

mellow mushroom



far out take out (334) 213-6443

Festival Plaza
7915 Vaughn Road • Montgomery, AL 36117

WWW.MELLOWMUSHROOM.COM/MONTGOMERY

munchies

TORTILLA SOUP Cup \$3.79 Add Chicken \$2.00

GARLIC BREAD \$2.99

GARLIC BREAD W/ CHEESE \$4.29

BRUSCHETTA \$5.99

HUMMUS \$5.95

PRETZELS Half Order (3) \$4.49 • Whole Order (6) \$7.49

Specify Salt, Garlic & Parmesan, or Honey & Cinnamon Sugar.

SPINACH & ARTICHOKE DIP \$6.49

MEATBALL APPETIZER \$6.49

Three meatballs with Fresh Mozzarella, Red Sauce and Basil.

THE CAPRI \$6.99

This exquisite salad features layers of juicy Tomatoes, Fresh Mozzarella, and Basil. Served with a side of Spring Mix and Balsamic Glaze.

STUFFED PORTOBELLO \$7.99

Mushroom Cap with Garlic Butter, Artichoke Hearts, Sun-Dried Tomatoes, Spinach and Feta Cheese, topped with Mozzarella Cheese on a bed of Fancy Lettuce.

OVEN ROASTED WINGS 5 for \$4.79 or 10 for \$8.29

Available in Hot, Mild, BBQ, Naked, and Jerk

salads

All Salads are served with your choice of dressing.

GREEK REG \$7.99 'LIL \$4.99

Iceberg, Red Cabbage, Carrots, Cucumbers, Onions, Green Peppers, Mushrooms, Feta, Kalamata Olives, Tomatoes, Pepperoncini, and Banana Peppers.

CHEF REG \$7.99 'LIL \$4.99

Iceberg, Red Cabbage, Carrots, Cucumbers, Onions, Green Peppers, Mushrooms, Kalamata Olives, Tomatoes, Mozzarella, Ham, and Sprouts.

FIELD GREEN REG \$7.99 'LIL \$4.99

Play the field with our Field Green Salad. This salad features assorted gourmet Lettuce, Mushrooms, Tomatoes, and Green Olives.

TOSSED REG \$5.79 'LIL \$3.79

The old reliable. Lettuce, Red Cabbage, Carrots, Mushrooms, and Tomatoes. Try it with Cucumbers, Cheddar Cheese, and Bacon for an additional charge.

CAESAR REG \$7.99 'LIL \$4.99

Traditional—with Romaine, a variety of Croutons, and Parmesan Cheese.

THE BRUTUS REG \$8.99 • add Jerk or Teriyaki Chicken \$10.99

A Caesar salad with everything but the bird! Romaine and Parmesan with Kalamata Olives, Grilled Portobello, Roasted Red Peppers, Roma Tomatoes, and Feta Cheese.

SPINACH REG \$7.99 'LIL \$4.99

The sailor's favorite! Spinach, Parmesan Cheese, Mushrooms, Tomatoes, and Bacon. Served with Balsamic Vinaigrette dressing.

build your own salad

Choose your greens and ingredients

1 PICK A BASE \$3.99

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

2 LOAD UP ON VEGGIES 79¢ EACH

Artichoke Hearts • Broccoli • Cucumbers • Green Peppers • Banana Peppers • Pepperoncini • Jalapeno Peppers • Roasted Red Peppers • Vine Ripe Tomatoes • Roma Tomatoes • Sun-Dried Tomatoes • Black Olives • Green Olives • Kalamata Olives • Onions • Mushrooms • Portobello • Pineapple

3 CHOOSE YOUR CHEESE \$1.29 EACH

Cheddar • Mozzarella • Parmesan • Provolone • Bleu Cheese • Fresh Mozzarella • Feta

4 POWER UP ON PROTEIN \$1.99 EACH

Avocado • Bacon • Chicken • BBQ Chicken • Jerk Chicken • Pesto Chicken • Teriyaki Chicken • Herb Vinaigrette Chicken • Ham • Salami • Steak • Tempeh • Tofu • BBQ Tofu • Turkey

5 DRESS IT UP!

Choose your salad dressing from the list below:

dressings

Herb Vinaigrette • Spicy Ranch • Bleu Cheese • 1000 Island • Honey Mustard • Esperanza • Ranch • Balsamic Vinaigrette

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.

pizza

cheese pizza prices

SLICES \$2.50

SLICE INGREDIENT \$1.25 EACH
SLICES SERVED M-F, 11AM-2PM

10" Small	14" Medium	16" Large
\$7.75	\$11.75	\$14.75

HOUSE SPECIAL \$13.25 \$20.00 \$25.25
Pepperoni, Sausage, Ground Beef, Onions, Green Peppers, Mushrooms, Black Olives, Roma Tomatoes, Ham, Bacon, and extra Cheese.

