Munchies

Magic Mushroom Soup $5.39
Wine and herb broth, creamy Italian MontAmoré cheese, topped with grilled shitake, button and Portobello mushrooms and fresh chives.

Pretzels $6.99
Fresh Mellow dough twisted into pretzels:
• Garlic butter and Parmesan, with a side of red sauce
• Butter and Kosher salt, with a side of mustard
• Cinnamon sugar and honey

 Addison Turbo Dog™ beer cheese for $2.59
half order: (3)$4.89 whole order:$7.99

Bruschetta $5.99
Diced tomatoes, basil and seasonings tossed in balsamic vinegar and olive oil. Topped with feta cheese and fresh basil, served on garlic toast points and drizzled with a balsamic glaze.

Stuffed Portobello Mushroom $7.99
Portobello mushroom cap stuffed with artichoke hearts, feta cheese, sun-dried tomatoes, spinach and mozzarella. Baked and drizzled with a balsamic glaze. Served on a bed of spring mix tossed with an herb vinaigrette dressing.

Frittatas $5.99
Creamy hummus served with toasted pita wedges or garlic toast points. Garnished with paprika, basil and olive oil.

Muffuletta Cheese Bread $6.99
French bread topped with our freshly made three-olive tapenade, melted mozzarella and Parmesan cheeses, then baked.
Cheese Bread:$4.79
Garlic Bread: $3.49

Spinach Artichoke Dip $6.99
Fresh sautéed spinach blended with artichokes, mozzarella and Parmesan cheeses in a creamy sauce topped with shaved Parmesan and baked until it's warm and bubbly. Served with garlic toast points.

Meatball Trio $6.99
Three meatballs grilled with fresh mozzarella on a bed of red sauce with shaved Parmesan cheese and basil, sprinkled with bread crumbs.

The Capri $7.59
Vine-ripened tomatoes, fresh mozzarella and basil drizzled with a balsamic glaze. Served with a side of spring mix tossed with an herb vinaigrette dressing.

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

half order (5):$6.49 whole order (10):$10.49

Chicken & Cheese All natural grilled teriyaki chicken, Provolone, onions, mushrooms, green peppers, mayo, lettuce & Roma tomatoes.
half: $6.49 whole: $10.99

Mushroom Club
Ham, turkey, Applewood smoked bacon, Provolone or Swiss, caramelized onions, grilled mushrooms, mayo, lettuce & Roma tomatoes, topped with sprouts.
half: $6.49 whole: $9.99

Spiked Sausage
Crumble sausage grilled with Rogue™ beer, grilled onions and green peppers, MontAmoré and mozzarella cheeses with garlic aioli on a crunchy rye hoagie roll.
half: $6.49 whole: $9.99

Turkey or Ham & Cheese
Turkey, Provolone or Swiss, onions, mayo, lettuce and Roma tomatoes, topped with sprouts.
half: $5.99 whole: $9.99

Italian
Ham, pepperoni, salami, fresh mozzarella, caramelized onions, basil, spring mix, mayo, Roma tomatoes and herb vinaigrette.
half: $6.49 whole: $9.99

Jerk Chicken $11.99
Jerk chicken, onions, mushrooms, green peppers and pineapple all grilled together. Topped with pesto mayo, Roma tomatoes, spinach and feta.
half: $6.49 whole: $9.99

Tempeh $9.99
Marinated tempeh, grilled onions, mushrooms, green peppers, topped with lettuce, tomato, feta and sprouts. Served with pesto mayo.
half: $6.49 whole: $9.99

Tofu $9.99
Grilled onions, mushrooms and green peppers with teriyaki-marinaded tofu covered with Provolone and topped with sprouts. Served with mayo, lettuce & tomato.
half: $5.99 whole: $9.99

Avocado $9.99
Seasoned avocado, onions, Provolone, mayo, lettuce and Roma tomatoes, topped with sprouts.
half: $5.99 whole: $9.99

Righteous Portobello Reuben
Grilled Portobello mushrooms, Swiss, Bavarian style sauerkraut with Thousand Island dressing on a crunchy rye hoagie roll.
half: $6.49 whole: $9.99

Portobello & Cheese $9.99
Grilled Portobello mushrooms, mozzarella, artichoke hearts, sun-dried tomatoes, spinach, feta & mayo, topped with sprouts.
half: $6.49 whole: $9.99

Shrimp Hoag' Boy $7.99
All natural grilled jerk shrimp, grilled mushrooms, caramelized onions, pesto mayo, lettuce & Roma tomatoes.
half: $7.99 whole: $11.99

All hoagies are served hot on your choice of pita bread or hoagie roll:
French, muh-grain or crunchy rye.

