

mellow mushroom



far out take out (813) 926-3600

11955 Sheldon Rd • Tampa, FL 33626

WWW.MELLOWMUSHROOM.COM/TAMPA

munchies

TORTILLA SOUP Cup \$5.99 Add Chicken \$2.50

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 \$7.50

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 \$5.50 or 10 for \$8.95

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

SPINACH ARTICHOKE DIP \$6.95

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 \$8.99

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 \$8.95

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 \$5.95

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

MEATBALL APPETIZER \$7.50

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

CHEESE BREAD \$3.95

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

GARLIC BREAD \$2.95

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) \$7.49

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 \$8.75 'LIL \$ 5.25

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 \$8.75 'LIL \$5.25

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

SPINACH REG \$8.75 'LIL \$5.25

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

FIELD GREEN REG \$8.25 'LIL \$5.25

Spring mix, mushrooms, tomatoes, & green olives.

TOSSED REG \$5.75 'LIL \$3.75

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 \$11.45

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

CAESAR REG \$7.75 'LIL \$5.25 WITH CHICKEN REG \$10.25 'LIL \$7.75

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

BRUSCHETTA FIELDS REG ONLY \$7.95

Spring mix, onions, mushrooms, mozzarella, shaved parmesan, bruschetta mix & a drizzle of balsamic glaze. Served with our balsamic vinaigrette.

BLEU BUFFALO REG ONLY \$8.95

Romaine, mozzarella, onions, bacon, celery, bleu cheese crumbles & grilled buffalo style chicken. Served with bleu cheese dressing.

ENLIGHTENED SPINACH SALAD REG ONLY \$8.99

Fresh spinach topped with dried cherries, Granny Smith apples, caramelized pecans and feta cheese served with light 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.

build your own salad

Choose your greens and ingredients

PICK A BASE \$4.50

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

VEGGIES

75¢ 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

\$1.50 EACH

Fresh Basil • Kalamata Olives
Sun Dried Tomatoes • Portobello

CHEESE

\$1.25 EACH

Cheddar • Feta • Mozzarella • Parmesan • Provolone

\$2.25 EACH

Bleu Cheese • Fresh Mozzarella • Vegan Cheese

PROTEIN

\$2.25 EACH

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

\$4.25 EACH

Avocado • Chicken • BBQ Chicken • Buffalo Chicken • Jerk Chicken
Herb Vinaigrette Chicken • Pesto Chicken • Teriyaki Chicken • Meatballs • Steak

DRESSING

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

pitas

THE JIVE TURKEY \$4.75

Spinach artichoke dip, mozzarella, turkey, shaved parmesan & garlic

3 CHEESE AND GARLIC \$4.25

Olive oil, mozzarella, shaved parmesan, cheddar cheese & diced basil

SPICY SAUSAGE \$4.50

Ricotta, sliced sausage, provolone, garlic, jalapeños & feta

MEDITERRANEAN \$4.50

Olive oil, mozzarella, black olives, bruschetta mix, feta & cucumber

prices subject to change.

pizza

CHEESE	\$8.50	\$11.99	\$13.99
Red sauce base, mozzarella cheese, and our famous crust, buttered & sprinkled with parmesan cheese.			
HOUSE SPECIAL	\$15.25	\$20.75	\$24.75
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	\$13.75	\$18.75	\$23.25
Olive oil and garlic base pizza with sun dried tomatoes, provolone, mozzarella, feta, Roma tomatoes, & onions.			
PHILOSOPHER'S PIE	\$14.75	\$21.75	\$24.25
Olive oil and garlic base pizza with grilled steak, Portobello mushrooms, artichoke hearts, kalamata olives, provolone, feta, & mozzarella.			
THE CAESAR!	\$14.25	\$20.25	\$23.25
Olive oil and garlic base pizza with pesto chicken, provolone, mozzarella, and feta and topped with a Caesar salad & Roma tomatoes.			
MEGA-VEGGIE	\$15.25	\$20.75	\$24.75
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	\$10.25	\$15.25	\$18.75
Red sauce base pizza with mozzarella, ham, & pineapple.			
THE WHITE RABBIT	\$13.75	\$18.75	\$23.25
Oil & garlic base, sundried tomatoes, spinach, mozzarella, mushrooms, artichoke hearts & feta cheese.			
PEACE, LOVE & VEGGIES	\$14.25	\$20.25	\$23.25
Red sauce base, fresh basil, spinach, mozzarella, onions, black olives & artichoke hearts. Finished with a drizzle of balsamic glaze.			

