



731-336-7856

<http://www.takeout2unow.com>

Mellow Mushroom Downtown TNZ

Munchies

Bowl of Magic Mushroom Soup \$10.33

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

Bruschetta \$11.80

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

Spinach and Artichoke Dip \$13.28

Fresh sauteed spinach blended with artichokes, mozzarella and parmesan in a creamy sauce topped with shaved parmesan and baked. Served with garlic toast points.

Meatball Trio \$14.03

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

Oven Roasted Wings

Crisp double-baked wings. Choose from hot, mild, BBQ, jerk, sweet Thai chili or naked. Served with celery, carrots and your choice of ranch or bleu cheese dressing.

Half Order Wings (5) \$9.62

Whole Order Wings (10) \$17.70

Pretzels

Half Order Pretzels (3) \$8.85

Signature Mellow dough twisted into pretzels. Choice of garlic butter and parmesan with a side of Mellow red sauce OR garlic butter and kosher salt with a side of mustard. Add Pabst Blue Ribbon beer cheese for \$3.15

Whole Order Pretzels (6) \$12.57

Signature Mellow dough twisted into pretzels. Choice of garlic butter and parmesan with a side of Mellow red sauce OR garlic butter and kosher salt with a side of mustard. Add Pabst Blue Ribbon beer cheese for \$3.15

Pretzel Bites \$11.08

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

Garlic Cheese Bread

French bread topped with melted mozzarella, then baked. Served with a side of Mellow red sauce. Add fresh tomatoes for an additional \$0.65

Garlic Cheese Bread \$10.33

Pepperoni Garlic Cheese Bread \$11.80

Pesto Garlic Cheese Bread \$11.80

Pizzas

"Classic" Crust or Mellow "THIN" Crust.

Small pizzas have 4 slices; Medium pizzas have 6 slices; Large pizzas have 8 slices.

Build Your Own Pizza

Build Your Own Pizza by selecting a Sauce Base and adding your choice of Ingredients. The Pizza will be made with Mozzarella Cheese unless another Cheese is specified

10" Small Build Your Own Pizza \$12.92

4 Slices. Toppings are \$1.59 each; Premium Toppings are \$3.15 each.

14" Medium Build Your Own Pizza \$19.93

6 Slices. Toppings are \$2.50 each; Premium Toppings are \$5.00 each.

16" Large Build Your Own Pizza \$24.72

8 Slices. Toppings are \$3.45 each; Premium Toppings are \$6.89 each.

Cheese

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

10" Small Cheese Pizza \$12.92

14" Medium Cheese Pizza \$19.93

16" Large Cheese Pizza \$24.72

Mel Corleone

Start with a classic Mellow red sauce base with garlic, mozzarella, seasoned ricotta, pepperoni, salami and sliced meatballs. garnished with fresh basil, shaved parmesan and crushed red pepper.

10" Small Mel Corleone \$20.28

14" Medium Mel Corleone \$30.27

16" Large Mel Corleone \$39.12

The Hiram

A local legend. Ranch base with all-natural grilled chicken, applewood-smoked bacon, onions, cheddar and mozzarella cheeses.

10" Small The Hiram \$20.28

14" Medium The Hiram \$30.27

16" Large The Hiram \$39.12

Luigi Pizza

Olive oil and garlic base layered with mozzarella, Genoa salami, pepperoni, caramelized onions, banana peppers and topped with fresh basil.

10" Small Luigi \$20.28

14" Medium Luigi \$30.27

16" Large Luigi \$39.12

Great White

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

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Beverages from Mellow Mushroom

Gallon of Sweet Tea \$11.80

Gallon of Unsweet Tea \$11.80

Hoagies

All hoagies are served on a French roll or multigrain roll. All hoagies are served with a choice of kettle chips - malt vinegar & sea salt, jalapeno cheddar, sea salt or BBQ

California Club \$15.52

All-natural grilled chicken with roasted tomatoes, applewood smoked bacon, fresh avocado and garlic aioli on multigrain ciabatta

Havana Hoagie

Simple yet lively. This Cuban-inspired hoagie comes with grilled pork, ham, pickled slices, Swiss cheese melted on top and the perfect amount of mustard.

Whole Havana Hoagie \$16.23

Half Havana Hoagie \$11.80

Steak & Cheese Hoagie

Grilled, shaved all-natural ribeye steak, onions, mushrooms, green peppers, provolone, mayo, lettuce, and roma tomatoes.

