

HOAGIES

GRILLED

All Hoagies come with Lettuce, Tomato & Mayo except the Meatball, Chicken Parmesan and Irv's Sausage & Peppers. Choice of French or Wheat bread.

STEAK & CHEESE HALF \$5.50 WHOLE \$8.50
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.

PORTOBELLO & CHEESE HALF \$5.50 WHOLE \$8.50
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.

MEATBALL HALF \$5.50 WHOLE \$8.50
Meatballs, lovingly rolled – smothered in tangy Marinara Sauce and melty Mozzarella. A Meatball in every bite! Try it with grilled Mushrooms & Onions.

CHICKEN PARMESAN HALF \$5.50 WHOLE \$8.50
Chicken grilled then baked with Marinara and Mozzarella then accessorized with Oregano.

IRV'S SAUSAGE & PEPPERS HALF \$5.50 WHOLE \$8.50
Filled with Sausage Links, and stuffed with caramelized onions and green peppers – then hot melted with Provolone Cheese. Served with Mustard.

TOFU HALF \$5.50 WHOLE \$8.50
Teriyaki-marinated Tofu covered with Provolone Cheese and garnished with grilled Mushrooms, Onions and Green Peppers, topped with Sprouts.

TEMPEH HALF \$5.50 WHOLE \$8.50
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.*

CHICKEN & CHEESE HALF \$5.50 WHOLE \$8.50
Marinated Chicken grilled with Teriyaki, Mushrooms, Onions and Green Peppers. Smothered with Provolone Cheese.

JERK CHICKEN HALF \$5.95 WHOLE \$8.95
Marinated Chicken grilled with Teriyaki, Mushrooms, Onions and Green Peppers. Smothered with Provolone Cheese.

DELI

All Hoagies come with Lettuce, Tomato, Mayo & Sprouts. Choice of French or Wheat bread. Mustard by request. The Capri and Italian Hoagies are served without Sprouts.

ITALIAN HALF \$5.25 WHOLE \$8.25
Ham, Pepperoni, and Salami heated with Fresh Mozzarella, Onions, Basil, Tomatoes, Spring Mix and Herb Vinaigrette.

MUSHROOM CLUB HALF \$5.50 WHOLE \$8.50
Piled high with Ham, Turkey and Bacon, heated with Provolone Cheese, Onions and Mushrooms, topped with Sprouts.

HAM & CHEESE HALF \$4.50 WHOLE \$7.50
Premium Deli Ham heated with Provolone Cheese and Onions – topped with Sprouts.

TURKEY & CHEESE HALF \$4.50 WHOLE \$7.50
Turkey Breast heated with Provolone Cheese and Onions and topped with Sprouts. Popular add-ons: Bacon, Roasted Red Peppers, Green Olives, Cucumbers.

AVOCADO HALF \$5.50 WHOLE \$8.50
An Avocado delight! First we sprinkle it with Lemon Juice, then add melted Provolone Cheese, Onions and Sprouts.

B.I.T. HALF \$4.50 WHOLE \$7.50
Provolone Cheese, strips of Bacon, crisp Lettuce, Onions, and ripe juicy Tomatoes, stacked neatly on toasted Bread and served with extra TLC.

CAPRI HALF \$5.50 WHOLE \$8.50
Pesto Mayo with Fresh Mozzarella, Ripe Tomatoes, and Basil. Topped with Spring Mix, Herb Vinaigrette and sandwiched on an isle of Fresh Bread.

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

www.mellowmushroom.net

Mellow Mushroom is a free wireless hotspot!

MELLOW MUSHROOM



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PENSACOLA

850-475-7575

5175 Bayou Boulevard
Pensacola, FL 32503

APPETIZERS

TORTILLA SOUP
CUP \$3.95 Add Chicken \$1.50
Vegetarian soup with Sour Cream & Avacado.

HUMMUS \$5.95

PRETZELS HALF ORDER \$4.25
Available with Garlic and Parmesan or Honey & Cinnamon. WHOLE ORDER \$7.25

GARLIC BREAD \$2.50
GARLIC BREAD WITH CHEESE \$3.50
"Mints not included."

BRUSCHETTA \$5.50
Ripe Seasoned Tomatoes, Basil, and Feta tossed in Balsamic Vinegar and served on toast points.

