (CAL100)

Seasoned ricotta (CAL50) Shaved parmesan (CAL100)

\$1.29



SPECIALTY CHEESES

Bleu cheese (CAL100) Montamoré (CAL60)

Fresh mozzarella (CAL120) Daiya vegan cheese (CAL90)

\$1.79

FRUITS & VEGGIES

Artichoke hearts (CAL10) Banana peppers (CAL0)

Black olives (CAL40)

Broccoli (CAL10)

Cucumbers (CALO)

Diced apples (CAL20)

Garlic (CAL10)

Green olives (CAL40)

Green peppers (CAL10)

Jalapeños (CAL20)

Sprouts (CALO)

Mushrooms (CAL20) Pepperoncini (CAL20) Onions (CAL10)

Roma tomatoes (CALO)

Pineapple (CAL20)

Roasted red peppers (CAL10)

SPECIALTY FRUITS, VEGGIES & NUTS

Fresh basil (CALO)

Candied pecans (CAL150)

Dried cherries (CAL150) Kalamata olives (CAL80)

Sun-dried tomatoes (CAL90)

Portobello mushrooms (CAL10)

\$1.49

PROTEINS

Anchovies (CAL30)

Ham (CAL90)

Pepperoni (CAL130) Salami (CAL220) Tempeh (CAL220) Tofu (CAL60)

\$1.99

SPECIALTY PROTEINS

Avocado (CAL50)

Meatballs (CAL150)

Applewood smoked bacon (CAL160)

\$2.79

ALL-NATURAL PREMIUM PROTEINS

Grilled chicken or steak (CAL50/140)

(Marinated in your choice of)

BBQ (CAL80/150) Curry (CAL80/130) Buffalo (CAL90/140) Jerk (CAL70/130)

Pesto (CAL100/150) Teriyaki (CAL80/130)

Herb vinaigrette (CAL110/160)

\$3.99





Olive oil and garlic base with sun-dried tomatoes, provolone, feta, seasoned ricotta, fresh basil and mozzarella, roma tomatoes and onions.

\$12.49 S CAL300x4 \$19.49 M CAL390x6 \$24.49 L CAL430x8

HOUSE SPECIAL

Mellow red sauce base with mozzarella, pepperoni, sausage, ground beef, ham, applewood smoked bacon, mushrooms, black olives, roma tomatoes, green peppers and onions. Topped with extra mozzarella.

\$13.49 S \$20.49 M CAL360x4 CAL450x6 \$25.49 L CAL480x8



KOSMIC KARMA v-

Mellow red sauce base with feta and mozzarella, spinach, sun-dried tomatoes and roma tomatoes with a pesto swirl.

\$12.49 S CAL350x4

\$19.49 M CAL400x6 \$24.49 L CAL430x8

MAGICAL MYSTERY TOUR v

Pesto base with button and portobello mushrooms, feta and mozzarella, spinach and light jalapeños on a pesto basted crust.

\$12.99 S CAL320x4 \$19.99 M CAL420x6 \$24.49 L CAL460x8

MIGHTY MEATY

Mellow red sauce base with mozzarella, pepperoni, sausage, ground beef, ham and applewood smoked bacon.

\$13.49 S CAL380x4 \$20.49 M CAL480x6 \$25.49 L CAL510x8

MAUJ WOWIE

Pesto, base with mozzarella, ham, pineapple, jerk chicken, banana peppers, applewood smoked bacon and mozzarella on a pesto basted crust.

\$14.49 S CAL380x4 \$21.49 M CAL470x6 \$26.49 L CAL520x8



Mellow red sauce base with feta and mozzal sun-dried tomatoes, spinach, green peppers, mushrooms, onions, black olives, roma tomatoes, broccoli, banana peppers, artichoke hearts and tofu.

\$13.49 S CAL300x4 \$20.49 M CAL340x6 \$25.49 L CAL420x8

FUNKY Q. CHICKEN

BBQ chicken, mozzarella and cheddar, caramelized onions and applewood smoked bacon. Finished with a bbq sauce swirl.

