

Salads

All salads are served with your choice of dressing.

Greek Salad

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

Caesar Salad

Romaine lettuce tossed with Caesar dressing and topped with shaved Parmesan and freshly made croutons.

Tossed Salad

Romaine and iceberg lettuce, shredded carrots, red cabbage, mushrooms and tomatoes.

Choice of Salad Dressing:

Signature Esperanza*, Herb Vinaigrette*, Balsamic Vinaigrette*, Bleu Cheese*, Caesar*, Honey Mustard*, Ranch*, Lite Ranch, Spicy Ranch, Thousand Island *(*All natural dressings)*

Build Your Own Pizza or Calzone

Cheese Pizza

Red sauce base and mozzarella cheese on Mellow's crust, buttered and sprinkled with Parmesan cheese.

Pizza Base

Olive oil & garlic, Pesto, Red sauce

Cheeses

Cheddar, Feta, Mozzarella, Provolone, Ricotta, Shaved Parmesan

Specialty Cheeses

Bleu cheese, Daiya vegan cheese, Fresh Buffalo mozzarella, Montamore

Specialty Proteins

Andouille sausage, Applewood smoked bacon, Avocado, Meatballs

Build Your Own Salad

Base (Choose up to two)

Lettuce mix (Romaine and iceberg lettuce, Shredded carrots, Red cabbage), Romaine, Spinach, Spring mix

Fruits & Veggies

Artichoke hearts, Banana peppers, Black olives, Broccoli, Cucumbers, Diced apples, Garlic, Green olives, Green peppers, Jalapeños, Mushrooms, Onions, Pepperoncini, Pineapple, Roasted red peppers, Roma tomatoes, Sprouts

Specialty Fruits, Veggies & Nuts

Candied pecans, Dried cherries, Fresh basil, Kalamata olives, Portobello mushrooms, Sun-dried tomatoes

Cheeses

Cheddar, Feta, Mozzarella, Provolone, Ricotta, Shaved Parmesan

Specialty Cheeses

Bleu cheese, Daiya Vegan cheese, Fresh Buffalo mozzarella, Montamore

Proteins

Anchovies, Ham, Pepperoni, Salami, Tempeh, Tofu, Turkey

Specialty Proteins

Andouille sausage, Applewood smoked bacon, Avocado, Meatballs

All Natural Premium Proteins

Grilled chicken, Shrimp or Steak

Fruits & Veggies

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

Specialty Fruits & Veggies

Fresh basil, Kalamata olives, Pesto swirl, Portobello mushrooms, Sun-dried tomatoes

Proteins

Anchovies, Ground beef, Ham, Italian sausage, Pepperoni, Salami, Tempeh, Tofu, Turkey

All Natural Premium Proteins

Grilled chicken, Shrimp or Steak (BBQ, Buffalo, Curry, Herb vinaigrette, Jerk, Pesto, Teriyaki)

Calzones

Customize to your taste with any of the fresh ingredients. All calzones are made with fresh Mellow dough and served with a side of red sauce. Pricing based on a small pizza.

Cheese

Stuffed with mozzarella cheese then basted with garlic butter & sprinkled with Parmesan cheese.

House

Spinach, mushrooms, Roma tomatoes & mozzarella cheese.

Chicken or Steak and Cheese

Choose all natural grilled chicken or steak with onions, mushrooms, green peppers & mozzarella cheese.

Specialty Pizza

Gourmet White

Olive oil & garlic base with sun-dried tomatoes, Provolone, feta and mozzarella cheeses, Roma tomatoes & onions.

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.

Kosmic Karma

Red sauce base with feta and mozzarella cheeses, spinach, sun-dried tomatoes and Roma tomatoes with a pesto swirl.

Magical Mystery Tour

Pesto base with button and Portobello mushrooms, feta and mozzarella cheeses, spinach and jalapeños on a pesto basted crust.

(Add sausage for an additional charge)

Mighty Meaty

Red sauce base with mozzarella, pepperoni, sausage, ground beef, ham & Applewood smoked bacon.

Mega-Veggie

Red sauce base with feta and mozzarella cheeses, sun-dried tomatoes, spinach, green peppers, mushrooms, onions, black olives, Roma tomatoes, broccoli, banana peppers, artichoke hearts & tofu.