Prices subject to change.

We Cater!!!
1009 Gervais Street Columbia, SC
803-933-9201
MellowMushroom.com/Columbia

CONSUMING RAW OR UNDERCOOKED MEATS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS. WE UTILIZE A VAST RANGE OF INGREDIENTS IN THE PREPARATION OF OUR FOOD THAT MAY NOT BE MENTIONED IN THE ITEM’S DESCRIPTION. PLEASE NOTIFY YOUR SERVER OF ANY KNOWN ALLERGIC REACTIONS TO SPECIFIC FOODS.
### Greek Salad
Romaine and iceberg lettuce, shredded carrots, red cabbage, cucumbers, green peppers, mushrooms, feta cheese, Kalamata olives, Roma tomatoes, pepperoncini and banana peppers.

<table>
<thead>
<tr>
<th>Dressing</th>
<th>Price</th>
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<tbody>
<tr>
<td>Romaine</td>
<td>$5.29</td>
</tr>
<tr>
<td>Spinach</td>
<td>$5.29</td>
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</tbody>
</table>

### Enlightened Spinach Salad
Fresh spinach topped with dried cherries, apples, homemade candied pecans and feta cheese.

<table>
<thead>
<tr>
<th>Dressing</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Regular</td>
<td>$5.99</td>
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</tbody>
</table>

### Chef Salad
Romaine and iceberg lettuce, shredded carrots, red cabbage, cucumbers, green peppers, mushrooms, Kalamata olives, Roma tomatoes, mozzarella, ham and sprouts.

<table>
<thead>
<tr>
<th>Dressing</th>
<th>Price</th>
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<tbody>
<tr>
<td>Regular</td>
<td>$5.29</td>
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### Caesar Salad
Romaine lettuce tossed with Caesar dressing and topped with shaved Parmesan and freshly made croutons.

<table>
<thead>
<tr>
<th>Dressing</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Regular</td>
<td>$4.59</td>
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### Tossed Salad
Romaine and iceberg lettuce, shredded carrots, red cabbage, cucumbers, green peppers, mushrooms, Kalamata olives, Roma tomatoes, mozzarella, ham and sprouts.

<table>
<thead>
<tr>
<th>Dressing</th>
<th>Price</th>
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<tbody>
<tr>
<td>Regular</td>
<td>$3.99</td>
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### Build Your Own Salad

<table>
<thead>
<tr>
<th>Choice (up to two)</th>
<th>Price</th>
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<tbody>
<tr>
<td>Greek Salad</td>
<td>$4.49</td>
</tr>
<tr>
<td>Lettuce mix (Romaine and iceberg lettuce, shredded carrots, red cabbage)</td>
<td>$4.49</td>
</tr>
<tr>
<td>Romaine, Spinach, Spring mix</td>
<td>$4.49</td>
</tr>
</tbody>
</table>

### Fruits & Veggies $7.99
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, Sprouts

### Speciality Fruits, Veggies & Nuts $7.99
Candied pecans, Dried cherries, Fresh basil, Kalamata olives, Portobello mushrooms, Sun-dried tomatoes.

### Cheeses $1.29
Cheddar, Feta, Mozzarella, Provolone, Ricotta, Shaved Parmesan

<table>
<thead>
<tr>
<th>Cheeses</th>
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</tr>
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<tbody>
<tr>
<td>Dried cherries</td>
<td>$1.29</td>
</tr>
<tr>
<td>Fresh basil</td>
<td>$1.29</td>
</tr>
<tr>
<td>Kalamata olives</td>
<td>$1.29</td>
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</tbody>
</table>

### Build Your Own Specialty Pizza

<table>
<thead>
<tr>
<th>Build Your Own Pizza or Calzone</th>
<th>Price</th>
</tr>
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<tbody>
<tr>
<td>All Natural Fresh Ingredients</td>
<td></td>
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<tr>
<td>All Natural Premium Proteins</td>
<td></td>
</tr>
<tr>
<td>All Natural Premium Proteins</td>
<td>$4.49</td>
</tr>
<tr>
<td>Grilled chicken, Shrimp or Steak (BBQ, Buffalo, Curry, Herb vinaigrette, Jerk, Pesto, Teriyaki)</td>
<td>$4.49</td>
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</tbody>
</table>

