

## SALADS

All salads are served with your choice of dressing.

<b>GREEK</b>	<b>REG. \$8.49</b>	<b>'LIL \$4.99</b>	<b>MEGA \$16.99</b>
Lettuce, Red Cabbage, Carrots, Onions, Cucumbers, Green Peppers, Mushrooms, Feta, Kalamata Olives, Tomatoes, Pepperoncini, and Banana Peppers, tossed in Esperanza.			
<b>CHEF'S SALAD</b>	<b>REG. \$8.49</b>	<b>'LIL \$4.99</b>	<b>MEGA \$16.99</b>
Lettuce, Red Cabbage, Carrots, Onions, Cucumbers, Green Peppers, Mushrooms, Kalamata Olives, Tomatoes, Mozzarella, Ham, and Sprouts, tossed in Esperanza.			
<b>SPINACH</b>	<b>REG. \$8.49</b>	<b>'LIL \$4.99</b>	<b>MEGA \$16.99</b>
Healthy portion of Spinach, Parmesan Cheese, Mushrooms, Tomatoes, and Bacon, tossed in Balsamic Vinaigrette.			
<b>FIELD GREEN</b>	<b>REG. \$8.49</b>	<b>'LIL \$4.99</b>	<b>MEGA \$16.99</b>
Spring Mix, Mushrooms, Tomatoes, and Green Olives. Tossed in our Balsamic Vinaigrette.			
<b>TOSSED</b>	<b>REG. \$5.79</b>	<b>'LIL \$3.79</b>	<b>MEGA \$16.99</b>
Lettuce, Red Cabbage, Carrots, Mushrooms, and Tomatoes. Tossed in Esperanza dressing. Load it up for a little extra with Cucumbers, Cheddar Cheese, and Bacon.			
<b>THE BRUTUS \$9.29</b>	<b>WITH JERK OR TERIYAKI CHICKEN \$11.79</b>		
Perfect for the "Brutus-Sized" salad appetite. A Caesar salad with Kalamata Olives, Grilled Portobello, Roasted Red Peppers, Tomatoes, and Feta.			
<b>CAESAR WITH CHICKEN</b>	<b>REG. \$8.49</b>	<b>'LIL \$4.99</b>	<b>MEGA \$16.99</b>
	<b>REG. \$10.49</b>	<b>'LIL \$7.99</b>	<b>MEGA \$20.99</b>
Romaine Lettuce, Croutons & Parmesan.			

## BUILD YOUR OWN SALAD

You can build your own salad with any combination of our ingredients.

### PICK A BASE \$4.49

Romaine · Salad Mix · Spinach · Spring Mix  
OR mix any two

### VEGGIES 79¢ EACH

Artichoke Hearts · Banana Peppers · Black Olives  
Broccoli · Cucumbers · Garlic · Green Olives  
Green Peppers · Jalapeño Peppers · Mushrooms  
Onions · Pepperoncini · Pineapple  
Roasted Red Peppers · Roma Tomatoes

### \$1.79 EACH

Fresh Basil · Kalamata Olives · Portobello  
Sun Dried Tomatoes

### CHEESES \$1.29 EACH

Cheddar · Feta · Mozzarella · Parmesan  
Provolone · Ricotta

### \$2.29 EACH

Bleu Cheese · Fresh Mozzarella · Vegan Cheese

### PROTEIN \$2.29 EACH

Anchovies · Applewood Smoked Bacon · Ham  
Meatballs · Pepperoni · Salami · Tempeh · Tofu  
BBQ Tofu · Turkey