\$13.49 S CAL360x4 \$20.49 M CAL450x6 \$25.49 L CAL490x8

LOADED POTATO PIE

Olive oil and garlic base with sliced roasted red potatoes, applewood smoked bacon, caramelized onions, cheddar and mozzarella. Garnished with chives then drizzled with sour cream and spicy ranch dressing.

\$12.49 S CAL400x4 \$19.49 M CAL510x6 \$24.49 L CAL560x8

THAI DYE

Olive oil and garlic base, all-natural curry chicken, mozzarella, roma tomatoes, onions. Topped with fresh basil, cucumbers and a sweet swirl of Thai chili sauce

\$13.49 S CAL310x4 \$20.49 M CAL400x6 \$25.49 L CAL420x8





HOLY SHIITAKE PLE

Olive oil and garlic base, shinake, button and portobello mushrooms, caramelized onions, mozzarella and montamoré. Drizzled with garlic aioli and spritzed with black truffle oil. Garnished with fresh chives and shaved parmesan.

\$12.99 S CAL360x4

\$19.99 M CAL460x6 \$24.99 L CAL480x8

RIB EYE PIE

Olive oil and garlic base, all-natural grilled shaved rib eye steak, portobello mushrooms, artichoke hearts, kalamata olives, provolone, feta and mozzarella.

\$13.99 S CAL340x4 \$20.99 M CAL440x6 \$25.99 L CAL470x8

BUFFALO CHICKEN

Mozzarella, all-natural buffalo chicken, caramelized onions, applewood smoked bacon with a swirl of buffalo sauce. Served with a swirl of your choice of bleu cheese or ranch dressing.

\$13.49 S CAL380x4 \$20.49 M CAL500x6 \$25.49 L CAL540x8



DALITTLE
DALOT
WALOT ALOT

Customize to your taste with any of the fresh ingredients listed on the right-hand page. All calzones are made with fresh Mellow dough and served with a side of Mellow red sauce.

CHEESE PIZZA v

Mellow red sauce base and mozzarella on Mellow's crust, buttered and sprinkled with parmesan.

\$7.99 S GAL250x4

\$11.99 M CAL320x6 \$15.99 L CAL350x8

CHEESE CALZONE v

Stuffed with mozzarella and seasoned ricotta then basted with garlic butter and sprinkled with parmesan.

\$8.99 CAL580x2

VEGGIE SUPREME ĆALZONE v

Spinach, mushrooms, roma tomatoes, seasoned ricotta and mozzarella.

\$10.49 CAL570x2

BASE SAUCES

Olive oil and garlic, pesto, Mellow red sauce

CHEESES

Cheddar (CAL30-40)

Feta (CAL20-30)

Mozzarella (CAL20)

Provolone (CAL20-30)

Seasoned ricotta (CAL10-20) Shaved parmesan (CAL10-20)

\$1.29 S

\$1.99 M

\$2.49 L

SPECIALTY CHEESES

Bleu cheese (CAL20-30)

Montamoré (CAL30-40)

Daiya vegan cheese (CAL20)

Fresh mozzarella (CAL20)

\$1.49 S

\$2.29 M

\$2.99 L

FRUITS & VEGGIES

Fresh basil (CALO)

Artichoke hearts (CALO)*

Cucumbers (CALO)

Broccoli (CALO)

Jalapeños (CALO)

Mushrooms (CAL0)

Black olives (CAL10)

Garlic (CALO)

Green peppers (CALO)

Onions (CAL10)

Pepperoncini (CAL10)

Pineapple (CAL10)

Green olives (CAL10)

Spinach (CALO)

Banana peppers (CALO)

Roma tomatoes (CALO)

Roasted red peppers (CALO)

Caramelized onions (CALO)

\$.99 S

\$1.49 M

\$1.99 L



PREMIUM FRUITS & VEGGIES

Avocado (CAL10-20)

Pesto swirl (CAL30-40)

Kalamata olives (CAL10)

Portobello mushrooms (CALO)

Sun-dried tomatoes (CAL20-30)

\$1.49 S

\$1.99 M

\$2.79 L

PROTEINS

Anchovies (CAL10)

Ground beef (CAL20)

Ham (CAL10)