GOURMET WHITE \$12.75 \$19.75 \$24.75
Olive Oil and Garlic with Sun-Dried Tomatoes, Provolone, Mozzarella, Feta, Roma Tomatoes, and Onions.

MIGHTY MEATY \$12.75 \$19.75 \$24.75
Piled high with Pepperoni, Italian Sausage, Ground Beef, Ham, and Bacon.

MEGA VEGGIE \$13.25 \$20.25 \$25.25
Sun Dried Tomatoes, Spinach, Green Peppers, Mushrooms, Onions, Black Olives, Roma Tomatoes, Broccoli, Feta, Banana Peppers, Artichoke Hearts, and Tofu.

KOSMIC KARMA \$12.50 \$19.50 \$24.50
Sun Dried Tomatoes, Spinach, Feta, Fresh Roma Tomatoes, and Pesto.

RED SKIN POTATO PIE \$12.95 \$19.95 \$24.95
Garlic and Olive Oil base pizza loaded with Red Potato, Bacon, Caramelized Onions, Sour Cream, Cheddar and Mozzarella cheeses, sprinkled with Chives, and drizzled with Spicy Ranch dressing.

MAGICAL MYSTERY TOUR \$12.75 \$19.75 \$24.75
Pesto, Button and Portobello Mushrooms, Spinach, Feta Cheese, and Jalapeños.

FUNKY Q. CHICKEN \$12.50 \$19.50 \$24.50
BBQ Chicken, Cheddar Cheese, Caramelized Onions, and Bacon.

PHILOSOPHER'S PIE \$13.25 \$20.25 \$25.25
Steak, Portobello Mushroom Cap, Artichoke Hearts, Kalamata Olives, Provolone, Feta, and Mozzarella Cheeses on an Oil and Garlic Base.

THE CAESAR! \$12.75 \$19.75 \$24.75
Olive Oil and Garlic base with Pesto Chicken, Provolone, Mozzarella and Feta Cheeses, topped with a fresh Caesar Salad, and Roma Tomatoes.

BUFFALO CHICKEN \$12.75 \$19.75 \$24.75
Buffalo Chicken with Caramelized Onions and Bacon, finished with swirls of Hot Sauce and your choice of Ranch or Bleu Cheese.

HAWAIIAN \$10.25 \$14.75 \$18.75
Ham and Pineapple.

MELLOWTERRANEAN \$12.45 \$19.45 \$24.45
Olive Oil and Garlic base pizza with Chicken, Onions, Roasted Red Bell Peppers, Black Olives, Chives, Mozzarella, Feta, and a side of Tzatziki sauce.

ingredients

bases

Olive Oil and Garlic
Pesto
Red
Barbeque

fruits & veggies

Artichoke Hearts*
Banana Peppers
Black Olives
Broccoli
Fresh Basil*
Fresh Garlic
Green Olives
Green Peppers
Jalapeños
Kalamata Olives
Mushrooms
Onions
Pepperoncini
Pesto
Pineapple
Portobello*
Roasted Red Peppers*
Roma Tomatoes
Spinach
Sun Dried Tomatoes*
Tomatoes

Small \$1.25

Medium \$1.75

Large \$2.25

proteins

Anchovies
Avocado*
Bacon
BBQ Chicken*
BBQ Tofu
Buffalo Chicken*
Chicken*
Ground Beef
Ham
Italian Sausage
Jerk Chicken*
Meatballs*
Pepperoni
Pesto Chicken*
Pesto Tofu
Salami
Steak*
Tempeh
Tofu
Turkey

Small \$1.25

Medium \$1.75

Large \$2.25

cheeses

Bleu Cheese
Cheddar
Extra Mozzarella
Feta
Fresh Mozzarella*
Parmesan
Provolone
Ricotta
Vegan Cheese

Small \$1.25

Medium \$1.75

Large \$2.25

*Counts as 2 Ingredients

calzones

CHEESE \$7.75

Add in any ingredients from the list to the right. Ingredient prices for calzones are the same as for a small pizza.

STEAK & CHEESE \$10.99

Grilled Steak, with Mushrooms, Onions, Green Peppers, and Mozzarella cheese.