Half Steak & Cheese Hoagie \$12.21

Whole Steak & Cheese Hoagie \$17.70

Chicken & Cheese Hoagie

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

Half Chicken & Cheese Hoagie \$12.21

Whole Chicken & Cheese Hoagie \$17.70

Meatball Hoagie

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

Half Meatball Hoagie \$11.80

Whole Meatball Hoagie \$16.63

Italian Hoagie

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

Half Italian Hoagie \$11.08

Whole Italian Hoagie \$15.87

Tempeh Hoagie

Teriyaki tempeh with provolone, onions, mushrooms, green peppers, mayo, lettuce and roma tomatoes.

Half Tempeh Hoagie \$11.08

Whole Tempeh Hoagie \$15.87

Avocado Hoagie

Seasoned avocado, onions, provolone, mayo, lettuce, and roma tomatoes.

Salads

House Salad

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

'Lil House Salad	\$5.90
Regular House Salad	\$9.62

Greek Salad

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

'Lil Size Greek Salad	\$10.33
Regular Size Greek Salad	\$15.52

Enlightened Spinach Salad

A Bed of Fresh Spinach topped with Dried Cherries, Apples, Homemade Candied Pecans, and Feta Cheese. Add all-natural chicken or applewood-smoked bacon for an additional charge.

'Lil Size Enlightened Spinach Salad	\$9.62
Regular Size Enlightened Spinach Salad	\$14.38

Mellow Chick Salad

Homemade chicken salad including dried cherries, sweet onions, chopped pecans and curried mayo. Served with cucumber slices, carrots, celery, Roma tomatoes on a bed of spring mix drizzled with balsamic vinaigrette.

The Elevated Cobb Salad

A higher order of salad made with antibiotic-free Springer Mountain Farms chicken, applewood-smoked bacon, fresh avocado, crumbled bleu cheese and sliced Roma tomatoes on a bed of chopped romaine lettuce.

The Elevated Cobb Salad	\$16.98
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Caesar Salad

Romaine lettuce tossed with Caesar dressing and topped with shaved parmesan and house-made croutons. Add all-natural chicken or applewood smoked bacon for an additional charge.

'Lil Size Caesar Salad	\$7.38
Regular Size Caesar Salad	\$11.80

Build Your Own Salad

Your choice of base plus three ingredients. Base choices are: Lettuce Blend (romaine and iceberg lettuce, shredded carrots and red cabbage), Romaine, Spinach, or Spring mix. Customize to your taste with additional cheeses and fresh ingredients for \$2.19/\$4.38 each.

Build Your Own Salad	\$11.80
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Extra Salad Dressings

Side Cup of Signature Esperanza Dressing	\$0.77
Side Cup of Ranch Dressing	\$0.77
Side Cup of Blue Cheese Dressing	\$0.77
Side Cup of Balsamic	\$0.77

10" Small Great White Pizza	\$19.93
14" Medium Great White Pizza	\$29.13
16" Large Great White Pizza	\$39.12

House Special

*Mellow red sauce with mozzarella, pepperoni, sausage, ground beef, ham, applewood smoked bacon, mushrooms, black olives, roma tomatoes, green peppers and onions. Topped with extra mozzarella. *GF. This pizza is available in the Gluten-Free Menu as well and can be made with our allergy-safe procedures.*

10" Small House Special Pizza	\$20.65
14" Medium House Special Pizza	\$32.08
16" Large House Special Pizza	\$39.83

Kosmic Karma

*Mellow red sauce with feta cheese, mozzarella, spinach, sun-dried roasted tomatoes and roma tomatoes. Finished with a pesto swirl. *GF. This pizza is available in the Gluten-Free Menu as well and can be made with our allergy-safe procedures.*

10" Small Kosmic Karma Pizza	\$19.93
14" Medium Kosmic Karma Pizza	\$29.13
16" Large Kosmic Karma Pizza	\$39.12

Mighty Meaty

*Mellow red sauce with mozzarella, pepperoni, sausage, ground beef, ham and applewood smoked bacon. *GF. This pizza is available in the Gluten-Free Menu as well and can be made with our allergy-safe procedures.*

10" Small Mighty Meaty Pizza	\$20.99
14" Medium Mighty Meaty Pizza	\$30.27
16" Large Mighty Meaty Pizza	\$39.47

Veg Out

*Mellow red sauce with mozzarella, spinach, green peppers, mushrooms, onions, black olives and tomatoes. *GF. This pizza is available in the Gluten-Free Menu as well and can be made with our allergy-safe procedures.*

