

mellow mushroom



far out take out (919) 680-8500

410 Blackwell Street • Durham, NC 27701

We Specialize in catering, as well as office and sales rep lunches!

WWW.MELLOWMUSHROOM.COM/DURHAM

munchies

TORTILLA SOUP Cup \$4.25 Bowl \$6.95 Add Chicken \$1.50
Vegetarian soup served with sour cream, avocado, cheddar cheese, and a lime garnish.

BRUSCHETTA \$6.25
Diced tomatoes, basil, and feta tossed in balsamic vinegar and olive oil. Seasoned and served on toast points and drizzled with a balsamic glaze.

THE CAPRI \$5.75
Sliced tomatoes, fresh mozzarella, and basil topped with balsamic glaze and served with a side of spring mix tossed in herb vinaigrette dressing.

OVEN ROASTED WINGS 5 for \$4.95 or 10 for \$8.95
Crisp baked wings served hot, mild, BBQ, jerk, sweet Thai chili, or plain.

SPINACH ARTICHOKE DIP \$7.25
Freshly sautéed spinach blended with artichokes, mozzarella and parmesan cheeses in a rich, creamy sauce topped with shaved parmesan and baked until it's warm and bubbly. Served with baked garlic toast.

HUMMUS \$6.25
Scoop of hummus served with fresh toasted pita points and garnished with paprika, basil, and olive oil.

STUFFED PORTOBELLO MUSHROOM \$7.25
A giant Portobello mushroom basted with garlic butter and stuffed with artichoke hearts, feta, sun dried tomatoes, and spinach. Topped with mozzarella cheese, baked, and served on a bed of spring mix tossed in herb vinaigrette dressing. Drizzled with a balsamic glaze.

MEATBALL APPETIZER \$6.95
Three meatballs served with melted fresh mozzarella on a bed of red sauce and garnished with shaved parmesan and basil.

CHEESE BREAD \$4.75
French bread basted with garlic butter, sprinkled with Italian seasoning and baked with shredded mozzarella. Served with a side of red sauce.

GARLIC BREAD \$3.25
A loaf of our French bread basted with garlic butter, sprinkled with Italian seasoning and baked. Served with a side of red sauce.

PRETZELS Half Order (3) \$4.50 • Whole Order (6) \$7.95
Fresh dough pretzels basted with your choice of garlic butter and parmesan, butter and salt, or cinnamon and honey.

salads

All salads are served with your choice of dressing.

GREEK REG \$7.95 'LIL \$4.95
Salad mix, onions, cucumbers, green peppers, mushrooms, feta, kalamata olives, tomatoes, pepperoncini, and banana peppers. Garnished with shredded carrots & red cabbage.

CHEF'S SALAD REG \$7.95 'LIL \$4.95
Salad mix, onions, cucumbers, green peppers, mushrooms, kalamata olives, tomatoes, mozzarella, ham, and sprouts. Garnished with shredded carrots & red cabbage.

SPINACH REG \$7.95 'LIL \$4.95
Spinach, shaved parmesan cheese, mushrooms, tomatoes, & Applewood smoked bacon.

FIELD GREEN REG \$6.95 'LIL \$4.25
Spring mix, mushrooms, tomatoes, & green olives.

TOSSED REG \$6.25 'LIL \$3.95
Salad mix, mushrooms, and tomatoes garnished with shredded carrots and red cabbage. Try it with cucumbers, cheddar cheese, & Applewood smoked bacon for an additional charge.

THE BRUTUS REG \$8.95 WITH JERK OR TERIYAKI CHICKEN \$11.75
Our Caesar Salad with kalamata olives, grilled Portobello basted with garlic butter, roasted red peppers, tomatoes, & feta.

CAESAR REG \$6.25 'LIL \$4.25 WITH CHICKEN REG \$8.95 'LIL \$6.95
Romaine lettuce tossed in Caesar dressing & topped with shaved parmesan & croutons.

MANDARIN SALAD \$8.25
Bed of Field Greens, mandarin oranges, chopped walnuts, red onions, and bleu cheese, served with Poppyseed dressing.

