



270-901-3370

<http://bowlinggreen.takeoutwaiter.com>

# Mellow Mushroom

## Munchies

101. Pretzel Bites \$7.99

*Our Signature Mellow Dough cut into bite sized pieces finished with garlic butter and Parmesan. served with a side of our Pabst Blue Ribbon Beer cheese dip.*

Avocado Smash \$11.00

*Freshly smashed avocado and diced Roma tomato bruschetta with feta cheese and basil, served with toast points.*

Pretzels

*Signature Mellow dough twisted into pretzels*

Magic Mushroom Soup \$5.99

*Wine and herb broth, creamy Italian MontAmore cheese, topped with grilled shiitake, button and Portobello mushrooms and fresh chives.*

105. Hypnotic Hummus \$8.50

*Two Flavors, classic hummus with lemon juice and cumin, and house made olive tapenade hummus. Served with toasted pita wedges and fresh sliced cucumbers*

103. Bruschetta \$7.50

*Diced tomatoes, basil and seasonings tossed in balsamic vinegar and olive oil. Topped with feta and fresh basil, served on garlic toast points and drizzled with a balsamic glaze*

109. Spinach Artichoke Dip \$8.50

*Fresh sauteed spinach blended with artichokes, mozzarella and Parmesan cheeses in a creamy sauce topped with shaved Parmesan and baked. Served with garlic toast points.*

113. Oven Roasted Wings

*Crisp double-baked wings. Choose from hot, mild, bbq, jerk, sweet Thai chili, garlic teriyaki, or naked. Served with your choice of ranch or bleu cheese dressing and celery*

110. Meatball Trio \$8.50

*Three meatballs grilled with fresh mozzarella on a bed of red sauce with shaved Parmesan cheese and basil, sprinkled with breadcrumbs.*

104. Garlic Cheese Bread \$5.99

*French Bread topped with melted mozzarella, then baked served with a side of Mellow red sauce*

Beer Cheese \$2.99

Spud Puppies \$3.99

*Cascadian Farm's Organic Spud Puppies*

Sea Salt Chips \$1.25

BBQ Chips \$1.25

## Salads

**All salads are served with your choice of Signature Esperanza\* Balsamic Vinaigrette\*, Bleu Cheese\*, Caesar\*, Ranch\*,(\*All natural dressings)**

200. Greek Salad Lil \$6.99

*Romaine and iceberg lettuce, shredded carrots, red cabbage, onions, cucumbers, green peppers, mushrooms, feta cheese, Kalamata olives, Roma tomatoes, pepperoncini and banana peppers*

Bacon Bleu Wedge Salad \$9.50

*Chilled iceberg wedge served with Blue Cheese dressing and Blue Cheese Crumbles. Topped with Roasted Tomatoes and Applewood smoked bacon, garnished with chopped Chives*

201. Greek Salad regular \$10.99

207. Caesar Salad Lil \$5.99

*Romaine lettuce tossed with Caesar dressing and topped with grated aged Parmesan and freshly made croutons.*

208. Caesar Salad regular \$8.50

209. House Salad Lil \$5.99

*Medley of fresh greens mixed with chopped romaine, roma tomatoes, cucumbers, black olives and onions, topped with shaved parmesan. We suggest balsamic vinaigrette with this salad*

210. House Salad Regular \$8.50

Elevated Cobb \$12.99

*a higher order of salad made with antibiotic-free Springer Mountain Farms chicken, applewood-smoked bacon, fresh avocados, crumbled bleu cheese and slice Roma tomatoes on a bed of chopped romaine lettuce*

203. Enlightened Spinach \$6.99

Salad Lil

*Fresh spinach topped with dried cherries, apples, homemade candied pecans and feta cheese.*

204. Enlightened Spinach \$10.99

Salad regular

## **Calzones**

**All calzones are made with our signature Mellow dough and served with a side of Mellow red sauce.**

300. Cheese Calzone \$11.99

*Stuffed with mozzarella and seasoned ricotta then basted with garlic butter and sprinkled with parmesan.*

301. Veggie Supreme Calzone \$13.99

*Spinach, mushrooms, roma tomatoes, seasoned ricotta, mozzarella and provolone.*

The Sausage Fest \$14.99

*Meatball, sausage, salami, mozzarella, provolone and seasoned ricotta.*

Steak & Cheese or Chicken & Cheese \$14.99

Salad Lil

*Grilled all natural Steak or Chicken with mushrooms, onions, green peppers, seasoned ricotta, mozzarella and provolone*

## **Build Your Own Pizza**

**Customize to your taste with any of the fresh ingredients listed. Base sauce choices include olive oil & garlic, pesto GF and Mellow red sauce GF.**

400. Small Cheese \$8.99

*Your Choice of base and mozzarella cheese on Mellows crust, buttered and sprinkled with Parmesan cheese.*

401. Medium Cheese \$12.99

*Your Choice of base and*

mozzarella cheese on Mellows  
crust, buttered and sprinkled with  
Parmesan cheese.