Salami (CAL60-70)

Tempeh (CAL60-80)

Tofu (CAL10)

Pepperoni (CAL30)

Italian sausage (CAL10)

\$1.29 S

\$1.79 M

\$2.49 L

SPECIALTY PROTEINS

Applewood smoked bacon (CAL20-30)

Meatballs (CAL20-30)

\$1.99 S

\$2.79 M

\$3.99 L

ALL-NATURAL PREMIUM PRO

Grilled chicken or steak (CAL20-30/40-60)

(Marinated in your choice of)

BBQ (CAL20-30/60-80)

Buffalo (CAL20-30/50-60)

Curry (CAL20-30/40-60)

Jerk (CAL20/40-60)

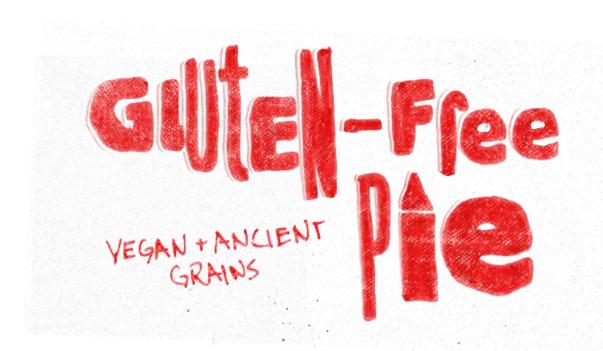
Pesto (CAL20-30/40-70) Teriyaki (CAL20-30/40-70)

Herb vinaigrette (CAL30-40/50-70)

\$2.99 S

\$3.99 M

\$4.99 L



Gluten-free pizzas and ingredients are priced the same as our medium pies.

All gluten-free pizzas are served on our 12" signature gluten-free crust. Additional gluten-free items may vary by location; ask your server for details.

HOUSE SPECIAL

Mellow red sauce base with mozzarella, pepperoni, sausage, ground beef, ham, applewood smoked bacon, mushrooms, black olives, roma tomatoes, green peppers and onions. Topped with extra mozzarella.

CAL260x8

VEG OUT v

Mellow red sauce base, mozzarelta, spinach, green peppers, mushrooms, onions, black olives and tomatoes.

CAL170x8

CHEESE v

Mellow red sauce and mozzarella.

CAL160x8

MIGHTY MEATY

Mellow red sauce base with mozzarella, pepperoni, sausage, ground beef, ham and applewood smoked bacon.

CAL280x8

KOSMIC KARMA v

Mellow red sauce base with feta and mozzarella, spinach, sun-dried tomatoes and roma tomatoes with a pesto swirl.

CAL220x8



GLUTEN-FREE INGREDIENTS: BASES/SAUCES

* Mellow red sauce, olive oil and garlic, pesto

VEGGIES

Green peppers (CAL0) Onions (CAL10)
Black olives (CAL10) Spinach (CAL0)
Fresh tomatoes (CAL0)
Button mushrooms (CAL0)

Sun-dried tomatoes (CAL30)

CHEESES

Mozzarella (CAL20) Feta (CAL30)
Provolone (CAL30)
Daiya vegan cheese (CAL20)

PROTEINS

Ground beef (CAL20) Ham (CAL10)
Pepperoni (CAL30)
Italian sausage (CAL10)
Applewood smoked bacon (CAL30)

Our cooks have been trained on the importance of preventing cross contamination. The kitchen will wash hands, put on fresh gloves and a fresh apron, and only use gluten-free dedicated cooking utensils and ingredients. Everything is made to order, and "prepared in a separate area. A screen pan is used during the baking process so the gluten-free crust never makes direct contact with the pizza stone.

Mellow Mushroom has prepared this menu based on the most current ingredient information from our food suppliers and their stated absence of wheat/gluten within these items. While we take every precaution to ensure that cross contamination of ingredients does not occur, these items are being prepared in a kitchen that also processes foods containing wheat, milk, soy, tree nuts, peanuts and seeds. Due to these circumstances, we are unable to guarantee that any menu item can be completely free of allergens.

