

# mellow mushroom



far out take out (423) 928-6356

2929 North Roan St. • Johnson City, TN 37601

WWW.MELLOWMUSHROOM.COM/JOHNSONCITY

## munchies

**TOMATO BISQUE** Cup \$2.49 Bowl \$3.99  
Garnished with a toast point, parmesan & basil.

**TORTILLA SOUP** Cup \$2.49 Bowl \$3.99 Add Chicken \$2.00  
Vegetarian soup served with sour cream, avocado, cheddar cheese, and a lime garnish.

**BRUSCHETTA** \$6.49  
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** \$7.49  
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 \$4.29 or 10 for \$7.99  
Crisp baked wings served hot, mild, BBQ, jerk, sweet Thai chili, or plain.

**SPINACH ARTICHOKE DIP** \$5.99  
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.

## salads

All salads are served with your choice of dressing.

**GREEK** REG \$8.79 'LIL \$ 5.29  
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 \$8.79 'LIL \$5.29  
Salad mix, onions, cucumbers, green peppers, mushrooms, kalamata olives, tomatoes, mozzarella, ham, and sprouts. Garnished with shredded carrots & red cabbage.

**SPINACH** REG \$8.79 'LIL \$5.29  
Spinach, shaved parmesan cheese, mushrooms, tomatoes, & Applewood smoked bacon.

**FIELD GREEN** REG \$8.79 'LIL \$5.29  
Spring mix, mushrooms, tomatoes, & green olives.

**TOSSED** REG \$5.79 'LIL \$3.79  
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 \$9.29 WITH JERK OR TERIYAKI CHICKEN \$11.59  
Our Caesar Salad with kalamata olives, grilled Portobello basted with garlic butter, roasted red peppers, tomatoes, & feta.

**CAESAR** REG \$8.79 'LIL \$5.29 WITH CHICKEN REG \$11.09 'LIL \$6.44  
Romaine lettuce tossed in Caesar dressing and topped with shaved parmesan & croutons.

### STUFFED PORTOBELLO MUSHROOM \$8.49

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.

### HUMMUS \$6.49

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

### MEATBALL APPETIZER \$6.99

Three meatballs served with melted fresh mozzarella on a bed of red sauce and garnished with shaved parmesan and basil.

### CHEESE BREAD \$4.49

French bread basted with garlic butter, sprinkled with italian seasoning and baked with shredded mozzarella. Served with a side of red sauce.

### GARLIC BREAD \$3.29

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) \$4.49 • Whole Order (6) \$7.49

Fresh dough pretzels basted with your choice of garlic butter and parmesan, butter and salt, or cinnamon and honey.

## build your own salad

Choose your greens and ingredients

### PICK A BASE \$3.99

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

### VEGGIES

79¢ 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

\$1.49 EACH

Fresh Basil • Kalamata Olives  
Sun Dried Tomatoes • Portobello

### CHEESE

\$1.29 EACH

Cheddar • Feta • Mozzarella • Parmesan • Provolone

\$1.99 EACH

Bleu Cheese • Fresh Mozzarella • Vegan Cheese

### PROTEIN

\$1.99 EACH

Anchovies • Applewood Smoked Bacon • Ham • Meatballs • Pepperoni Salami • Tempeh • Tofu • BBQ Tofu • Turkey

\$2.99 EACH

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

**CHEESE** \$6.99 \$10.99 \$13.99  
Red sauce base, mozzarella cheese, and our famous crust, buttered & sprinkled with parmesan cheese.

**HOUSE SPECIAL** \$13.99 \$20.99 \$25.49  
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** \$13.49 \$20.49 \$24.99  
Olive oil and garlic base pizza with sun dried tomatoes, provolone, mozzarella, feta, Roma tomatoes, & onions.

**PHILOSOPHER'S PIE** \$13.99 \$20.99 \$25.49  
Olive oil and garlic base pizza with grilled steak, Portobello mushrooms, artichoke hearts, kalamata olives, provolone, feta, & mozzarella.

**THE CAESAR!** \$13.99 \$20.99 \$25.49  
Olive oil and garlic base pizza with pesto chicken, provolone, mozzarella, and feta and topped with a Caesar salad & Roma tomatoes.

**MEGA-VEGGIE** \$13.99 \$20.99 \$25.49  
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** \$9.99 \$14.29 \$18.49  
Red sauce base pizza with mozzarella, ham, & pineapple.

**KOSMIC KARMA** \$13.49 \$20.49 \$24.99  
Red sauce base pizza with mozzarella, sun dried tomatoes, spinach, feta, Roma tomatoes, & a pesto swirl.

**MAGICAL MYSTERY TOUR** \$13.49 \$20.49 \$24.99  
Pesto base pizza and crust with button and Portobello mushrooms, mozzarella, spinach, feta, & jalapeños.

**FUNKY Q. CHICKEN** \$13.49 \$20.49 \$24.99  
BBQ chicken, mozzarella, cheddar, caramelized onions, Applewood smoked bacon & a BBQ sauce swirl.

**MIGHTY MEATY** \$13.49 \$20.49 \$24.99  
Red sauce base pizza with mozzarella, pepperoni, sausage, ground beef, ham, & Applewood smoked bacon.

**BUFFALO CHICKEN** \$13.49 \$20.49 \$24.99  
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** \$13.49 \$20.99 \$24.99  
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** \$13.49 \$20.99 \$24.99  
Olive oil and garlic base pizza with chicken, onions, roasted red bell peppers, black olives, chives, mozzarella, feta, & a side of tzatziki sauce.

## calzones

**CHEESE CALZONE** \$6.99  
Add any ingredients from the list to the right. Ingredient prices for calzones are the same as for a small pizza.