ENLIGHTENED SPINACH SALAD REGULAR \$8.99 'LIL \$5.50
The classic spinach salad gets a Mellow makeover. Fresh spinach topped with dried cherries, Granny-Smith apples, caramelized pecans and feta cheese served with light balsamic vinaigrette.

build your own salad

Choose your greens and ingredients

PICK A BASE \$3.95

Romaine • Salad Mix • Spinach • Spring Mix OR mix any two

VEGGIES

65¢ EACH

Artichoke Hearts • Banana Peppers • Black Olives • Broccoli • Cucumbers • Garlic Green Olives • Green Peppers • Jalapeño Peppers • Mushrooms • Onions • Pepperoncini • Pineapple • Roasted Red Peppers • Roma Tomatoes

\$1.30 EACH

Fresh Basil • Kalamata Olives
Sun Dried Tomatoes • Portobello

CHEESE

\$1.30 EACH

Cheddar • Feta • Mozzarella • Parmesan • Provolone

\$1.75 EACH

Bleu Cheese • Fresh Mozzarella • Vegan Cheese

PROTEIN

\$1.40 EACH

Anchovies • Ham • Meatballs • Pepperoni
Salami • Tempeh • Tofu • BBQ Tofu • Turkey

\$2.80 EACH

Applewood Smoked Bacon • Avocado • Chicken • BBQ Chicken
Buffalo Chicken • Jerk Chicken
Herb Vinaigrette Chicken • Pesto Chicken • Teriyaki Chicken • Steak

DRESSING

Herb Vinaigrette • Spicy Ranch • Bleu Cheese • 1000 Island • Lite Ranch • Caesar
Honey Mustard • Esperanza • Ranch • Balsamic Vinaigrette • Oil and Vinegar

All take away salads are served with dressing on the side. Most salads are served with Esperanza, our house dressing. Extra Ounces of Dressing are available for purchase.
prices subject to change.

pizza

SLICES \$1.99
SLICE INGREDIENT 65¢ EACH
SLICES ARE AVAILABLE MONDAY-FRIDAY, 11AM-2PM

CHEESE	\$7.95	\$12.95	\$14.95
Red sauce base, mozzarella cheese, and our famous crust, buttered & sprinkled with parmesan cheese.			
HOUSE SPECIAL	\$10.75	\$19.95	\$24.25
Red sauce base pizza with mozzarella, pepperoni, sausage, ground beef, ham, Applewood smoked bacon, mushrooms, black olives, Roma tomatoes, green peppers, onions, & extra cheese.			
GOURMET WHITE	\$10.25	\$18.95	\$23.50
Olive oil and garlic base pizza with sun dried tomatoes, provolone, mozzarella, feta, Roma tomatoes, & onions.			
PHILOSOPHER'S PIE	\$10.75	\$19.95	\$24.25
Olive oil and garlic base pizza with grilled steak, Portobello mushrooms, artichoke hearts, kalamata olives, provolone, feta, & mozzarella.			
THE CAESAR!	\$10.25	\$18.95	\$23.50
Olive oil and garlic base pizza with pesto chicken, provolone, mozzarella, and feta and topped with a Caesar salad & Roma tomatoes.			
MEGA-VEGGIE	\$10.75	\$19.50	\$24.25
Red sauce base pizza with mozzarella, sun dried tomatoes, spinach, green peppers, mushrooms, onions, black olives, Roma tomatoes, broccoli, feta, banana peppers, artichoke hearts, & tofu.			
HAWAIIAN	\$9.25	\$16.25	\$18.95
Red sauce base pizza with mozzarella, ham, & pineapple.			
THE WHITE RABBIT	\$10.75	\$19.95	\$24.50
Olive oil and garlic base with sun dried tomatoes, spinach, mozzarella, artichoke hearts, shrooms and feta.			
THE MARLEY	\$10.75	\$19.95	\$24.50
Pesto base, mozzarella, sausage links, jerk chicken and onions.			
MAUI WOWIE	\$10.75	\$19.95	\$24.50
Pesto base with mozzarella, ham, pineapple, jerk chicken, banana peppers and bacon.			