Smart Flour Crust Ingredients: Smart Flour (Tapioca Flour, Sorghum Flour, Amaranth Flour, Teff Flour),
Potato Starch, Modified Tapioca Starch, Sorghum Flour,
Water, Olive Oil, Molasses, Sugar, Flax Seed, Yeast,
Salt, Xanthan Gum, Agave, Baking Powder (Sodium
Bicarbonate, Cornstarch, Monocalcium Phosphate), Guar
Gum, Baking Soda, Canola Oil.





MEATBALL

Seasoned meatballs in a Mellow red sauce topped with melted mozzarella.

\$5.99 half	\$9.99 whole
CAL340	CAL740
CAL340	CAL740
CAL430	CAL860
	CAL340

STEAK & CHEESE

All-natural shaved rib eye, onions, mushrooms, green peppers, provolone, mayo, lettuce and roma tomatoes.

	\$6.99 half	\$11.99 whole
French	CAL520	CAL1030
Multi Grain	CAL520	CAL1030
Pita	CAL610	CAL1220

MUSHROOM CLUB

Ham, applewood smoked bacon, provolone or swiss, caramelized onions, grilled mushrooms, mayo, lettuce and roma tomatoes, topped with sprouts.

ALL SANDWICHES ARE SERVED
HEATED ON YOUR CHOICE OF PITA OR
HOAGIE ROLL (FRENCH OR MULTIGRAIN).
SERVED WITH YOUR CHOICE OF CLIES.

\$6.99 half \$10.99 whole
French CAL560 CAL1030
Multi Grain CAL560 CAL1030
Pita CAL610 CAL1220



Jerk chicken and pineapple grilled and topped with mushrooms, onions, green peppers, provolone, mayo, lettuce and roma tomatoes.

	\$6.99 half	\$10.99 whole
French	CAL480	_ CAL960
Multi Grain	CAL480	CAL960
Pita	CAL500	CAL1000

AVOCADO v

Seasoned avocado, onions, provolone, mayo, lettuce and roma tomatoes, topped with sprouts.

	\$5.99 half	\$9.99 whole
French	CAL400	CAL800
Multi Grain	CAL400	CAL800
Pita	CAL490	CAL980

ITALIAN

Ham, pepperoni, salami, fresh mozzarella, caramelized onions, basil, spring mix, mayo, roma tomatoes and herb vinaigrette.

	\$6.99 half	\$10.99 whole
French	CAL570	CAL1130
Multi Grain	CAL570	CAL1130
Pita	CAL660	CAL1210

CHICKEN & CHEESE

All-natural grilled teriyaki chicken, provolone, onions, mushrooms, green peppers, mayo, lettuce and roma tomatoes.

\$6.99 half	\$9.99 whole
CAL470	CAL930
CAL470	CAL930
CAL490	CAL970
	CAL470 CAL470

*UNLESS OTHERWISE REQUESTED, HAMBURGERS ARE COOKED TO AN INTERNAL TEMPERATURE OF 160°. CONSUMING RAW OR UNDER-COOKED MEATS, POULTRY, SEAFOOD, SHELLFISH OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS.

SPIKED SAUSAGE

Crumbled sausage grilled with Pabst Blue Ribbon™ beer, caramelized onions, grilled green peppers, montamoré and parmesan cheeses with garlic aioli.

	\$5.99 half	\$9.99 whole
French	CAL610	CAL1210
Multi Grain	CAL610	CAL1210
Pita	CAL700	CAL1400 .



Marinated tempeh, grilled onions, mushrooms, green peppers, topped with feta and sprouts. Served with pesto mayo.

	\$6.99 half	\$9.99 whole
French	CAL560 .	CAL1020
Multi Grain	CAL560	CAL1020
Pita	CAL650	CAL1250

TOFU v

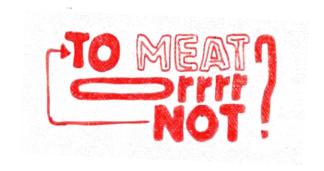
Grilled onions, mushrooms and green peppers with teriyaki-marinated tofu covered with provolone and topped with sprouts. Served with mayo, lettuce and tomato.