Specialty Pizza (cont.)

Funky Q. Chicken

BBQ chicken, mozzarella and cheddar cheeses, caramelized onions, and Applewood smoked bacon. Finished with a bbq sauce swirl.

Holy Shiitake Pie

Olive oil & garlic base, Shiitake, button and Portobello mushrooms, caramelized onions, mozzarella and Montamore cheeses. Drizzled with garlic aioli and black truffle oil. Garnished with fresh chives & shaved Parmesan.

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.

Mellowterranean

Olive oil & garlic base with all natural grilled chicken, onions, roasted red peppers, black olives, chives, feta and mozzarella cheeses with a side of tzatziki sauce.

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.

Philosopher's Pie

Olive oil & garlic base, all natural grilled steak, Portobello mushrooms, artichoke hearts, Kalamata olives, Provolone, feta & mozzarella cheeses.

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.

Maui Wowie

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

Bayou Bleu

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

Munchies

Magic Mushroom Soup

Wine and herb broth, creamy Italian Montamore cheese, topped with grilled shiitake, button and Portobello mushrooms and fresh chives.

Pretzels

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

Bruschetta

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

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.

Hummus

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

Muffuletta Cheese Bread

French bread topped with our freshly made three-olive tapenade, melted mozzarella and Parmesan cheeses, then baked.
Cheese Bread Garlic Bread

Spinach Artichoke Dip

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

Three meatballs grilled with fresh mozzarella on a bed of red sauce with shaved Parmesan cheese and basil, sprinkled with breadcrumbs.

The Capri

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 naked. Served with your choice of ranch or bleu cheese dressing and celery.

Soup of the Day

Ask for today's selection.



Hoagies

All hoagies are served heated on your choice of pita bread or hoagie roll: French, multi-grain or crunchy rye. Served with chips.

Meatball

Seasoned meatballs in a red sauce topped with melted mozzarella cheese.

Steak & Cheese

All natural grilled steak, onions, mushrooms, green peppers, Provolone, mayo, lettuce & Roma tomatoes.

Chicken & Cheese

All natural grilled teriyaki chicken, Provolone, onions, mushrooms, green peppers, mayo, lettuce & Roma tomatoes.

Mushroom Club

Ham, turkey, Applewood smoked bacon, Provolone or Swiss, caramelized onions, grilled mushrooms, mayo, lettuce & Roma tomatoes, topped with sprouts.

Spiked Sausage

Crumbled sausage grilled with Rogue™ beer, grilled onions, grilled green peppers, Montamore and mozzarella cheeses with garlic aioli on a crunchy rye hoagie roll.

Turkey or Ham & Cheese

Turkey, Provolone or Swiss, onions, mayo, lettuce and Roma tomatoes, topped with sprouts.

Italian

Ham, pepperoni, salami, fresh Buffalo mozzarella, caramelized onions, basil, spring mix, mayo, Roma tomatoes and herb vinaigrette.

Jerk Chicken

Jerk chicken, onions, mushrooms, green peppers and pineapple all grilled together. Topped with pesto mayo, Roma tomatoes, spinach and feta.

Tempeh

Marinated tempeh, grilled onions, mushrooms, green peppers, topped with feta and sprouts. Served with pesto mayo.

Tofu

Grilled onions, mushrooms and green peppers with teriyaki-marinated tofu covered with Provolone and topped with sprouts. Served with mayo, lettuce & tomato.

Avocado

Seasoned avocado, onions, Provolone, mayo, lettuce and Roma tomatoes, topped with sprouts.

Righteous Portobello Reuben

Grilled Portobello mushrooms, Swiss, Bavarian style sauerkraut with Thousand Island dressing on a crunchy rye hoagie roll.

Portobello & Cheese

Grilled Portobello mushrooms, mozzarella, artichoke hearts, sun-dried tomatoes, spinach, feta & mayo, topped with sprouts.

Shrimp Hoag' Boy

All natural grilled jerk shrimp, grilled mushrooms, caramelized onions, pesto mayo, lettuce & Roma tomatoes.

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 DENOTED IN THE ITEM'S DESCRIPTION. PLEASE NOTIFY YOUR SERVER OF ANY KNOWN ALLERGIC REACTIONS TO SPECIFIC FOODS.