

mellow mushroom



far out take out (850) 475-7575

5175 Bayou Boulevard • Pensacola, FL 32503

Could your jobsite use more Mellow?! We'll bring it to you!
FREE DELIVERY on corporate catering orders of \$100.00 or more!
Ordering 24 hours in advance brings good Karma:)

WWW.MELLOWMUSHROOM.COM/PENSACOLA

munchies

TOMATO BISQUE Bowl \$4.99

Garnished with a toast point, parmesan & basil.

TORTILLA SOUP Bowl \$4.99 Add Chicken \$2.50

Vegetarian soup served with sour cream, avocado, cheddar cheese, and a lime garnish.

BRUSCHETTA \$5.99

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 \$5.99 or 10 for \$9.99

Crisp baked wings served hot, mild, BBQ, jerk, sweet Thai chili, or plain.

SPINACH ARTICHOKE DIP \$6.99

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.

HIPPY DIPPY TRIO \$ 6.99

Mellow's creamy hummus, fresh tomato bruschetta drizzled with balsamic glaze & our 3 olive tapanade with feta. Served with baked garlic toast

STUFFED PORTOBELLO MUSHROOM \$7.99

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 \$5.99

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 \$4.29

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) \$4.79 • Whole Order (6) \$7.99

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

MELLOW MUFFULETTA CHEESE BREAD \$6.49

Freshly made three olive tapanade, roasted red peppers, garlic and parmesan covered in mozzarella and toasted on warm French bread.

salads

All salads are served with your choice of dressing.

GREEK REG \$8.49 'LIL \$ 4.99

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 \$8.49 'LIL \$4.99

Salad mix, onions, cucumbers, green peppers, mushrooms, kalamata olives, tomatoes, mozzarella, ham, and sprouts. Garnished with shredded carrots & red cabbage.

SPINACH REG \$8.49 'LIL \$4.99

Spinach, shaved parmesan cheese, mushrooms, tomatoes, & Applewood smoked bacon.

FIELD GREEN REG \$8.49 'LIL \$4.99

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 \$11.79

Our Caesar Salad with kalamata olives, grilled Portobello basted with garlic butter, roasted red peppers, tomatoes, & feta.

CAESAR REG \$8.49 'LIL \$4.99 WITH CHICKEN REG \$10.49 'LIL \$7.99

Romaine lettuce tossed in Caesar dressing and topped with shaved parmesan & croutons.

ENLIGHTED SPINACH SALAD \$10.99

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 \$4.49

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

\$1.79 EACH

Fresh Basil • Kalamata Olives
Sun Dried Tomatoes • Portobello

CHEESE

\$1.29 EACH

Cheddar • Feta • Mozzarella • Parmesan • Provolone

\$2.29 EACH

Bleu Cheese • Fresh Mozzarella • Vegan Cheese

PROTEIN

\$2.29 EACH

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

\$3.49 EACH

Avocado • Chicken • BBQ Chicken • Buffalo Chicken • Jerk Chicken
Herb Vinaigrette Chicken • Pesto Chicken • Teriyaki Chicken • Shrimp • 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 \$2.19
SLICE INGREDIENT 60¢ EACH
SLICES ARE AVAILABLE MON-FRI, 11AM-2PM

CHEESE	\$7.99	\$11.99	\$14.99
Red sauce base, mozzarella cheese, and our famous crust, buttered & sprinkled with parmesan cheese.			
HOUSE SPECIAL	\$12.99	\$19.99	\$24.99
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	\$12.49	\$19.49	\$24.49
Olive oil and garlic base pizza with sun dried tomatoes, provolone, mozzarella, feta, Roma tomatoes, & onions.			
PHILOSOPHER'S PIE	\$12.99	\$19.99	\$24.99
Olive oil and garlic base pizza with grilled steak, Portobello mushrooms, artichoke hearts, kalamata olives, provolone, feta, & mozzarella.			
THE CAESAR!	\$12.49	\$19.49	\$24.49
Olive oil and garlic base pizza with pesto chicken, provolone, mozzarella, and feta and topped with a Caesar salad & Roma tomatoes.			
MEGA-VEGGIE	\$12.99	\$19.99	\$24.99
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	\$10.49	\$15.49	\$19.49
Red sauce base pizza with mozzarella, ham, & pineapple.			
THE FRESHIES	\$12.49	\$19.49	\$24.49
Red sauce base, fresh basil, mozzarella, roma tomatoes & fresh mozzarellal			
MAUI WOWIE	\$12.99	\$19.99	\$24.99
Pesto base with mozzarella, ham, pineapple, jerk chicken, banana peppers & bacon.			
CREOLE-Q	\$13.49	\$21.49	\$27.49
Grilled shrimp with herbs and seasonings with a little kick of Tabasco© and drench it in a melt-in-your mouth garlic butter sauce covered with mozzarella.			
BAYOU BLEU PIZZA	\$13.49	\$21.49	\$27.49
A spicy bleu cheese base topped with grilled shrimp, spicy andouille sausage covered in mozzarella and topped with chives.			