### Salads
**All salads are served with your choice of dressing.**

### Build Your Own Salad

- **Greek Salad**
  - Romaine and iceberg lettuce, shredded carrots, red cabbage, cucumbers, green peppers, mushrooms, feta cheese, Kalamata olives, Roma tomatoes, pepperoncini and banana peppers.
- **Enlightened Spinach Salad**
  - Fresh spinach topped with dried cherries, apples, homemade candied pecans and feta cheese.
- **Chef Salad**
  - Romaine and iceberg lettuce, shredded carrots, red cabbage, cucumbers, green peppers, mushrooms, Kalamata olives, Roma tomatoes, mozzarella, ham and sprouts.

### Speciality Cheese

- **All Natural Premium Proteins**
  - Anchovies, Ham, Pepperoni, Salami, Tempeh, Tol, Turkey
  - Andouille sausage, Applewood smoked bacon, Avocado, Meatballs
  - Cheddar, Feta, Mozzarella, Provolone, Ricotta, Shaved Parmesan

### Calzones

- **Build Your Own Specialty Pizza**
  - All calzones are made with fresh Mellow dough and served with a side of red sauce.
  - Pricing based on a small pizza.

### Cheese $2.39
Stuffed with mozzarella cheese then basted with garlic butter & sprinkled with Parmesan cheese.

### House $9.99
Spinach, mushrooms, Roma tomatoes & mozzarella cheese.

### Chicken or Steak and Cheese $11.99
Choose all natural grilled chicken or steak with onions, mushrooms, green peppers & mozzarella cheese.

### Specialty Pizza

- **Gourmet White**
  - Olive oil & garlic base, Sun-dried tomatoes, Provolone, feta and mozzarella cheeses, Roma tomatoes & onions.
  - Sm: $12.49, Md: $19.99, Lg: $25.19

- **House Special**
  - Red sauce base with mozzarella cheese, pepperoni, sausage, ground beef, ham, Applewood smoked bacon, mushrooms, black olives, Roma tomatoes, green peppers and onions. Topped with extra mozzarella.

### Speciality Cheese

- **Kosmic Karma**
  - Red sauce base with feta and mozzarella cheese, spinach, sun-dried tomatoes and Roma tomatoes with a pesto swirl.
  - Sm: $12.49, Md: $19.99, Lg: $25.19

### Speciality Pizza (cont.)

- **Funky Q. Chicken**
  - BBQ chicken, mozzarella and cheddar cheeses, caramelized onions, and Applewood smoked bacon. Finished with a BBQ sauce swirl.

- **Holy Shitake Fie**
  - Olive oil & garlic base, Shiitake, button and Portobello mushrooms, caramelized onions, mozzarella and MontAmoré cheeses. Drizzled with garlic aioli and black truffle oil. Garnished with fresh chives & shaved Parmesan.

### Speciality Cheese

- **Thai Dye**
  - Olive oil & garlic base, all natural grilled curry chicken, mozzarella cheese, Roma tomatoes, onions. Topped with fresh basil, cucumbers & a sweet swirl of Thai chili sauce.
  - Sm: $12.49, Md: $20.99, Lg: $25.99

### Mellowterranean

- **Red Skin Potato Pie**
  - Olive oil & garlic base with sliced roasted red potatoes, Applewood smoked bacon, caramelized onions, cheddar and mozzarella cheeses. Garnished with chives then drizzled with sour cream & spicy ranch dressing.

### Speciality Cheese

- **Philosopher’s Pie**
  - Olive oil & garlic base, all natural grilled steak, Portobello mushrooms, artichoke hearts, Kalamata olives, Provolone, feta & mozzarella cheeses.

### Speciality Cheese

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

### Speciality Cheese

- **Manz Wowie**
  - Pesto base with ham, pineapple, jerk chicken, banana peppers, Applewood smoked bacon & mozzarella cheese.

### Speciality Cheese

- **Bayou Bleu**
  - Spicy bleu cheese base topped with all natural grilled shrimp and Andouille sausage covered in mozzarella cheese and garnished with chives.