



270-901-3370

<http://bowlinggreen.takeoutwaiter.com>

Mellow Mushroom

Munchies

101. Pretzel Bites \$10.00

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.

Cloud 9 Wings \$16.00

The premium Mellow wing experience. 9 double-baked wings coated in a rich garlic Parmesan sauce with just a hint of heat. Garnished with grated aged Parmesan and chives. Served with celery, carrots and your choice of ranch or bleu cheese dressing.

Pretzels

Signature Mellow dough twisted into pretzels

Magic Mushroom Soup \$7.00

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

109. Spinach Artichoke Dip \$10.00

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, carrots and celery

110. Meatball Trio \$10.00

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 \$7.00

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

Beer Cheese \$4.00

Spicy Beer Cheese \$4.00

Spud Puppies \$4.50

Cascadian Farm's Organic Spud Puppies

Sea Salt Chips \$1.60

Hickory BBQ Chips \$1.60

Salads

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

209. House Salad

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

207. Caesar Salad

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

200. Greek Salad

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

203. Enlightened Spinach Salad

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

Elevated Cobb \$14.00

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

Calzones

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

300. Cheese Calzone \$13.00

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

301. Veggie Calzone \$14.00

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

The Sausage Fest \$16.00

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

Steak Calzone \$16.00

Grilled, shaved all natural ribeye steak with mushrooms, sweet 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 \$11.00

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

401. Medium Cheese \$14.00

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

402. Large Cheese \$17.00

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

Specialty Pizzas

Cheese Pizza

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

Cheese Pizza-Small \$11.00

Cheese Pizza-Medium \$14.00

Cheese Pizza-Large \$17.00

The Marley

Jerk chicken, Italian sausage, onions,

*mozzarella cheese on a pesto base
crust*

The Marley - Small	\$15.00
The Marley - Medium	\$25.00
The Marley - Large	\$30.00

Great White

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

600. Great White-Small	\$14.00
Great White-Medium	\$24.00
Great White-Large	\$29.00

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	\$16.00
House Special-Medium	\$26.00
House Special-Large	\$31.00

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	\$14.00
Kosmic Karma-Medium	\$24.00
Kosmic Karma-Large	\$29.00

Mighty Meaty

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

612. Mighty Meaty-Small	\$15.00
Mighty Meaty-Medium	\$25.00
Mighty Meaty-Large	\$30.00

Veg Out

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

Veg Out-Small	\$14.00
Veg Out-Medium	\$24.00
Veg Out-Large	\$29.00

Pacific Rim

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

Pacific Rim-Small	\$15.00
Pacific Rim-Medium	\$25.00
Pacific Rim-Large	\$30.00

Funky Q Chicken

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

618. Funky Q Chicken-Small	\$15.00
Funky Q Chicken-Medium	\$25.00
Funky Q Chicken-Large	\$30.00

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.*

636. Buffalo Chicken-Small	\$15.00
Buffalo Chicken-Medium	\$25.00
Buffalo Chicken-Large	\$30.00

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.

621. Holy Shiitake Pie-Small \$14.00
Holy Shiitake Pie-Medium \$24.00
Holy Shiitake Pie-Large \$29.00

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

Merry Prankster - Small \$15.00
Merry Prankster - Medium \$25.00
Merry Prankster - Large \$30.00

Hey Dude Pizza

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

Hey Dude Pie-Small \$15.00
Hey Dude Pie-Medium \$25.00
Hey Dude Pie-Large \$30.00

Luigi Pizza

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

Luigi Pie-Small \$15.00
Luigi Pie-Medium \$25.00
Luigi Pie-Large \$30.00

Magical Mystery Tour Pizza

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

Magical Mystery Tour Pie-Small \$14.00
Magical Mystery Tour Pie-Medium \$24.00
Magical Mystery Tour Pie-Large \$29.00

Maui Wowie Pizza

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

Maui Wowie Pie-Small \$15.00
Maui Wowie Pie-Medium \$25.00
Maui Wowie Pie-Large \$30.00

Hoagies, Sandwiches & even burgers

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.

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.

California Club \$9.00

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

Burgers

An American classic sourced and grilled the Mellow way. Featuring all-natural, 100% Angus Beef. Comes with a side of Spud Puppies or Chips.

*BYOB \$14.50

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 \$14.50

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.

Mel's Classic \$12.50

Lettuce, tomato, and onions served on a grilled Brioche Bun. Add your choice of cheese for \$1.25

Sweets

A freshly baked selection of tasty treats.

Peanut Butter Cookie \$4.00

House baked and loaded with creamy peanut butter and honey roasted peanuts for the ultimate peanut butter experience.

Sugar Cookie \$4.00

House baked buttery shortbread sugar cookie topped with sugared crystals.

Triple Chocolate Chunk Cookies \$4.00

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

Mary Jane's Triple Chocolate \$4.00

Brownie

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

Gluten Free Brownie \$4.00

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

Drinks

Lemonade Gallon \$10.00

Sweet Tea Gallon \$10.00

Unsweet Tea Gallon \$10.00

Coke \$3.00

Diet Coke \$3.00

Coke Zero \$3.00

Sprite \$3.00

Dasani Bottled Water \$3.00

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 <i>175ml bottle.</i>	\$10.00
Beringer White Zinfandel	\$26.00
Canyon Road Cabernet	\$26.00
Canyon Road Chardonnay	\$26.00
Season Pinot Noir	\$28.00
Kendall Jackson Chardonnay	\$32.00
Bonanza by Caymus Cabernet	\$32.00
Ruffino Pinot Grigio	\$28.00
VINO Rose	\$32.00
Kim Crawford Sauvignon Blanc	\$32.00
Meiomi Pinot Noir	\$32.00

\$6 Craft Cans/Bottles

Angry Orchard Crisp Apple Cider	\$6.00
New Castle Brown Ale	\$6.00
New Belgium Fat Tire	\$6.00
Stella Artois	\$6.00
Corona Lager	\$6.00
Modelo Especial Lager	\$6.00
Country Boy Cougar Bait	\$6.00
Woodchuck Amber Hard Cider	\$6.00
Sam Adams Boston Lager	\$6.00
Dos XX Amber Lager	\$6.00
Yuengling Traditional Lager	\$6.00

Domestic Bottles

12 oz bottles.

Budweiser	\$4.00
Bud Light	\$4.00
Michelob Ultra	\$4.50
Miller Light	\$4.00
Coors Light	\$4.00
O'Doul's Premium	\$4.00