KOSMIC KARMA	\$10.25	\$18.95	\$23.50
Red sauce base pizza with mozzarella, sun dried tomatoes, spinach, feta, Roma tomatoes, & a pesto swirl.			
MAGICAL MYSTERY TOUR	\$10.25	\$18.95	\$23.50
Pesto base pizza and crust with button and Portobello mushrooms, mozzarella, spinach, feta, & jalapeños.			
FUNKY Q. CHICKEN	\$10.75	\$19.95	\$24.25
BBQ chicken, mozzarella, cheddar, caramelized onions, Applewood smoked bacon & a BBQ sauce swirl.			
MIGHTY MEATY	\$10.25	\$18.95	\$23.50
Red sauce base pizza with mozzarella, pepperoni, sausage, ground beef, ham, & Applewood smoked bacon.			
BUFFALO CHICKEN	\$10.75	\$19.95	\$24.25
Mozzarella, Buffalo chicken, caramelized onions, Applewood smoked bacon & a swirl of Buffalo sauce and your choice of bleu cheese or ranch dressing.			
RED SKIN POTATO PIE	\$10.75	\$19.95	\$24.25
Olive oil and garlic base pizza loaded with red potato, Applewood smoked bacon, caramelized onions, cheddar & mozzarella cheeses, sprinkled with chives & drizzled with sour cream & spicy ranch dressing.			
MELLOWTERRANEAN	\$10.75	\$19.95	\$24.25
Olive oil and garlic base pizza with chicken, onions, roasted red bell peppers, black olives, chives, mozzarella, feta, & a side of tzatziki sauce.			
JERK CHICKEN	\$9.75	\$18.00	\$22.50
Our classic pizza with Jamaican jerk chicken, mozzarella & pineapple.			
THAI DYE PIE	\$10.75	\$19.95	\$24.50
Olive oil and garlic base pizza with our curry marinated chicken, mozzarella, tomatoes, onions, basil, and a swirl of sweet Thai chili sauce & cool cucumbers.			
THE FRESHIES	\$10.25	\$18.95	\$23.50
Extreme freshness in every bite. A red based pizza topped with fresh mozzarella, Roma tomatoes, shredded mozzarella and fresh basil.			

JERK CHICKEN \$9.75
Mozzarella, jerk chicken, and pineapple.
CHICKEN & CHEESE \$9.95
Grilled chicken, onions, mushrooms, green peppers & mozzarella cheese.
HOUSE CALZONE \$9.50
Spinach, mushrooms, Roma tomatoes & mozzarella cheese.

calzones

CHEESE CALZONE \$7.95
Add any ingredients from the list to the right. Ingredient prices for calzones are the same as for a small pizza.
STEAK & CHEESE \$9.95
Grilled steak, onions, mushrooms, green peppers & mozzarella cheese.

hoagies

All Hoagies are served heated.
Your Choice of French Bread, Wheat Bread, or Pita

STEAK AND CHEESE HALF \$5.25 • WHOLE \$8.25
Grilled steak, onions, green peppers, mushrooms, and melted provolone. Served with mayonnaise, lettuce, and tomatoes. Black & Bleu also available with bleu cheese. Try it with Applewood smoked bacon & extra cheese for an additional charge.
PORTOBELLO & CHEESE HALF \$5.25 • WHOLE \$8.25
Grilled Portobello mushrooms basted with garlic butter, artichoke hearts, sun dried tomatoes, spinach, mozzarella & feta. Served with mayonnaise. Garnished with sprouts.
MEATBALL HALF \$5.25 • WHOLE \$8.25
Meatballs, red sauce, & melted mozzarella, with Italian seasoning.
CHICKEN PARMESAN HALF \$5.25 • WHOLE \$8.25
Chicken, red sauce, melted mozzarella, & shaved parmesan cheese. Garnished with Italian seasoning.
IRV'S SAUSAGE & PEPPERS HALF \$5.25 • WHOLE \$8.25
Grilled sausage links, caramelized onions, green peppers and melted provolone cheese. Served with spicy mustard, lettuce, & tomato. Garnished with a pepperoncini.
TOFU HALF \$4.95 • WHOLE \$7.95
Teriyaki-grilled tofu, provolone, grilled mushrooms, onions, and green peppers. Served with mayonnaise, lettuce, & tomatoes. Garnished with sprouts.
TEMPEH HALF \$4.95 • WHOLE \$7.95
Marinated and grilled tempeh, feta, grilled mushrooms, onions, and green peppers. Served with pesto mayonnaise, lettuce, & tomatoes. Garnished with sprouts.
CHICKEN & CHEESE HALF \$5.25 • WHOLE \$8.25
Grilled teriyaki chicken, melted provolone, grilled mushrooms, onions, & green peppers. Served with mayonnaise, lettuce, & tomatoes.

