

# mellow mushroom



309 King Street • Charleston, SC 29401

## far out take out (843) 723-7374 & DREAM DELIVERY

DELIVERING LUNCH AND DINNER  
7 DAYS A WEEKS  
SUN-THURS 11:30AM-11:00PM  
FRI-SAT 11:30AM-MIDNIGHT

VITAMIN WATER • SMART WATER • VOSS • COKE PRODUCTS & ICED TEA AVAILABLE  
\$2.00 DELIVERY SURCHARGE PER ORDER • DRIVER TIP NOT INCLUDED  
DELIVERY TIME is 45 - 75 MINUTES  
CASH or CREDIT CARD ACCEPTED • NO PERSONAL CHECKS  
12% GRATUITY ON ORDERS OF \$100 OR MORE

WWW.MELLOWMUSHROOM.COM/CHARLESTON • WWW.MYSPACE.COM/MELLOWCHARLESTON

## munchies

TORTILLA SOUP Cup \$4.00 Bowl \$7.00 Add Chicken \$1.00  
GARLIC BREAD \$3.50  
GARLIC BREAD W/ CHEESE \$4.50  
BRUSCHETTA \$6.00  
HUMMUS \$6.00  
VEGGIE HUMMUS \$6.75  
ROMAN FLATBREAD \$8.50  
MEATBALL APPETIZER \$6.25  
Round, juicy, meaty - Eaty!

### THE CAPRI \$ 6.50

This exquisite salad features layers of juicy Tomatoes, Fresh Mozzarella, and Basil.  
Served with a side of Spring Mix and Balsamic Glaze.

### STUFFED PORTOBELLO \$7.25

Mushroom Cap with Garlic Butter, Artichoke Hearts, Sun-Dried Tomatoes, Spinach and Feta Cheese, topped with Mozzarella Cheese on a bed of Fancy Lettuce.

PRETZELS Half Order (3) \$4.00 • Whole Order (6) \$7.00  
Specify Salt, Garlic and Parmesan or Honey and Cinnamon Sugar.

## salads

### GREEK REG \$8.00 'LIL \$ 4.25

Iceberg, Red Cabbage, Carrots, Cucumbers, Onions, Green Peppers, Mushrooms, Feta, Kalamata Olives, Tomatoes, Pepperoncini, and Banana Peppers. Served with Esperanza dressing.

### CHEF REG \$8.00 'LIL \$4.25

Iceberg, Red Cabbage, Carrots, Cucumbers, Onions, Green Peppers, Mushrooms, Kalamata Olives, Tomatoes, Mozzarella, Ham, and Sprouts. Served with Esperanza dressing.

### FIELD GREEN REG \$7.00 'LIL \$4.00

Play the field with our Field Green Salad. This salad features assorted gourmet Lettuce, Mushrooms, Tomatoes, and Green Olives. Served with our Balsamic Vinaigrette dressing.

### TOSSED REG \$5.00 'LIL \$3.00

The old reliable. Lettuce, Red Cabbage, Carrots, Mushrooms, and Tomatoes. Served with Esperanza dressing. Try it with Cucumbers, Cheddar Cheese, and Bacon.

### CAESAR REG \$7.00 'LIL \$4.00

Traditional—with Romaine, a variety of Croutons, and Parmesan Cheese.

### THE BRUTUS REG \$8.50 • add Jerk or Teriyaki Chicken \$10.50

A Caesar salad with everything but the bird! Romaine and Parmesan with Kalamata Olives, Grilled Portobello, Roasted Red Peppers, Roma Tomatoes, and Feta Cheese.

### SPINACH REG \$7.00 'LIL \$4.00

The sailor's favorite! Spinach, Parmesan Cheese, Mushrooms, Tomatoes, and Bacon. Served with Balsamic Vinaigrette dressing.

### GARDEN ROCKET SALAD REG \$8.00 'LIL \$5.00

Take your tastebuds to new heights with this flavor blast! Arugula tossed with Parmesan Vinaigrette, topped with Oranges, Boar's Head Panchetta, and Almonds.

## build your own salad

Choose your greens and ingredients

### 1 PICK A BASE \$3.75

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

### 2 LOAD UP ON VEGGIES 60¢ - 90¢ EACH

Cucumbers • Green Peppers • Banana Peppers • Pepperoncini • Jalapeno Peppers  
Roasted Red Peppers • Vine Ripe Tomatoes • Roma Tomatoes • Sun-dried Tomatoes  
Artichoke Hearts • Black Olives • Green Olives • Kalamata Olives • Onions  
Mushrooms • Portobello • Broccoli • Pineapple • Red Onions • Fresh Jalapeno

### 3 CHOOSE YOUR CHEESE \$1.00 - \$2.00 EACH

Cheddar • Mozzarella • Parmesan • Provolone • Maytag Bleu Cheese  
Fresh Mozzarella • Feta

### 4 POWER UP ON PROTEIN \$1.50-\$3.00 EACH

Almonds • Avocado • Bacon • Chicken • BBQ Chicken • Jerk Chicken • Pesto Chicken  
Teriyaki Chicken • Herb Vinaigrette Chicken • Ham • Salami • Steak • Tempeh • Tofu • BBQ Tofu  
Turkey • Prosciutto • Pancetta

### 5 DRESS IT UP!

Choose your salad dressing from the list below:

## dressings

Herb Vinaigrette • Spicy Ranch • Bleu Cheese • 1000 Island • Honey Mustard  
Esperanza • Ranch • Balsamic Vinaigrette • Parmesan 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.