KOSMIC KARMA	\$12.75	\$17.75	\$23.50
Red sauce base pizza with mozzarella, sun dried tomatoes, spinach, feta, Roma tomatoes, & a pesto swirl.			
MAGICAL MYSTERY TOUR	\$13.75	\$18.75	\$23.25
Pesto base pizza and crust with button and Portobello mushrooms, mozzarella, spinach, feta, & jalapeños.			
FUNKY Q. CHICKEN	\$12.75	\$17.75	\$22.25
BBQ chicken, mozzarella, cheddar, caramelized onions, Applewood smoked bacon & a BBQ sauce swirl.			
MIGHTY MEATY	\$13.75	\$18.95	\$23.75
Red sauce base pizza with mozzarella, pepperoni, sausage, ground beef, ham, & Applewood smoked bacon.			
BUFFALO CHICKEN	\$12.75	\$18.75	\$23.75
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	\$12.75	\$18.75	\$23.75
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	\$14.75	\$21.75	\$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.			
THAI DYE PIE	\$12.49	\$19.49	\$23.99
Olive oil and garlic base, with our curry marinated chicken, mozzarella, tomatoes, onions, basil, and a swirl of sweet Thai chili sauce and cool cucumbers.			
MEATBALL RICOTTA	\$11.99	\$18.99	\$23.50
Red sauce, mozzarella, sliced meatballs, ricotta cheese, sliced onions, & basil.			

ingredients

bases
Olive Oil and Garlic
Pesto
Red Sauce
Barbeque
Hot Sauce

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 \$1.25
Medium \$1.75
Large \$2.00

Fresh Basil
Kalamata Olives
Pesto Swirl
Portobello
Sun Dried Tomatoes

Small \$2.50
Medium \$3.50
Large \$4.00

proteins

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

Small \$1.25
Medium \$1.75
Large \$2.25

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

Small \$2.50
Medium \$3.95
Large \$4.50

cheeses

Cheddar
Extra Mozzarella
Feta
Parmesan
Provolone
Ricotta

Small \$1.25
Medium \$1.50
Large \$2.00

Bleu Cheese
Fresh Mozzarella
Vegan Cheese

Small \$2.50
Medium \$3.00
Large \$4.00

calzones

CHEESE CALZONE \$8.50

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

STEAK & CHEESE \$10.95

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

HOUSE CALZONE \$9.75

Spinach, mushrooms, Roma tomatoes & mozzarella cheese.

hoagies

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

STEAK AND CHEESE HALF \$6.49 • 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 \$5.99 • WHOLE \$8.49

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

MEATBALL HALF \$5.99 • WHOLE \$8.49

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

CHICKEN PARMESAN HALF \$5.99 • WHOLE \$8.49

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

IRV'S SAUSAGE & PEPPERS HALF \$5.99 • 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 \$5.75 • WHOLE \$7.99

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

TEMPEH HALF \$5.75 • WHOLE \$7.99

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

CHICKEN & CHEESE HALF \$5.99 • WHOLE \$8.99

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

BRUSCHETTA BIRDIE WHOLE ONLY \$8.50

Balsamic glazed chicken, provolone, artichoke hearts & feta, on fresh baked bread with spinach and pesto mayo. Finished with a bruschetta topping and a drizzle of balsamic glaze.

CHICKEN & CHEESE \$10.95

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

BUFFALO CHICKEN \$10.50

Texas Pete's marinated chicken, mozzarella, bleu cheese crumbles, onions & garlic. Served with your choice of bleu cheese, ranch or red sauce.

CHICKEN BACON RANCH \$10.50

Chicken, mozzarella, broccoli, Applewood smoked bacon, & cheddar cheese. Served with a side of ranch dressing.

CHIPS WITH A HOAGIE 50¢

EXTRA CHIPS 99¢

BLUE CHEESE AND CELERY \$1.50

HONEY CINNAMON SUGAR APPLE WEDGES \$1.75

ITALIAN HALF \$6.49 • WHOLE \$8.99

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

MUSHROOM CLUB HALF \$6.49 • 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 \$5.25 • WHOLE \$7.99

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

TURKEY & CHEESE HALF \$5.25 • WHOLE \$7.99

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

AVOCADO HALF \$5.49 • WHOLE \$8.49

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

B.L.T. HALF \$5.49 • WHOLE \$7.99

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

CAPRI HALF \$5.49 • WHOLE \$8.49

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

JERK CHICKEN HALF \$5.99 • WHOLE \$8.99

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

BLEU TURKEY WHOLE ONLY \$7.95

Turkey, provolone, raw onions, bacon, bleu cheese & sprouts. Served on heated bread with lettuce, tomato & mayo. Try adding some texas pete's buffalo sauce for some spice!!