

MELLOW MUSHROOM

Stone-Baked Pizzas & Cosmic Munchies • Full Menu & Pricing

MENU OVERVIEW

CATEGORY	STARTS AT
Munchies (Apps)	\$7.95
Stone-Baked Pies	\$9.95
Vegan Selection	\$6.99
Certified Gluten-Free	\$12.95
Double-Baked Wings	\$8.95
Salads & Greens	\$6.50
Burgers & Hoagies	\$8.99
Sweets	\$3.95

FIRST TIMER FAVORITES

Holy Shiitake Pie: Shiitake, button & portobello mushrooms, caramelized onions, garlic olive oil base, umami drizzle.

Kosmic Karma: Red sauce base, feta, mozzarella, spinach, sun-dried tomatoes, signature pesto swirl.

Pretzel Bites w/ Beer Cheese: Signature pizza dough baked to perfection, served with warm, tangy beer cheese.

NEW & NOW (LIMITED TIME)

Fresh seasonal innovations and limited-run creations.

The Steakhouse Pizza (Small) \$15.95

500 Cals

The Steakhouse Pizza (Medium) \$24.95

460 Cals

The Steakhouse Pizza (Large) \$29.95

610 Cals

Steakhouse Calzone \$15.95

2200 Cals

Steak & Cheese Hoagie (Half / Whole) \$10.95 / \$15.95

930 / 1860 Cals

Super Pepp Pizza (Small) \$12.95

440 Cals

Super Pepp Pizza (Med / Lrg) \$21.95 / \$26.95

400 / 550 Cals

MUNCHIES (APPETIZERS)

The perfect setup for the main course.

Half Salted / Parmesan Pretzels	\$7.95
1010 / 1130 Cals	
Whole Salted / Parmesan Pretzels	\$9.95
2020 / 2250 Cals	
Pretzel Bites	\$9.95
1240 Cals	
Cheese Bread	\$7.95
890 Cals	
Spinach Artichoke Dip	\$10.95
650 Cals	
Meatball Trio / Magic Meatballs	\$10.95 / \$10.99
580 Cals	

DOUBLE-BAKED WINGS

Crispy, double-baked instead of deep-fried.

Hot, Mild, or Naked Wings (5 pcs)	\$8.95
500 - 550 Cals	
Hot, Mild, or Naked Wings (10 pcs)	\$14.95
1000 - 1100 Cals	
Hot, Mild, or Naked Wings (20 pcs)	\$28.95
2000 - 2200 Cals	
Thai Chili Wings (5 / 10 / 20 pcs)	\$8.95 / \$14.95 / \$28.95
590 / 1180 / 2360 Cals	
Honey Sriracha / Cloud9 (10 pcs)	\$15.95
1540 / 1190 Cals	
Split Wings (10 pcs)	\$14.95
1000 Cals	

GREENS & SALADS

Fresh and crisp. Sized in Lil' or Regular.

House Salad (Lil' / Regular)	\$6.50 / \$9.95
90 / 150 Cals	
Caesar Salad (Lil' / Regular)	\$6.50 / \$9.95
440 / 880 Cals	
Greek Salad (Lil' / Regular)	\$7.95 / \$11.95
170 / 330 Cals	
Enlightened Spinach Salad (Lil' / Reg)	\$7.95 / \$11.95
360 / 720 Cals	
Elevated Cobb	\$13.95
590 Cals	

STONE-BAKED SPECIALTY PIZZAS

Legendary crust made with Appalachian spring water. Sized Small/Med/Large.

Cheese Pizza	\$9.95 / \$14.95 / \$16.95
350 / 310 / 430 Cals	
Pepperoni	\$12.95 / \$17.95 / \$22.95
380 / 350 / 490 Cals	
Funky Q Chicken	\$12.95 / \$21.95 / \$26.95
450 / 400 / 550 Cals	
Mighty Meaty	\$14.95 / \$23.95 / \$28.95
460 / 410 / 570 Cals	
Veg Out	\$10.95 / \$21.95 / \$26.95
350 / 300 / 430 Cals	
House Special	\$15.95 / \$24.95 / \$29.95
430 / 380 / 530 Cals	
Great White	\$12.95 / \$21.95 / \$26.95
410 / 370 / 530 Cals	
Holy Shiitake	\$12.95 / \$21.95 / \$26.95
420 / 380 / 530 Cals	
Kosmic Karma	\$12.95 / \$21.95 / \$26.95
390 / 340 / 490 Cals	
Buffalo Chicken	\$12.95 / \$21.95 / \$26.95
420 / 390 / 560 Cals	
Merry Prankster	\$13.95 / \$22.95 / \$27.95
480 / 410 / 570 Cals	
Pacific Rim	\$13.95 / \$22.95 / \$27.95
390 / 340 / 490 Cals	
Maui Wowie	\$13.95 / \$22.95 / \$27.95
390 / 360 / 520 Cals	
Build Your Own Pizza	\$10.95 / \$15.95 / \$17.95
380 / 450 / 470 Cals	

STUFFED CALZONES

Baked golden brown and packed with premium ingredients.