# pizza

## cheese pizza prices

**SLICES \$2.00**  
Extra Ingredients 75¢ EACH

**10" Small** | **14" Medium** | **16" Large**  
\$7.25 | \$12.00 | \$13.75

**HOUSE SPECIAL** \$12.00 \$19.00 \$24.50  
Pepperoni, Sausage, Ground Beef, Onions, Green Peppers, Mushrooms, Black Olives, Tomatoes, Ham, Bacon, and extra cheese..

**GOURMET WHITE** \$10.00 \$18.00 \$23.00  
Olive Oil and Garlic with Sun-Dried Tomatoes, Provolone, Mozzarella, Feta, Vine-Ripened Tomatoes and Onions.

**MIGHTY MEATY** \$10.50 \$18.50 \$24.00  
Piled high with Pepperoni, Italian Sausage, Ground Beef, Ham and Bacon.

**MEGA VEGGIE** \$12.00 \$19.00 \$24.50  
Sun-Dried Tomatoes, Spinach, Green Peppers, Mushrooms, Onions, Black Olives, Tomatoes, Broccoli, Feta, Banana Peppers, Artichoke Hearts and Tofu.

**KOSMIC KARMA** \$10.00 \$18.00 \$23.00  
Sun-Dried Tomatoes, Spinach, Feta, Fresh Tomatoes and Pesto.

**THAI CHICKEN PIE** \$11.00 \$18.50 \$24.00  
Thai this one on! This incredible sensation of flavors ties on the Satay marinated Chicken, Red, Yellow and Orange Bell Peppers, Carrots and Scallions. The Pizza is baked then finished with cold cucumbers.

**THE CREDIBLE HULK** \$9.50 \$16.00 \$22.00  
Olive Oil base with Garlic, Cilantro, fresh Basil and tasty Avocado.

**MAGICAL MYSTERY TOUR** \$10.00 \$18.00 \$23.00  
Pesto, Button and Portobello Mushrooms, Spinach, Feta Cheese, and Jalapenos.

**FUNKY Q CHICKEN** \$11.50 \$19.50 \$24.50  
BBQ Chicken, Cheddar Cheese, Caramelized Onions, and Bacon.

**PHILOSOPHER'S PIE** \$12.00 \$20.50 \$24.50  
Steak, Portobello Mushroom Cap, Artichoke Hearts, Kalamata Olives, Provolone, Feta, and Mozzarella Cheeses on an Oil and Garlic Base.

**CAESAR! CAESAR!** \$11.50 \$19.00 \$24.50  
Olive Oil and Garlic base with Pesto Chicken, Provolone, Mozzarella and Feta Cheeses, topped with a fresh Caesar Salad and Roma Tomatoes.

**BUFFALO CHICKEN** \$11.50 \$19.50 \$24.50  
Hot Buffalo Chicken, Caramelized Onions, Bacon and Mozzarella Cheese. Choice of Bleu Cheese or Spicy Ranch.

**HAWAIIAN** \$8.50 \$14.00 \$18.50  
Ham and Pineapple.

**THE KILLER POTATO PIE** \$9.50 \$16.00 \$22.00  
A tasty combination of Potatoes, Crispy Bacon, Red Onions, Cheddar Cheese and Chives with Sour Cream and Spicy Ranch.

## ingredients bases

Olive Oil and Garlic  
Pesto  
Red  
Barbeque

## fruits & veggies

Banana Peppers  
Black Olives  
Fresh Garlic  
Green Peppers  
Jalapenos  
Mushrooms  
Onions  
Pepperoncini  
Roma Tomatoes  
Tomatoes  
  
Small \$ .65  
Medium \$ .90  
Large \$1.15  
  
Artichoke Hearts  
Broccoli  
Fresh Basil  
Green Olives  
Kalamata Olives  
Pesto  
Pineapple  
Portobello  
Roasted Red Peppers  
Spinach  
Sun Dried Tomatoes  
  
Small \$ .95  
Medium \$1.35  
Large \$1.75

## proteins

Anchovies  
Bacon  
BBQ Tofu  
Ground Beef  
Ham  
Italian Sausage  
Meatballs  
Pepperoni  
Pesto Tofu  
Salami  
Tofu  
Turkey  
  
Small \$1.25  
Medium \$1.65  
Large \$2.00  
  
Avocado  
BBQ Chicken  
Buffalo Chicken  
Chicken  
Jerk Chicken  
Pesto Chicken  
Steak  
Tempeh  
  
Small \$2.10  
Medium \$2.60  
Large \$3.25

## cheeses

Bleu Cheese  
Cheddar  
Extra Mozzarella  
Feta  
Fresh Mozzarella  
Parmesan  
Provolone  
Ricotta  
  
Small \$1.00  
Medium \$1.50  
Large \$2.00

## calzones

### CHEESE \$7.25

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

### STEAK & CHEESE \$9.90

Grilled Steak, with Mushrooms, Onions, Green Peppers, and Mozzarella cheese.