402. Large Cheese \$15.99

Your Choice of base and  
mozzarella cheese on Mellows  
crust, buttered and sprinkled with  
Parmesan cheese.

## **Specialty Pizzas**

### **Backyard BBQ Pizza**

This pie is filled with mozzarella cheese,  
roasted pork tossed in house-made  
BBQ sauce, roasted mild poblano  
peppers and topped with chives and  
sweet Peppadew peppers, finished with  
garlic butter and Parmesan cheese.

Backyard Medium \$22.99

Backyard Small \$14.99

Backyard Large \$27.99

### **Wild in Havana**

This Cuban-inspired pizza comes with  
jerk marinated pork, ham, salami, Swiss  
and mozzarella cheeses, diced pickles,  
and an irresistible mayo-mustard drizzle

Wild Medium Pizza \$22.99

Wild Small Pizza \$14.99

Wild Large Pizza \$27.99

### **Cheese Pizza**

Mellow Red Sauce and Mozzarella on  
Mellow's crust, buttered and sprinkled  
with Parmesan

Cheese Pizza-Medium \$12.99

Cheese Pizza-Small \$8.99

Cheese Pizza-Large \$15.99

### **Great White**

Olive oil & garlic base with roasted  
tomatoes, Provolone, feta cheese,  
seasoned ricotta, fresh basil, mozzarella,  
Roma tomatoes & onions.

600. Great White-Small \$13.99

Great White-Medium \$21.99

Great White-Large \$26.99

### **House Special**

Mellow red sauce base with mozzarella  
cheese, pepperoni, sausage, ground  
beef, ham, Apple wood smoked bacon,  
mushrooms, black olives, Roma  
tomatoes, green peppers and onions.

Topped with extra mozzarella.

603. House Special-Small \$14.99

House Special-Medium \$22.99

House Special-Large \$27.99

### **Kosmic Karma**

Mellow red sauce base with feta and  
mozzarella cheeses, spinach, roasted  
tomatoes and Roma tomatoes and  
finished with a pesto swirl.

606. Kosmic Karma-Small \$13.99

Kosmic Karma-Large \$26.99

Kosmic Karma-Medium \$21.99

### **Mighty Meaty**

Mellow red sauce base with mozzarella,  
pepperoni, sausage, ground beef, ham &  
Applewood smoked bacon.

612. Mighty Meaty-Small \$13.99

Mighty Meaty-Medium \$21.99

Mighty Meaty-Large \$26.99

### **Veg Out**

Mellow red sauce base with mozzarella  
cheese, spinach, green peppers,  
mushrooms onions, black olives, and  
tomatoes.

|                |         |
|----------------|---------|
| Veg Out-Small  | \$12.99 |
| Veg Out-Large  | \$25.99 |
| Veg Out-Medium | \$20.99 |

Pacific Rim

*Mellow red sauce with mozzarella, ham, bacon, caramelized onions, pineapple and jalapenos*

|                    |         |
|--------------------|---------|
| Pacific Rim-Small  | \$13.99 |
| Pacific Rim-Medium | \$21.99 |
| Pacific Rim-Large  | \$26.99 |

Funky Q Chicken

*BBQ chicken, mozzarella and cheddar cheeses, caramelized onions, and Applewood smoked bacon. Finished with a bbq sauce swirl.*

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|----------------------------|---------|
| 618. Funky Q Chicken-Small | \$13.99 |
| Funky Q Chicken-Medium     | \$21.99 |
| Funky Q Chicken-Large      | \$26.99 |

Buffalo Chicken

*Mozzarella cheese, all-natural Buffalo chicken, caramelized onions, Applewood smoked bacon with a swirl of Buffalo sauce. Finished with a swirl of your choice of bleu cheese or ranch dressing.*