KOSMIC KARMA	\$12.49	\$19.49	\$24.49
Red sauce base pizza with mozzarella, sun dried tomatoes, spinach, feta, Roma tomatoes, & a pesto swirl.			
MAGICAL MYSTERY TOUR	\$12.99	\$19.99	\$24.99
Pesto base pizza and crust with button and Portobello mushrooms, mozzarella, spinach, feta, & jalapeños.			
FUNKY Q. CHICKEN	\$12.49	\$19.49	\$24.49
BBQ chicken, mozzarella, cheddar, caramelized onions, Applewood smoked bacon & a BBQ sauce swirl.			
MIGHTY MEATY	\$12.49	\$19.49	\$24.49
Red sauce base pizza with mozzarella, pepperoni, sausage, ground beef, ham, & Applewood smoked bacon.			
BUFFALO CHICKEN	\$12.49	\$19.49	\$24.49
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	\$12.99	\$19.99	\$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	\$12.49	\$19.49	\$24.49
Olive oil and garlic base pizza with chicken, onions, roasted red bell peppers, black olives, chives, mozzarella, feta, & a side of tzatziki sauce.			
THE MAD ITALIAN	\$12.49	\$19.49	\$24.49
Oil and garlic base topped with salami, roasted red peppers, onions, ham, mozzarella, and pepperoncini.			
THE MARLEY	\$12.49	\$19.49	\$24.49
Pesto base, mozzarella, sausage links, jerk chicken and onions.			
MELLOW MUFFULETTA	\$12.99	\$19.99	\$24.99
Freshly made three-olive tapanade, salami, ham, roasted red peppers, garlic and parmesan covered in mozzarella placed on our crust.			
THE WHITE RABBIT	\$12.99	\$19.99	\$24.99
Olive oil and garlic base with sun dried tomatoes, spinach, mozzarella, artichoke hearts, mushrooms and feta.			
THAI DYE PIE	\$12.99	\$19.99	\$24.99
Olive oil and garlic base, with our curry marinated chicken, mozzarella, tomatoes, onions, basil, and a swirl of sweet Thai chili sauce & cucumbers.			
HEY DUDE	\$12.99	\$19.99	\$24.99
Ranch base, mozzarella, chicken, bacon, jalapeños, cheddar & a buffalo swirl and make it better, better, better!			

calzones

CHEESE CALZONE \$7.99

STEAK & CHEESE \$11.49

Grilled steak, onions, mushrooms, green peppers & mozzarella cheese.

hoagies

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

STEAK AND CHEESE HALF \$6.49 • WHOLE \$9.49

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 \$6.49 • WHOLE \$9.49

Grilled Portobello mushrooms basted with garlic butter, artichoke hearts, sun dried tomatoes, spinach, mozzarella & feta. Served with mayonnaise. Garnished with sprouts.

MEATBALL HALF \$6.49 • WHOLE \$9.49

Meatballs, red sauce, & melted mozzarella, with Italian seasoning.

CHICKEN PARMESAN HALF \$6.49 • WHOLE \$9.49

Chicken, red sauce, melted mozzarella, & shaved parmesan cheese. Garnished with Italian seasoning.

IRV'S SAUSAGE & PEPPERS HALF \$6.49 • WHOLE \$9.49

Grilled sausage links, caramelized onions, green peppers and melted provolone cheese. Served with spicy mustard, lettuce, & tomato. Garnished with a pepperoncini.