CHIPS \$1.20

ITALIAN HALF \$5.25 • WHOLE \$8.25
Ham, pepperoni, salami, fresh mozzarella, and caramelized onions. Served with mayonnaise, basil, spring mix, tomatoes, & herb vinaigrette.
MUSHROOM CLUB HALF \$5.25 • WHOLE \$8.25
Ham, turkey, Applewood smoked bacon, provolone, caramelized onions, and grilled mushrooms. Served with mayonnaise, lettuce, and tomatoes. Garnished with sprouts.
HAM & CHEESE HALF \$4.95 • WHOLE \$7.95
Ham, provolone, and onions. Served with mayonnaise, lettuce, & tomatoes. Garnished with sprouts.
TURKEY & CHEESE HALF \$4.95 • WHOLE \$7.95
Turkey, provolone, and onions. Served with mayonnaise, lettuce, & tomatoes. Garnished with sprouts.
AVOCADO HALF \$4.95 • WHOLE \$7.95
Provolone, onions, and avocado. Served with mayonnaise, lettuce, & tomatoes. Garnished with sprouts.
B.L.T. HALF \$4.95 • WHOLE \$7.95
Provolone, Applewood smoked bacon, & onions. Served with mayonnaise, lettuce, & tomatoes. Garnished with sprouts.
CAPRI HALF \$4.95 • WHOLE \$7.95
Fresh mozzarella, tomatoes, spring mix, and basil. Served with herb vinaigrette and pesto mayonnaise.
JERK CHICKEN HALF \$5.50 • WHOLE \$8.50
Grilled jerk chicken, mushrooms, onions, green peppers, pineapples, tomatoes, spinach, & feta. Served with pesto mayonnaise.
OLD SCHOOL JERK CHICKEN HALF \$4.95 • WHOLE \$7.95
Grilled spicy jerk chicken and grilled pineapple, covered with provolone cheese, garnished with lettuce, tomatoes & mayo.

ingredients

bases
Olive Oil and Garlic Pesto Red Sauce Barbeque
fruits & veggies
Artichoke Hearts Banana Peppers Black Olives Broccoli Caramelized Onions Cucumbers Garlic Green Olives Green Peppers Jalapeños Mushrooms Onions Pepperoncini Pineapple Roasted Red Peppers Roma Tomatoes Spinach
Small 95¢
Medium \$1.85
Large \$2.20
Fresh Basil Kalamata Olives Pesto Swirl Portobello Sun Dried Tomatoes
Small \$1.50
Medium \$2.95
Large \$3.50
proteins
Anchovies BBQ Tofu Ground Beef Ham Italian Sausage Pepperoni Pesto Tofu Tempeh Tofu Turkey
Small 95¢
Medium \$1.85
Large \$2.20
Applewood Smoked Bacon Avocado BBQ Chicken Buffalo Chicken Chicken Herb Vinaigrette Chicken Jerk Chicken Meatballs Pesto Chicken Salami Link Sausage Steak
Small \$1.90
Medium \$3.70
Large \$4.40
cheeses
Cheddar Extra Mozzarella Feta Parmesan Provolone Ricotta
Small 95¢
Medium \$1.85
Large \$2.20
Bleu Cheese Fresh Mozzarella Vegan Cheese
Small \$1.50
Medium \$2.95
Large \$3.50