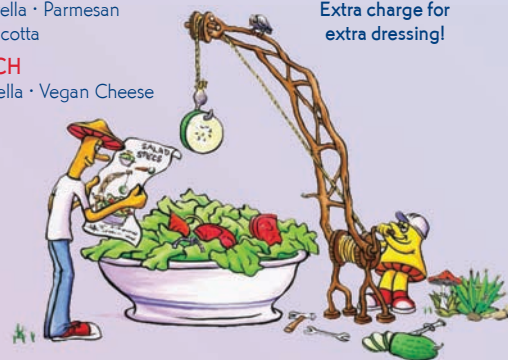
### \$3.49 EACH

Avocado · Chicken · BBQ Chicken  
Buffalo Chicken · Jerk Chicken  
Herb Vinaigrette Chicken · Pesto  
Chicken Teriyaki Chicken · Steak

### DRESSING

Herb Vinaigrette · Esperanza · Bleu Cheese  
Ranch · 1000 Island · Caesar · Spicy Ranch  
Balsamic Vinaigrette · Honey Mustard  
Oil and Vinegar

Extra charge for  
extra dressing!



## HOAGIES

All Hoagies are served heated. Your choice of French Bread, Wheat Bread, or Crunch Rye

<b>STEAK &amp; CHEESE</b>	<b>HALF \$6.49</b>	<b>WHOLE \$9.49</b>
Grilled Steak with Mushrooms, Onions & Green Peppers, with Provolone Cheese. Try it with Bacon and extra Cheese. Or ask for the Black & Bleu - same Hoagie, but with Bleu Cheese instead of Provolone.		
<b>PORTOBELLO &amp; CHEESE</b>	<b>HALF \$6.49</b>	<b>WHOLE \$9.49</b>
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.		
<b>MEATBALL</b>	<b>HALF \$6.49</b>	<b>WHOLE \$9.49</b>
Meatballs, lovingly rolled - smothered in tangy Marinara Sauce and melty Mozzarella. A Meatball in every bite! Try it with grilled Mushrooms & Onions.		
<b>CHICKEN PARMESAN</b>	<b>HALF \$6.49</b>	<b>WHOLE \$9.49</b>
Chicken grilled then baked with Marinara and Mozzarella then accessorized with Oregano.		
<b>IRV'S SAUSAGE &amp; PEPPERS</b>	<b>HALF \$6.49</b>	<b>WHOLE \$9.49</b>
Filled with Sausage Links, and stuffed with caramelized onions and green peppers - then hot melted with Provolone Cheese. Served with Mustard.		
<b>TOFU</b>	<b>HALF \$5.99</b>	<b>WHOLE \$8.99</b>
Teriyaki-marinated Tofu covered with Provolone Cheese and garnished with grilled Mushrooms, Onions and Green Peppers, topped with Sprouts.		
<b>TEMPEH</b>	<b>HALF \$5.99</b>	<b>WHOLE \$8.99</b>
Marinated grilled Tempeh, covered with Feta and garnished with grilled Mushrooms, Onions and Green Peppers. Topped with Sprouts.. Now with Pesto Mayo! *This item can be made vegan by request.		
<b>CHICKEN &amp; CHEESE</b>	<b>HALF \$6.49</b>	<b>WHOLE \$9.49</b>
Marinated Chicken grilled with Teriyaki, Mushrooms, Onions and Green Peppers. Smothered with Provolone Cheese.		
<b>JERK CHICKEN</b>	<b>HALF \$6.49</b>	<b>WHOLE \$9.49</b>
Marinated Chicken grilled with Jerk Sauce, Mushrooms, Onions and Green Peppers. Smothered with Provolone Cheese.		
<b>ITALIAN</b>	<b>HALF \$6.49</b>	<b>WHOLE \$9.49</b>
Ham, Pepperoni, and Salami heated with Fresh Mozzarella, Onions, Basil, Tomatoes, Spring Mix and Herb Vinaigrette.		
<b>MUSHROOM CLUB</b>	<b>HALF \$6.49</b>	<b>WHOLE \$9.49</b>
Piled high with Ham, Turkey and Bacon, heated with Provolone Cheese, Onions and Mushrooms, topped with Sprouts.		
<b>HAM &amp; CHEESE</b>	<b>HALF \$5.49</b>	<b>WHOLE \$8.49</b>
Premium Deli Ham heated with Provolone Cheese and Onions - topped with Sprouts.		
<b>TURKEY &amp; CHEESE</b>	<b>HALF \$5.49</b>	<b>WHOLE \$8.49</b>
Turkey Breast heated with Provolone Cheese and Onions and topped with Sprouts. Popular add-ons: Bacon, Roasted Red Peppers, Green Olives, Cucumbers.		
<b>AVOCADO</b>	<b>HALF \$5.99</b>	<b>WHOLE \$8.99</b>
An Avocado delight! First we sprinkle it with Lemon Juice, then add melted Provolone Cheese, Onions and Sprouts.		
<b>B.L.T.</b>	<b>HALF \$5.99</b>	<b>WHOLE \$8.99</b>
Provolone Cheese, strips of Bacon, crisp Lettuce, Onions, and ripe juicy Tomatoes, stacked neatly on toasted Bread and served with extra TLC.		
<b>CAPRI</b>	<b>HALF \$5.99</b>	<b>WHOLE \$8.99</b>
Pesto Mayo with Fresh Mozzarella, Ripe Tomatoes, and Basil. Topped with Spring Mix, Herb Vinaigrette and sandwiched on an isle of Fresh Bread.		