### THAI CALZONE \$9.90

Thai this one on! This incredible sensation of flavors ties on the Satay marinated Chicken, Red, Yellow and Orange Bell Peppers, Carrots and Scallions. Served with Thai Peanut Sauce.

### CHICKEN & CHEESE \$9.90

Grilled or Jerked Chicken, with Mushrooms, Onions, Green Peppers, and Mozzarella Cheese.

### HOUSE \$8.25

Stuffed with Spinach, Vine-Ripened Tomatoes, Mushrooms, and Mozzarella cheese.

## deli hoagies

All Hoagies come with Lettuce, Tomato & Mayo.  
Ask about our tasty sides.

### CAPRI HALF \$4.50 • WHOLE \$8.00

Pesto Mayo with Fresh Mozzarella, Ripe Tomatoes, and Basil. Topped with Spring Mix and Herb Vinaigrette and sandwiched on Fresh Bread.

### ITALIAN HALF \$5.50 • WHOLE \$9.50

Ham, Salami, and Pepperoni heated with Fresh Mozzarella, Caramelized Onions, Basil, Tomatoes, Spring Mix, and Herb Vinaigrette.

### MUSHROOM CLUB HALF \$5.50 • WHOLE \$9.50

Piled high with Ham, Turkey, and Bacon, heated with Provolone Cheese, Caramelized Onions, and Mushrooms.

### HAM & CHEESE HALF \$5.00 • WHOLE \$8.25

Premium Deli Ham heated with Provolone Cheese and Onions-topped with Sprouts.

### TURKEY & CHEESE HALF \$5.00 • WHOLE \$8.25

Turkey Breast heated with Provolone Cheese and Onions and topped with Sprouts.

### AVOCADO HALF \$4.50 • WHOLE \$8.00

Sprinkled with Lemon Juice, then placed on heated French or Wheat Bread with melted Provolone Cheese, Onions and Sprouts.

### B.L.T. HALF \$4.50 • WHOLE \$8.00

Provolone Cheese, Onions and Bacon, heated, topped with Sprouts.

## grilled hoagies

### IRV'S SAUSAGE & PEPPERS HALF \$5.50 • WHOLE \$9.50

Sausage Links, stuffed with Caramelized Onions, Green Peppers, and Provolone cheese. Garnished with Deli Mustard.

### PORTOBELLO & CHEESE HALF \$4.50 • WHOLE \$8.25

A grilled Portobello Mushroom Cap big enough to wear on your head basted with Garlic Butter and accompanied by Artichoke Hearts, Sun Dried Tomatoes, Spinach, and Feta. Garnished with Sprouts.

### STEAK & CHEESE HALF \$5.50 • WHOLE \$9.50

Grilled Steak and Mushrooms, Onions, and Green Peppers, smothered with Provolone Cheese, Try it with Bacon and extra Cheese. Or ask for the Black and Bleu-same Hoagie, but with Bleu Cheese instead of Provolone.

### MEATBALL HALF \$4.50 • WHOLE \$8.25

Meatballs, smothered in tangy Marinara and melty Mozzarella. Try it with grilled Mushrooms & Onions.

### CHICKEN PARMESAN HALF \$5.50 • WHOLE \$9.50

Grilled Chicken, baked with Marinara and Mozzarella Cheese and kissed with Oregano.

### TOFU HALF \$4.00 • WHOLE \$7.75

French or Wheat Bread, with Teriyaki grilled Tofu, covered with Provolone Cheese and garnished with grilled Mushrooms, Onions and Green Peppers, topped with Sprouts.

### TEMPEH HALF \$5.50 • WHOLE \$9.50

Marinated grilled Tempeh, covered with Feta Cheese and garnished with grilled Mushrooms, Onions and Green Peppers. Served with Sprouts and Pesto Mayo.

### CHICKEN & CHEESE HALF \$5.50 • WHOLE \$9.50

Chicken grilled with Teriyaki, Mushrooms, Onions and Green Peppers. Smothered with Provolone Cheese.

### JERK CHICKEN HALF \$5.50 • WHOLE \$9.50

Grilled Mushrooms, Onions, Green Peppers, spicy Jerk Chicken, and Pineapple. With Spinach, Feta, and Pesto Mayo.

• PROUDLY SERVING SPRINGER MOUNTAIN FARMS HUMANELY RAISED, FREE FARMED CHICKEN & AUSTRALIAN GRASS FED BEEF •

Charleston, SC, H.G.I.