DESSERTS

COOKIES \$1.85 **BROWNIES \$3.50**
BEN & JERRY'S \$2.95 **KEY LIME PIE \$3.50**

SALADS

GREEK REG. \$7.50 'LIL \$4.75 MEGA \$14.95
Lettuce, Red Cabbage, Carrots, Onions, Cucumbers, Green Peppers, Mushrooms, Feta, Kalamata Olives, Tomatoes, Pepperoncini, and Banana Peppers, tossed in Esperanza.

CHEF'S SALAD REG. \$7.50 'LIL \$4.75 MEGA \$14.95
Lettuce, Red Cabbage, Carrots, Onions, Cucumbers, Green Peppers, Mushrooms, Kalamata Olives, Tomatoes, Mozzarella, Ham, and Sprouts, tossed in Esperanza.

SPINACH REG. \$7.50 'LIL \$4.75 MEGA \$14.95
Healthy portion of Spinach, Parmesan Cheese, Mushrooms, Tomatoes, and Bacon, tossed in Balsamic Vinaigrette.

FIELD GREEN REG. \$7.50 'LIL \$4.75 MEGA \$14.95
Spring Mix, Mushrooms, Tomatoes, and Green Olives. Tossed in our Balsamic Vinaigrette.

TOSSED REG. \$5.75 'LIL \$3.75 MEGA \$14.95
Lettuce, Red Cabbage, Carrots, Mushrooms, and Tomatoes. Tossed in Esperanza dressing. Load it up for a little extra with Cucumbers, Cheddar Cheese, and Bacon.

THE BRUTUS \$8.75
WITH JERK OR TERIYAKI CHICKEN \$10.25
Perfect for the "Brutus-Sized" salad appetite. A Caesar salad with Kalamata Olives, Grilled Portobello, Roasted Red Peppers, Tomatoes, and Feta.

CAESAR REG. \$7.50 'LIL \$4.75 MEGA \$14.95
Romaine Lettuce, Croutons & Parmesan.

STUFFED PORTOBELLO MUSHROOM \$6.50
A giant Mushroom Cap, basted with Garlic Butter & stuffed with Artichoke Hearts, Sun Dried Tomatoes, Spinach, & Feta. Topped with Mozzarella & served on a bed of Spring Mix.

THE CAPRI \$5.95
Layers of Juicy Tomatoes, Fresh Mozzarella, Basil and Aged Balsamic. Served with a side of Spring Mix.

MEATBALL APPETIZER \$5.95
Round, juicy, meaty -Eaty!

DRINKS

FOUNTAIN w/FREE REFILLS \$1.85

KIDS \$0.95

ICED TEA \$1.85

BOTTLED WATER \$2.25



CHICKEN CAESAR REG. \$9.00 'LIL \$5.75
Chicken, Romaine Lettuce, Croutons & Parmesan.

BUILD YOUR OWN

PICK A BASE \$4.25
Romaine • Salad Mix • Spinach • Spring Mix OR mix any two.

LOAD UP ON VEGGIES 50¢ 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

CHOOSE YOUR CHEESE \$1.00 EACH
Cheddar • Mozzarella • Parmesan • Blue Cheese Fresh Mozzarella • Feta

POWER UP ON PROTEIN \$1.50 EACH
Avacado • Bacon • Chicken • BBQ Chicken • Jerk Chicken • Pesto Chicken • Teriyaki Chicken • Herb Vinaigrette Chicken • Ham • Salami • Steak • Tempeh Tofu • BBQ Tofu • Turkey

DRESSINGS
Choose Your Dressing:
Balsamic Vinaigrette
Ranch
Thousand Island
Esperanza
Herb Vinaigrette
Bleu Cheese
Honey Mustard
Extra charge for extra dressing!



SPECIALTY PIES

	10 INCH	14 INCH	16 INCH
HOUSE SPECIAL	\$13.00	\$19.50	\$24.00
Pepperoni, Sausage, Ground Beef, Onions, Green Peppers, Mushrooms, Black Olives, Tomatoes, Ham, Bacon, and extra Cheese.			

	10 INCH	14 INCH	16 INCH
GOURMET WHITE	\$12.25	\$19.00	\$24.00
Olive Oil and Garlic base, with Sun-Dried Tomatoes, Provolone, Mozzarella, Feta, Vine-Ripened Tomatoes and Onions.			

	10 INCH	14 INCH	16 INCH
PHILOSOPHER'S PIE	\$13.00	\$19.50	\$24.00
Steak, Portobello Mushroom Cap, Artichoke Hearts, Kalamata Olives, Provolone, Feta, and Mozzarella Cheeses on an Oil and Garlic Base.			