	\$5.99 half	\$9.99 whole
French	CAL470 .	CAL920
Multi Grain	CAL470	CAL920
Pita	CAL560	CAL1110

PORTOBELLO & CHEESE v

Grilled portobello mushrooms basted with garlic butter, mozzarella, artichoke hearts, sun-dried tomatoes, * spinach, feta and mayo, topped with sprouts.

	\$5.99 half	\$9.99 whole
French	CAL480	CAL880
Multi Grain	CAL480	CAL880
Pita	CAL540	CAL1070



"CARNIE" PUB BURGER*

100% choice, all-natural, black angus beef, USDA certified from family owned and operated Harris Ranch. Finished with swiss, caramelized onions, garlic aioli, romaine lettuce, sliced tomato and pickle chips. Served on a grilled brioche bun.

\$9.99 CAL1010 (Served with roasted potatoes)

'HERB" VEGGIE BURGER v

Our signature veggie patty made from quinoa, kale, brown rice and roasted mushrooms. Seasoned with roasted garlic and shallots. Finished with fresh avocado, cheddar, garlic aioli, romaine lettuce, sliced tomato and onion. Served on a grilled brioche bun.

\$9.99 CAL820 (Served with roasted potatoes)



Red potatoes roasted with caramelized onions, fresh rosemary, kosher salt, fresh garlic and a hint of paprika.

Add to any sandwich for \$1.99

CAL120



YOU'LL ONLY FIND THESE TASTY TREATS AT THIS LOCATION.





Available 11a.m. - 4p.m., Monday - Friday

Half hoagie with chips

Your choice of hoagie and flavor of chips.



Bowl of magic mushroom or spicy tortilla soup and your choice of lil'salad.

Specialty slice and lil' salad

Gourmet specialty slice of the day and choice of lil' house or lil' Caesar salad.

One topping slice and lil' salad.

Any one topping and your choice, of lil' salad.

Lil' Greek and hummus plate

Our lil' Greek salad and hummus plate.

All include a drink for \$7.99

Sign up for our e-club at mellowmushroom.com/signup. (Scan the QR code to get there).



You'll get the inside scoop on Mellow Mushroom happenings, and an email that entitles you to a FREE spinach dip or bruschetta with any pizza purchase on your next visit.

When you visit us again, choose your free munchie and show your server the email (either printed or on your phone) when you order a pizza. That's it! Easy as pizza pie.

Want more? Once you're an e-club member, text "Mellow207" to 47377 for updates on the specials happening at your local Mellow.



SUNDAE FUNDAY

Your choice of our giant house baked cookies, served with all-natural vanilla bean ice cream, dark chocolate truffle sauce and house made fresh whipped cream, topped with an all-natural bing cherry.

\$5.99 CAL470x2

Peanut butter

CAL420x2

Oatmeal raisin

CAL470x2

Triple chocolate chunk

GIANT GOURMET COOKIE

Our massive house-baked gourmet cookies.

Three decadent choices

Triple chocolate chunk (CAL300x2)

Oatmeal raisin (CAL240x2)

Peanut butter (CAL300x2) made with Reese's® peanut butter cups®.

\$3.25



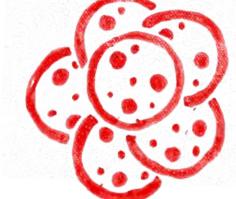
No plain Jane brownie here, this one's a buttery chocolate, chewy brownie generously studded with Hershey's® milk chocolate kisses, bittersweet and semi-sweet chocolate chunks.

\$4.99 CAL300x2

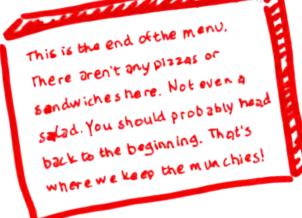
HALF BAKED BROWNIE SUPREME

The name says it all. Our decadent triple chocolate brownie served with all-natural vanitla bean ice cream, dark chocolate truffle sauce and house made fresh whipped cream, topped with an all-natural bing cherry.

\$5.99 CAL420x2









Dig our food philosophy at mellowmushroom.com

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