DON'T SEE YOUR  
OLD FAVE? WE'LL  
GLADLY MAKE  
IT FOR YOU!



Mellow Mushroom is a free wireless hotspot!

# mellow MUSHROOM

2109 Cumberland Avenue  
Knoxville, TN 37916

(865) 687-4766

[www.mellowmushroom.com/knoxville](http://www.mellowmushroom.com/knoxville)

Free Delivery Available on Orders of \$100 or More.

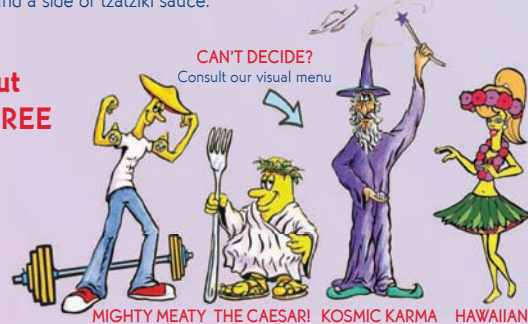
Full Service Catering Available!  
Ask your server for details.

Visit us on  
facebook  
twitter

## SPECIALTY PIES

	10 INCH \$7.99	14 INCH \$11.99	16 INCH \$14.99
<b>CHEESE</b> Red sauce base, mozzarella cheese, and our famous crust, buttered and sprinkled with parmesan cheese.			
<b>HOUSE SPECIAL</b> Red sauce base pizza with mozzarella, pepperoni, sausage, ground beef, ham, Applewood smoked bacon, mushrooms, black olives, Roma tomatoes, green peppers, onions, and extra cheese.	\$12.99	\$19.99	\$24.99
<b>GOURMET WHITE</b> Olive oil and garlic base pizza with sun dried tomatoes, provolone, mozzarella, feta, Roma tomatoes, and onions.	\$12.49	\$19.49	\$24.49
<b>PHILOSOPHER'S PIE</b> Olive oil and garlic base pizza with grilled steak, Portobello mushrooms, artichoke hearts, kalamata olives, provolone, feta, and mozzarella.	\$12.99	\$19.99	\$24.99
<b>THE CAESAR!</b> Olive oil and garlic base pizza with pesto chicken, provolone, mozzarella, and feta and topped with a Caesar salad and Roma tomatoes.	\$12.49	\$19.49	\$24.49
<b>MEGA-VEGGIE</b> Red sauce base pizza with mozzarella, sun dried tomatoes, spinach, green peppers, mushrooms, onions, black olives, Roma tomatoes, broccoli, feta, banana peppers, artichoke hearts, and tofu.	\$12.99	\$19.99	\$24.99
<b>KOSMIC KARMA</b> Red sauce base pizza with mozzarella, sun dried tomatoes, spinach, feta, Roma tomatoes, and a pesto swirl.	\$12.49	\$19.49	\$24.49
<b>MAGICAL MYSTERY TOUR</b> Pesto base pizza and crust with button and Portobello mushrooms, mozzarella, spinach, feta, and jalapeños.	\$12.99	\$19.99	\$24.99
<b>FUNKY Q. CHICKEN</b> BBQ chicken, mozzarella, cheddar, caramelized onions, Applewood smoked bacon and a BBQ sauce swirl.	\$12.49	\$19.49	\$24.49
<b>MIGHTY MEATY</b> Red sauce base pizza with mozzarella, pepperoni, sausage, ground beef, ham, and Applewood smoked bacon.	\$12.49	\$19.49	\$24.49
<b>HAWAIIAN</b> Red sauce base pizza with mozzarella, ham, and pineapple.	\$10.49	\$15.49	\$19.49