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|----------------------------|---------|
| 636. Buffalo Chicken-Small | \$13.99 |
| Buffalo Chicken-Medium     | \$21.99 |
| Buffalo Chicken-Large      | \$26.99 |

Holy Shiitake Pie

*Olive oil & garlic base with roasted shitake, button, and portobello mushrooms, caramelized onions, mozzarella, and MontAmore. Finished with a garlic aioli swirl and a spritz of black truffle oil. Garnished with fresh chives and shaved parmesan.*

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| 621. Holy Shiitake Pie-Small | \$13.99 |
| Holy Shiitake Pie-Medium     | \$21.99 |
| Holy Shiitake Pie-Large      | \$26.99 |

Merry Prankster

*Starts with a Herb Aioli base layered with chicken, Italian sausage, garlic, roasted red peppers, green bell peppers, mozzarella, Wisconsin aged white cheddar and finished with an Herb Aioli Drizzle*

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|--------------------------|---------|
| Merry Prankster - Small  | \$13.99 |
| Merry Prankster - Medium | \$21.99 |
| Merry Prankster - Large  | \$26.99 |

**Uniques**

Breakfast Spectacular Pizza

*Beer Cheese Base with applewood smoked bacon, scrambled eggs, Italian sausage, onions, mozzarella and cheddar finished with chives and a sour cream swirl.*

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| Breakfast Spectacular Pie-Small  | \$13.99 |
| Breakfast Spectacular Pie-Medium | \$21.99 |
| Breakfast Spectacular Pie-Large  | \$26.99 |

Hey Dude Pizza

*Ranch base with all-natural grilled chicken, Applewood smoked bacon, jalapenos, mozzarella and cheddar. Finished with a swirl of buffalo sauce.*

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|---------------------|---------|
| Hey Dude Pie-Small  | \$13.99 |
| Hey Dude Pie-Medium | \$21.99 |
| Hey Dude Pie-Large  | \$26.99 |

### Luigi Pizza

Olive oil and garlic base layered with mozzarella, genoa salami, pepperoni, caramelized onions, banana peppers, and topped with fresh basil

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| Luigi Pie-Small  | \$13.90 |
| Luigi Pie-Medium | \$21.99 |
| Luigi Pie-Large  | \$26.99 |

### Mellowterranean Pizza

Olive oil and garlic base with all-natural grilled chicken, onions, roasted red peppers, black olives, chives, feta and mozzarella with a side of tzatziki sauce.

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|----------------------------|---------|
| Mellowterranean Small      | \$13.99 |
| Mellowterranean Pie-Medium | \$21.99 |
| Mellowterranean Pie-Large  | \$26.99 |

### Magical Mystery Tour Pizza

Pesto base with button and portobello mushrooms, feta and mozzarella cheese, spinach and light jalapenos

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| Magical Mystery Tour Pie-Small  | \$12.99 |
| Magical Mystery Tour Pie-Medium | \$20.99 |
| Magical Mystery Tour Pie-Large  | \$25.99 |

### Maui Wowie Pizza

Pesto Base with mozzarella, ham, pineapple, Jerk Chicken, banana peppers, and applewood smoked bacon

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| Maui Wowie Pie-Small  | \$13.99 |
| Maui Wowie Pie-Medium | \$21.99 |
| Maui Wowie Pie-Large  | \$26.99 |

## **Hoagies, Sandwiches & even burgers**

### 502. Steak & Cheese Hoagie

All natural grilled steak, onions, mushrooms, green peppers, Provolone, mayo, lettuce & Roma tomatoes.

### 500. Meatball Hoagie

Seasoned meatballs in a red sauce topped with melted mozzarella cheese

### 518. Tempeh Hoagie

Marinated tempeh, grilled onions, mushrooms, green peppers, topped with lettuce, tomato, feta. Served with pesto mayo.

### 520. Havanna Hoagie

Simple, yet lively. This Cuban-inspired hoagie comes with grilled pork, ham, pickle slices, Swiss cheese melted on top and the perfect amount of mustard.

### 504. Chicken & Cheese Hoagie

All natural grilled teriyaki chicken, Provolone, onions, mushrooms, green peppers, mayo, lettuce & Roma tomatoes.

### 514. Italian Hoagie

Ham, pepperoni, salami, fresh mozzarella, caramelized onions, basil, spring mix, mayo, Roma tomatoes

### 522. Avocado Hoagie

Seasoned avocado, onions, Provolone, mayo, lettuce and Roma tomatoes.