TOFU HALF \$5.99 • WHOLE \$8.99

Teriyaki-grilled tofu, provolone, grilled mushrooms, onions, and green peppers. Served with mayonnaise, lettuce, & tomatoes. Garnished with sprouts.

TEMPEH HALF \$5.99 • WHOLE \$8.99

Marinated and grilled tempeh, feta, grilled mushrooms, onions, and green peppers. Served with pesto mayonnaise, lettuce, & tomatoes. Garnished with sprouts.

CHICKEN & CHEESE HALF \$6.49 • WHOLE \$9.49

Grilled teriyaki chicken, melted provolone, grilled mushrooms, onions, & green peppers. Served with mayonnaise, lettuce, & tomatoes.

RIGHTEOUS PORTOBELLO RUBEEN HALF \$7.49 • WHOLE \$10.49

Grilled Portobello mushroom, Swiss cheese, Bavarian-style sauerkraut, drizzled with Thousand Island dressing then baked.

CHICKEN & CHEESE \$11.49

Grilled chicken, onions, mushrooms, green peppers & mozzarella cheese.

HOUSE CALZONE \$9.99

Spinach, mushrooms, Roma tomatoes & mozzarella cheese.

CHIPS 99¢

ITALIAN HALF \$6.49 • WHOLE \$9.49

Ham, pepperoni, salami, fresh mozzarella, and caramelized onions. Served with mayonnaise, basil, spring mix, tomatoes, & herb vinaigrette.

MUSHROOM CLUB HALF \$6.49 • WHOLE \$9.49

Ham, turkey, Applewood smoked bacon, provolone, caramelized onions, and grilled mushrooms. Served with mayonnaise, lettuce, and tomatoes. Garnished with sprouts.

HAM & CHEESE HALF \$5.49 • WHOLE \$8.49

Ham, provolone, and onions. Served with mayonnaise, lettuce, & tomatoes. Garnished with sprouts.

TURKEY & CHEESE HALF \$5.49 • WHOLE \$8.49

Turkey, provolone, and onions. Served with mayonnaise, lettuce, & tomatoes. Garnished with sprouts.

AVOCADO HALF \$5.99 • WHOLE \$8.99

Provolone, onions, and avocado. Served with mayonnaise, lettuce, & tomatoes. Garnished with sprouts.

B.L.T. HALF \$5.99 • WHOLE \$8.99

Provolone, Applewood smoked bacon, & onions. Served with mayonnaise, lettuce, & tomatoes. Garnished with sprouts.

CAPRI HALF \$5.99 • WHOLE \$8.99

Fresh mozzarella, tomatoes, spring mix, and basil. Served with herb vinaigrette and pesto mayonnaise.

JERK CHICKEN HALF \$6.49 • WHOLE \$9.49

Grilled jerk chicken, mushrooms, onions, green peppers, pineapples, tomatoes, spinach, & feta. Served with pesto mayonnaise.

HOAG' BOY HALF \$7.49 • WHOLE \$10.99

Grilled shrimp, mushrooms, caramelized onions, lettuce, tomatoes, and pesto mayo with jerk seasoning.

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 \$1.29

Medium \$1.79

Large \$2.29

Fresh Basil
Kalamata Olives
Pesto Swirl
Portobello
Sun Dried Tomatoes

Small \$1.49

Medium \$2.49

Large \$3.29

proteins

Anchovies
Andouille Sausage
BBQ Tofu
Ground Beef
Ham
Italian Sausage
Pepperoni
Pesto Tofu
Tofu
Turkey

Small \$1.29

Medium \$1.79

Large \$2.29

Applewood Smoked Bacon

Avocado
Meatballs
Salami
Link Sausage
Tempeh

Small \$1.79

Medium \$2.79

Large \$3.29

BBQ Chicken
Buffalo Chicken
Chicken
Herb Vinaigrette Chicken
Jerk Chicken
Pesto Chicken
Steak
Shrimp

Small \$2.79

Medium \$3.79

Large \$4.79

cheeses

Cheddar
Extra Mozzarella
Feta
Shaved Parmesan
Provolone

Small \$1.29

Medium \$1.79

Large \$2.29

Bleu Cheese
Fresh Mozzarella
Vegan Cheese

Small \$1.79

Medium \$2.79

Large \$3.69