	10 INCH	14 INCH	16 INCH
CAESAR! CAESAR!	\$12.25	\$19.00	\$24.00
Olive Oil and Garlic with Pesto Chicken, Provolone, Mozzarella and Feta, topped with a fresh Caesar Salad and Roma Tomatoes.			

	10 INCH	14 INCH	16 INCH
MEGA-VEGGIE	\$13.25	\$19.95	\$24.00
Sun-Dried Tomatoes, Spinach, Green Peppers, Mushrooms, Onions, Black Olives, Tomatoes, Broccoli, Feta, Banana Peppers, Artichoke Hearts and Tofu.			

	10 INCH	14 INCH	16 INCH
KOSMIC KARMA	\$12.75	\$19.25	\$23.50
Sun-Dried Tomatoes, Spinach, Feta, Fresh Tomatoes and metaphysical swirls of Pesto.			

	10 INCH	14 INCH	16 INCH
MAGICAL MYSTERY TOUR	\$12.25	\$19.00	\$24.00
Button and Portobello Mushrooms, Spinach, Feta, & Jalapenos. Now with a Pesto Crust.			

	10 INCH	14 INCH	16 INCH
FUNKY Q. CHICKEN	\$12.50	\$19.25	\$24.00
"Boss" BBQ pizza with BBQ Chicken, Cheddar Cheese, Onions, and Bacon.			

	10 INCH	14 INCH	16 INCH
MIGHTY MEATY	\$13.00	\$19.50	\$24.00
Stacked with Pepperoni, Italian Sausage, Ground Beef, Ham and Bacon.			

	10 INCH	14 INCH	16 INCH
HAWAIIAN	\$9.95	\$14.50	\$17.95
Overflowing with hot, steamy flavors – fresh Pineapple, hot Ham and Cheese.			

	10 INCH	14 INCH	16 INCH
BUFFALO CHICKEN	\$12.25	\$19.00	\$24.00
Buffalo Chicken with Onions & Bacon, finished with Hot Sauce and your choice of Ranch or Blue Cheese.			

CALZONE ZONE

	10 INCH	14 INCH	16 INCH
CHICKEN & CHEESE	\$10.50		
Chicken, Mushrooms, Onions, Green Peppers, and Mozzarella Cheese.			

	10 INCH	14 INCH	16 INCH
STEAK & CHEESE	\$10.50		
Grilled Steak, Mushrooms, Onions, Green Peppers, and Mozzarella Cheese.			

	10 INCH	14 INCH	16 INCH
THE HOUSE	\$8.95		
Spinach, Vine-Ripened Tomatoes, Mushrooms, and Mozzarella Cheese.			

	10 INCH	14 INCH	16 INCH
CHEESE	\$7.95		

BUILD YOUR OWN

PICK A BASE AND PILE ON THE INGREDIENTS

	10" or Calzone	14"	16"
CHEESE PIZZA	\$7.95	\$10.95	\$13.95
Prices are for cheese pizza with your choice of base.			

BASES

Red • Pesto • Olive Oil and Garlic • Barbeque
Any Salad Dressing may be used as a base

Ingredients and prices are listed to the right.

INGREDIENTS

FRUITS & VEGGIES

- Artichoke Hearts
- Banana Peppers
- Black Olives
- Broccoli
- Fresh Basil
- Fresh Garlic
- Green Olives
- Green Peppers
- Jalapenos
- Kalamata Olives
- Mushrooms
- Onions
- Pepperoncini
- Pesto
- Pineapple
- Portobello *
- Roasted Red Peppers
- Roma Tomatoes
- Spinach
- Sundried Tomatoes
- Tomatoes

CHEESES

- Bleu Cheese *
- Cheddar
- Extra Mozzarella
- Feta
- Fresh Mozzarella
- Parmesan
- Provolone
- Ricotta *

PROTEINS

- Anchovies
- Avocado
- Bacon
- BBQ Chicken *
- BBQ Tofu
- Buffalo Chicken *
- Chicken *
- Ground Beef
- Ham
- Italian Sausage
- Jerk Chicken *
- Meatballs *
- Pepperoni
- Pesto Chicken *
- Pesto Tofu
- Salami
- Steak *
- Tofu
- Turkey

Small \$1.25
Medium \$1.75
Large \$2.25

*Counts as two ingredients