CHICKEN & CHEESE \$10.99

Grilled or Jerked Chicken, with Mushrooms, Onions, Green Peppers, and Mozzarella Cheese.

HOUSE \$9.49

Stuffed with Spinach, Roma Tomatoes, Mushrooms, and Mozzarella cheese.

hoagies

CHIPS 99¢

All Hoagies are served heated.

Your Choice of French Bread or Wheat Bread

CAPRI HALF \$4.99 • WHOLE \$8.29

Pesto Mayo with Fresh Mozzarella, Ripe Tomatoes, and Basil. Topped with Spring Mix and Herb Vinaigrette, and sandwiched on Fresh Bread.

ITALIAN HALF \$5.29 • WHOLE \$8.49

Ham, Salami, and Pepperoni with Fresh Mozzarella, Caramelized Onions, Basil, Tomatoes, Spring Mix, Mayo, and Herb Vinaigrette.

MUSHROOM CLUB HALF \$4.99 • WHOLE \$8.29

Piled high with Ham, Turkey, and Bacon, with Provolone Cheese, Caramelized Onions, and Mushrooms. Served with Mayo, Lettuce, Tomato, and topped with Sprouts.

HAM & CHEESE HALF \$4.49 • WHOLE \$7.99

Premium Deli Ham with Provolone Cheese and Onions. Served with Mayo, Lettuce, Tomato, and topped with Sprouts.

TURKEY & CHEESE HALF \$4.79 • WHOLE \$8.29

Turkey Breast with Provolone Cheese and Onions. Served with Mayo, Lettuce, Tomato, and topped with Sprouts.

AVOCADO HALF \$4.99 • WHOLE \$8.29

Sprinkled with Lemon Juice, then placed on French or Wheat Bread with melted Provolone Cheese, and Onions. Served with Mayo, Lettuce, Tomato, and topped with Sprouts.

B.L.T. HALF \$4.49 • WHOLE \$7.99

Provolone Cheese, Onions, Bacon, Lettuce, Tomato, and Mayo, topped with Sprouts.

IRV'S SAUSAGE & PEPPERS HALF \$5.79 • WHOLE \$8.99

Sausage Links, stuffed with Caramelized Onions, Green Peppers, and Provolone Cheese. Garnished with Spicy Mustard, Lettuce, and Tomatoes.

PORTOBELLO & CHEESE HALF \$4.99 • WHOLE \$8.29

A grilled Portobello Mushrooms, basted with Garlic Butter and accompanied by Mayo, Artichoke Hearts, Sun Dried Tomatoes, Spinach, Mozzarella, and Feta.

STEAK & CHEESE HALF \$5.79 • WHOLE \$8.99

Grilled Steak and Mushrooms, Onions, and Green Peppers, smothered with Provolone Cheese. Ask for the Black and Bleu-same Hoagie, but with Bleu Cheese instead of Provolone. Served with Mayo, Lettuce, and Tomatoes. Try it with Bacon and extra Cheese for an additional charge.

MEATBALL HALF \$4.99 • WHOLE \$8.29

Meatballs, smothered in tangy Red Sauce and melty Mozzarella. Try it with grilled Mushrooms & Onions for an additional charge.

CHICKEN PARMESAN HALF \$4.99 • WHOLE \$8.29

Grilled Chicken, baked with Red Sauce and Mozzarella Cheese and kissed with Oregano.

TOFU HALF \$4.99 • WHOLE \$8.29

French or Wheat Bread, with Teriyaki grilled Tofu, covered with Provolone Cheese and garnished with grilled Mushrooms, Onions and Green Peppers, topped with Sprouts. Served with Mayo, Lettuce, and Tomatoes.

TEMPEH HALF \$5.79 • WHOLE \$8.99

Marinated grilled Tempeh, covered with Feta Cheese and garnished with grilled Mushrooms, Onions and Green Peppers. Served with Sprouts, Pesto Mayo, Lettuce, and Tomatoes.

CHICKEN & CHEESE HALF \$4.99 • WHOLE \$8.99

Chicken grilled with Teriyaki, Mushrooms, Onions and Green Peppers. Smothered with Provolone Cheese. Served with Mayo, Lettuce, and Tomatoes.

JERK CHICKEN HALF \$5.29 • WHOLE \$8.49

Grilled Mushrooms, Onions, Green Peppers, spicy Jerk Chicken, and Pineapple. With Spinach, Feta, Pesto Mayo, and Tomatoes.