<b>BUFFALO CHICKEN</b> Mozzarella, Buffalo chicken, caramelized onions, Applewood smoked bacon and a swirl of Buffalo sauce and your choice of bleu cheese or ranch dressing.	\$12.49	\$19.49	\$24.49
<b>RED SKIN POTATO PIE</b> Olive oil and garlic base pizza loaded with red potato, Applewood smoked bacon, caramelized onions, cheddar and mozzarella cheeses, sprinkled with chives and drizzled with sour cream and spicy ranch dressing.	\$12.99	\$19.99	\$24.99
<b>MELLOWTERRANEAN</b> Olive oil and garlic base pizza with chicken, onions, roasted red bell peppers, black olives, chives, mozzarella, feta, and a side of tzatziki sauce.	\$12.49	\$19.49	\$24.49

Ask us about  
**GLUTEN-FREE  
PIZZA!**



MIGHTY MEATY THE CAESAR! KOSMIC KARMA HAWAIIAN

## BUILD YOUR OWN PIZZA

You can build your own pizza with any combination of our ingredients.

PICK A BASE	PROTEIN
Red Sauce · Pesto · Olive Oil and Garlic · Barbeque	<b>Small \$1.29 Medium \$1.79 Large \$2.29</b> Anchovies · BBQ Tofu · Ground Beef · Ham Italian Sausage · Jerk Tofu · Pepperoni · Pesto Tofu Salami · Tofu · Turkey
FRUITS & VEGGIES	Small \$1.79 Medium \$2.79 Large \$3.29
<b>Small \$1.29 Medium \$1.79 Large \$2.29</b> 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 · Spinach	Applewood Smoked Bacon · Avocado · Meatballs Link Sausage · Tempeh
CHEESES	Small \$2.79 Medium \$3.79 Large \$4.79
<b>Small \$1.29 Medium \$1.79 Large \$2.29</b> Cheddar · Extra Mozzarella · Feta · Parmesan Provolone · Ricotta	BBQ Chicken · Buffalo Chicken Chicken · Herb Vinaigrette Chicken Jerk Chicken · Pesto Chicken Steak
<b>Small \$1.49 Medium \$2.49 Large \$3.29</b> Fresh Basil · Kalamata Olives · Pesto Swirl Portobello · Sun Dried Tomatoes	



## SLICES

Slices are available Monday - Friday 11 AM - 3 PM

SLICE \$2.19  
SLICE INGREDIENT 60¢ - \$1.19

## CALZONE ZONE

Ingredient pricing for calzones are the same as a small pizza.  
All calzones are served with a side of red sauce.  
Have fun and Build Your Own Masterpiece!

<b>CHEESE CALZONE</b> \$7.99 Our dough stuffed with mozzarella cheese then basted with garlic butter and sprinkled with parmesan cheese.	<b>CHICKEN &amp; CHEESE</b> \$11.49 Grilled chicken, onions, mushrooms, green peppers and mozzarella cheese.
<b>THE HOUSE CALZONE</b> \$9.99 Spinach, mushrooms, Roma tomatoes and mozzarella cheese.	<b>STEAK &amp; CHEESE</b> \$11.49 Grilled steak, onions, mushrooms, green peppers and mozzarella cheese.