### California Club \$7.50

All-natural grilled chicken with roasted tomatoes, applewood smoked bacon, fresh avocado and garlic aioli on multigrain ciabatta.

## **Burgers**

**An American classic sourced and grilled the Mellow way. Featuring all-natural, 100% Angus Beef from the**

**family-owned and operated Harris Ranch. Comes with a side of Spud Puppies or Chips.**

**\*BYOB \$13.99**

*All BYOB burgers are dressed with lettuce, tomato, pickle and onions. Add two additional ingredients of your choice from the following list apple wood smoked bacon, roasted mushroom trio, caramelized onions, jalapenos, avocado, cheddar, Swiss or bleu cheese crumbles.*

**Ritz Burger \$12.99**

*All-natural pound angus beef patty from the family-owned Harris Ranch. Topped with melted swiss, caramelized onions, garlic aioli, romaine lettuce, Roma tomatoes and pickles. Served on a grilled and buttered brioche bun.*

**Pizzaioli Burger \$12.99**

*The ultimate burger topped with Mellow red sauce, mozzarella cheese, pepperoni, and garlic aoli, served on a grilled Brioche Bun*

**Mel's Classic \$11.99**

*Lettuce, tomato, and onions served on a grilled Brioche Bun. Add your choice of cheese for \$1.00.*

**Sweets**

**A freshly baked selection of tasty treats.**

**Reese's Peanut Butter Cookie \$2.99**

*House baked and loaded with creamy peanut butter, honey roasted peanuts and Reeses Peanut butter Cups for the ultimate peanut butter experience.*

**Sugar Cookie \$2.99**

**Triple Chocolate Chunk \$2.99**

*House baked with three kinds of chocolate - Hershey's Kisses , bittersweet and semi-sweet chocolates.*

**Mary Jane's Double Chocolate \$3.25**

**Brownie**

*A buttery chocolate, chewy brownie generously loaded with Hershey's Kisses , bittersweet and semi-sweet chocolate chunks and drizzled with dark chocolate truffle sauce.*

**Gluten Free Brownie \$3.50**

*individually wrapped brownie, baked with cage-free eggs, a blend of gluten-free flour, sustainable chocolate and ingredients free of GMOs and artificial additives*

**Alcohol**

**Available only to 21 years old and up (Must present Photo ID at door, even with No-Contact Delivery option) and limited to 3 per adult meal. More than 3 per meal will be removed and refunded. Thank you.**

**Wine By The Bottle**

**LaMarca Prosecco \$10.00**

*175ml bottle.*

**14 Hands Merlot \$21.00**

**Beringer White Zinfandel \$15.00**

**Bonterra Sauvignon Blanc \$21.00**

**Canyon Road Cabernet \$15.00**

**Canyon Road Chardonnay \$15.00**

**Athena Pinot Noir \$21.00**

**Jam Jar Moscato \$21.00**

**Kendall Jackson Chardonnay \$30.00**

**Bonanza by Caymus Cabernet \$30.00**

|                              |         |
|------------------------------|---------|
| Chronic Cellars Red Blend    | \$30.00 |
| Mezzacorona Pinot Grigio     | \$21.00 |
| VINO Rose                    | \$30.00 |
| Kim Crawford Sauvignon Blanc | \$30.00 |
| Meiomi Pinot Noir            | \$30.00 |

### **\$5 Craft Cans/Bottles**

- Angry Orchard Crisp Apple Cider
- New Castle Brown Ale
- New Belgium Fat Tire
- Stella Artois
- Weihenstephaner Hefeweizen
- Corona Lager
- Modelo Especial Lager
- Country Boy Cougar Bait
- Woodchuck Amber Hard Cider
- Sam Adams Boston Lager
- Dos XX Amber Lager
- Yuengling Traditional Lager

### **Domestic Bottles**

*12 oz bottles.*

- Budweiser
- Bud Light
- Michelob Ultra
- Miller Light
- Coors Light
- O'Doul's Premium

### **Drinks**

|                         |        |
|-------------------------|--------|
| Lemonade Gallon         | \$7.99 |
| Sweet Tea Gallon        | \$7.99 |
| Unsweet Tea Gallon      | \$7.99 |
| Root Beer - 12oz Bottle | \$3.99 |
| Coke Can                | \$1.50 |
| Dasani Bottled Water    | \$1.99 |
| Sprite Can              | \$1.50 |
| Diet Coke               | \$1.50 |