Cheese Calzone	\$10.95
1530 Cals	
Build Your Own Calzone	\$10.99
1570 Cals	
Veggie Calzone	\$12.95
1570 Cals	
Steak Calzone	\$14.95
1820 Cals	
The Sausagefest Calzone	\$14.95
1880 Cals	

VEGAN & PLANT-BASED OPTIONS

Dairy-free, meat-free dining without compromising taste.

Vegan Pretzels (Half / Whole) **\$7.95 / \$9.95**
1110 / 2230 Cals

Vegan BYO Pizza (Sm / Med / Lrg) **\$9.95 / \$14.95 / \$16.95**
380 / 450 / 470 Cals

Vegan Veg-Out (Sm / Med / Lrg) **\$10.95 / \$21.95 / \$26.95**
340 / 290 / 410 Cals

Vegan Cheese Pizza (Sm / Med / Lrg) **\$9.95 / \$14.95 / \$16.95**
320 / 280 / 390 Cals

Vegan Greek Salad (Lil' / Regular) **\$7.95 / \$11.95**
90 / 170 Cals

Vegan Tempeh Hoagie (Half / Whole) **\$9.95 / \$14.95**
420 / 840 Cals

Vegan Avocado Hoagie (Half / Whole) **\$9.95 / \$14.95**
440 / 880 Cals

CERTIFIED GLUTEN-FREE

Prepared inside a strict celiac-safe environment.

BYO Gluten-Free Pizza **\$12.95**
130 Cals

Gluten-Free Veg Out **\$15.95**
130 Cals

Gluten-Free Kosmic Karma **\$15.95**
170 Cals

Gluten-Free Mighty Meaty **\$16.95**
210 Cals

Gluten-Free House Special **\$17.95**
200 Cals

Gluten-Free Brownie **\$5.19**
350 Cals

KIDS MENU

Perfectly portioned meals for children. Includes a side & drink.

Kids Cheese Pizza **\$6.99**

Kids Pepperoni Pizza **\$7.49**

Kids Meatball Meal **\$6.99**

Kids Pretzel Bites **\$5.99**

BURGERS & LOADED HOAGIES

Served on premium French or Multigrain bread.

Meatball Hoagie (Half / Whole) **\$9.95 / \$14.95**
530 / 1070 Cals

Italian Hoagie (Half / Whole) **\$9.95 / \$14.95**
600 / 1180 Cals

Avocado Hoagie (Half / Whole) **\$9.95 / \$14.95**
590 / 1190 Cals

Tempeh Hoagie (Half / Whole) **\$9.95 / \$14.95**
420 / 840 Cals

California Club **\$11.95**
640 Cals

Mel's Classic Burger **\$14.99**
910 Cals

All-American Smashburger **\$13.99**
1660 Cals

Ritz Burger **\$16.99**
1170 Cals

BYO Burger **\$18.99**
1030 Cals

SWEETS & DESSERTS

Decadent freshly-baked treats.

Sugar / Peanut Butter Cookie **\$3.95**
590 / 610 Cals

Triple Chocolate Chunk Cookie **\$3.95**
610 Cals

Mary Jane's Triple Chocolate Brownie **\$5.00**
510 Cals

DRINKS & BEVERAGES

Dasani Bottled Water **\$2.50**
0 Cals

22 oz. Sodas & Teas (Coke, Sprite, etc.) **\$2.85**
0 - 270 Cals

Red Bull (Original / Sugar Free) **\$5.00**
110 / 10 Cals

Gallon Teas / Lemonade **\$12.00**
35 - 1570 Cals

CRUST DIPS, SIDES & SAUCES

Ranch Side	\$0.50
410 Cals	
Regular / BBQ Chips	\$1.25
210 / 200 Cals	
Red Sauce / Esperanza / Mel's Sauce	\$1.50
90 / 440 / 200 Cals	
Spud Puppies (Tots) / Beer Cheese	\$2.50
230 / 270 Cals	
Spicy Beer Cheese	\$2.99
270 Cals	
Red Sauce & Beer Cheese Sides	\$3.99
370 Cals	