## MUNCHIES

<b>TORTILLA SOUP</b> CUP \$4.99 Add Chicken \$2.50 Vegetarian soup served with sour cream, avocado, cheddar cheese, and a lime garnish.	<b>OVEN ROASTED WINGS</b> 5 for \$5.99 or 10 for \$9.99 Crisp baked wings served hot, mild, BBQ, jerk, sweet Thai chili, or plain.
<b>BRUSCHETTA</b> \$5.99 tomatoes, basil, and feta tossed in balsamic vinegar and olive oil. Seasoned, and served on toast points and drizzled with balsamic glaze.	<b>CHEESE BREAD</b> \$4.29 A loaf of our french bread basted with garlic butter, sprinkled with italian seasoning and baked with shredded mozzarella. Served with a side of red sauce.
<b>THE CAPRI</b> \$7.49 Sliced tomatoes, fresh mozzarella, and basil topped with balsamic glaze and served with a side of spring mix tossed with herb vinaigrette dressing.	<b>GARLIC BREAD</b> \$3.29 A loaf of our French bread basted with garlic butter, sprinkled with Italian seasoning and baked. Served with a side of red sauce.
<b>STUFFED PORTOBELLO MUSHROOM</b> \$7.99 A giant Portobello mushroom basted with garlic butter and stuffed with artichoke hearts, feta, sun dried tomatoes, and spinach. Topped with mozzarella cheese, baked, and served on a bed of spring mix tossed with herb vinaigrette dressing. Drizzled with balsamic glaze.	<b>SPINACH ARTICHOKE DIP</b> \$6.99 Freshly sautéed spinach blended with artichokes, mozzarella and parmesan cheeses in a rich, creamy sauce topped with shaved parmesan and baked until it's warm and bubbly. Served with baked garlic toast.
<b>HUMMUS</b> \$5.99 Scoop of hummus served with fresh toasted pita points and garnished with paprika, basil, and olive oil.	<b>PRETZELS</b> Half order (3) \$4.79 · Whole order (6) \$7.99 Freshly sautéed spinach blended with artichokes, mozzarella and parmesan cheeses in a rich, creamy sauce topped with shaved parmesan and baked until it's warm and bubbly. Served with baked garlic toast.
<b>MEATBALL APPETIZER</b> \$6.99 Three meatballs served with melted fresh mozzarella on a bed of red sauce and garnished with shaved parmesan and basil.	

## DRINKS

<b>FOUNTAIN DRINK</b> \$2.19	<b>KIDS DRINKS</b> \$1.19
<b>ICED TEA</b> \$2.19	<b>BOTTLED WATER</b> \$1.95



## DESSERTS

<b>HONEY &amp; CINNAMON PRETZELS</b> Half order (3) \$4.79 · Whole order (6) \$7.99 Mellow Mushroom's awesome dough drizzled with honey and topped with cinnamon and sugar.	<b>DUDE'S PSYCHEDELIC COOKIE SUNDAE</b> \$4.49 Everyday is psychedelic Sunday with this dessert. Choice of cookie served with vanilla ice cream, Hershey's chocolate syrup, and whipped cream.
<b>KEY LIME PIE</b> \$3.99 A rich, decadent creamy key lime custard in a pecan graham crust topped with whipped cream.	<b>MARY JANE'S DOUBLE CHOCOLATE BROWNIE</b> \$2.29 This ain't no Plain Jane brownie; it's an experience!
<b>MEL'S GINORMOUS SPACE COOKIE</b> \$1.89 Choice of Chocolate Chip, Peanut Butter, Oatmeal Raisin Walnut or White Chocolate Macadamia.	<b>HALF BAKED BROWNIE SUPREME</b> \$4.99 The name says it all. Double chocolate brownie served with vanilla ice cream, Hershey's chocolate syrup, and whipped cream.