10" Small Veg Out Pizza	\$19.93
14" Medium Veg Out Pizza	\$29.13
16" Large Veg Out Pizza	\$39.12

Pacific Rim

Mellow red sauce with mozzarella, ham, bacon, caramelized onions, pineapple and jalapenos

10" Small Pacific Rim Pizza	\$19.93
14" Medium Pacific Rim Pizza	\$29.13
16" Large Pacific Rim Pizza	\$39.12

Funky Q. Chicken

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

10" Small Funky Q. Chicken Pizza	\$20.28
14" Medium Funky Q. Chicken Pizza	\$30.27
16" Large Funky Q. Chicken Pizza	\$39.47

Buffalo Chicken

Mozzarella, all-natural buffalo chicken, caramelized onions and applewood smoked bacon with a swirl of buffalo

Vinaigrette Dressing
Side Cup of Caesar Dressing \$0.77

Condiments

Side Cup of Red Sauce \$0.77
Side Cup of Turbodog Beer \$3.72
Cheese

Calzones

All calzones are made with fresh Mellow dough and served with a side of Mellow red sauce. Ingredients for a calzone are priced at small pie prices.

Cheese Calzone \$12.92

Stuffed with mozzarella, provolone and seasoned ricotta, then basted with garlic butter and sprinkled with parmesan. Add additional toppings for \$1.59 for most toppings. Premium toppings are \$3.15 each.

Veggie Calzone \$15.52

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

Steak & Cheese Calzone \$19.18

Grilled, shaved all-natural ribeye steak with mushrooms, onions, green peppers, seasoned ricotta, mozzarella and provolone.

Chicken & Cheese Calzone \$19.18

Grilled all-natural chicken with mushrooms, onions, green peppers, seasoned ricotta, mozzarella and provolone.

The Sausagefest Calzone \$18.47

Meatball, sausage, salami, mozzarella, provolone and seasoned ricotta.

Cordon Blue Calzone \$18.47

Mozzarella, provolone, seasoned ricotta, all-natural grilled chicken, ham, roasted red peppers and garlic. Served with a side of Mellow red sauce.

Sweets

Giant Gourmet Cookie \$4.07

Our massive house-baked gourmet cookies. Three decadent choices: triple chocolate chunk, or peanut butter made with REESE'S Peanut Butter Cups.

Mary Jane's Triple Chocolate Brownie \$5.53

No plain Jane brownie here. This one's a buttery chocolate, chewy brownie generously studded with HERSHEY'S KISSES milk chocolate, bittersweet and semi-sweet chocolate chunks.

sauce. Finished with a swirl of your choice of bleu cheese or ranch dressing.

10" Small Buffalo Chicken \$20.28

Pizza

14" Medium Buffalo Chicken \$30.27

Pizza

16" Large Buffalo Chicken \$39.47

Pizza

Holy Shiitake Pie

Olive oil and garlic base with shiitake, button and portobello mushrooms, caramelized onions, mozzarella, and MontAmore. Finished with a garlic aioli swirl and a spritz of black truffle oil.

Garnished with fresh chives and shaved parmesan.

10" Small Holy Shiitake Pie \$19.93

14" Medium Holy Shiitake Pie \$29.13

16" Large Holy Shiitake Pie \$39.12

Gluten-Free Pizzas

Any pie can be made on a gluten-free crust; however, only those pies and ingredients with the GF designation can be made with our allergy-safe procedures.

Build Your Own Gluten-Free Pizza

Build Your Own Gluten-Free Pizza by selecting a Sauce Base and adding your choice of Ingredients. The Pizza will be made with Mozzarella Cheese unless another Cheese is specified

10" Gluten-Free Build Your Own Pizza \$15.87

Gluten-Free Cheese Pizza

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

10" Gluten-Free Cheese Pizza \$15.87

Gluten-Free House Special

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

10" Gluten-Free House Special \$23.60

Pizza

Gluten-Free Kosmic Karma

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

10" Gluten-Free Kosmic Karma \$22.88

Pizza

Gluten-Free Mighty Meaty

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

10" Gluten-Free Mighty Meaty \$23.23

Pizza

Gluten-Free Veg Out

Mellow red sauce with mozzarella, spinach, green peppers, mushrooms, onions, black olives and tomatoes

10" Gluten-Free Veg Out Pizza \$22.88