**STEAK & CHEESE** \$11.49  
Grilled steak, onions, mushrooms, green peppers & mozzarella cheese.

**CHICKEN & CHEESE** \$11.49  
Grilled chicken, onions, mushrooms, green peppers & mozzarella cheese.

**HOUSE CALZONE** \$9.99  
Spinach, mushrooms, Roma tomatoes & mozzarella cheese.

## hoagies

All Hoagies are served heated and come with chips.  
Your Choice of French Bread, Wheat Bread, or Pita

**STEAK AND CHEESE HALF \$5.99 • WHOLE \$8.99**  
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 \$5.49 • WHOLE \$8.49**  
Grilled Portobello mushrooms basted with garlic butter, artichoke hearts, sun dried tomatoes, spinach, mozzarella & feta. Served with mayonnaise. Garnished with sprouts.

**MEATBALL HALF \$5.49 • WHOLE \$8.49**  
Meatballs, red sauce, & melted mozzarella, with Italian seasoning.

**CHICKEN PARMESAN HALF \$5.49 • WHOLE \$8.49**  
Chicken, red sauce, melted mozzarella, & shaved parmesan cheese. Garnished with Italian seasoning.

**IRV'S SAUSAGE & PEPPERS HALF \$5.49 • WHOLE \$8.49**  
Grilled sausage links, caramelized onions, green peppers and melted provolone cheese. Served with spicy mustard, lettuce, & tomato. Garnished with a pepperoncini.

**TOFU HALF \$5.29 • WHOLE \$8.29**  
Teriyaki-grilled tofu, provolone, grilled mushrooms, onions, and green peppers. Served with mayonnaise, lettuce, & tomatoes. Garnished with sprouts.

**TEMPEH HALF \$5.29 • WHOLE \$8.29**  
Marinated and grilled tempeh, feta, grilled mushrooms, onions, and green peppers. Served with pesto mayonnaise, lettuce, & tomatoes. Garnished with sprouts.

**CHICKEN & CHEESE HALF \$5.49 • WHOLE \$8.49**  
Grilled teriyaki chicken, melted provolone, grilled mushrooms, onions, & green peppers. Served with mayonnaise, lettuce, & tomatoes.

**ITALIAN HALF \$5.99 • WHOLE \$8.99**  
Ham, pepperoni, salami, fresh mozzarella, and caramelized onions. Served with mayonnaise, basil, spring mix, tomatoes, & herb vinaigrette.

**MUSHROOM CLUB HALF \$5.99 • WHOLE \$8.99**  
Ham, turkey, Applewood smoked bacon, provolone, caramelized onions, and grilled mushrooms. Served with mayonnaise, lettuce, and tomatoes. Garnished with sprouts.

**HAM & CHEESE HALF \$4.99 • WHOLE \$7.49**  
Ham, provolone, and onions. Served with mayonnaise, lettuce, & tomatoes. Garnished with sprouts.

**TURKEY & CHEESE HALF \$4.99 • WHOLE \$7.49**  
Turkey, provolone, and onions. Served with mayonnaise, lettuce, & tomatoes. Garnished with sprouts.

**AVOCADO HALF \$5.29 • WHOLE \$8.29**  
Provolone, onions, and avocado. Served with mayonnaise, lettuce, & tomatoes. Garnished with sprouts.

**B.L.T. HALF \$5.29 • WHOLE \$8.29**  
Provolone, Applewood smoked bacon, & onions. Served with mayonnaise, lettuce, & tomatoes. Garnished with sprouts.

**CAPRI HALF \$5.29 • WHOLE \$8.29**  
Fresh mozzarella, tomatoes, spring mix, and basil. Served with herb vinaigrette and pesto mayonnaise.

**JERK CHICKEN HALF \$5.49 • WHOLE \$8.49**  
Grilled jerk chicken, mushrooms, onions, green peppers, pineapples, tomatoes, spinach, & feta. Served with pesto mayonnaise.

## ingredients

### bases

Olive Oil and Garlic  
Pesto  
Red Sauce  
Barbeque

### fruits & veggies

Artichoke Hearts  
Banana Peppers  
Black Olives  
Broccoli  
Caramelized Onions  
Cucumbers  
Fresh Basil  
Garlic  
Green Olives  
Green Peppers  
Jalapeños  
Mushrooms  
Onions  
Pepperoncini  
Pesto Swirl  
Pineapple  
Roasted Red Peppers  
Roma Tomatoes  
Spinach

Small \$1.29

Medium \$1.79

Large \$2.29

Kalamata Olives  
Portobello  
Sun Dried Tomatoes

Small \$2.49

Medium \$3.49

Large \$4.49

### proteins

Anchovies  
Applewood Smoked Bacon  
BBQ Tofu  
Ground Beef  
Ham  
Italian Sausage  
Pepperoni  
Pesto Tofu  
Tempeh  
Tofu  
Turkey

Small \$1.29

Medium \$1.79

Large \$2.29

Avocado  
BBQ Chicken  
Buffalo Chicken  
Chicken  
Herb Vinaigrette Chicken  
Jerk Chicken  
Meatballs  
Pesto Chicken  
Salami  
Link Sausage  
Steak

Small \$2.49

Medium \$3.49

Large \$4.49

### cheeses

Cheddar  
Extra Mozzarella  
Feta  
Parmesan  
Provolone  
Ricotta

Small \$1.29

Medium \$1.79

Large \$2.29

Bleu Cheese  
Fresh Mozzarella  
Vegan Cheese

Small \$2.49

Medium \$3.49

Large \$4.49