

# BUILD IT! PIZZA

Customize to your taste with any of the fresh ingredients listed.

Base sauce choices include olive oil & garlic, pesto **GF** and

Mellow red sauce **GF**+cal 15-100. Calories listed are per slice.

	<b>SMALL 10"</b> cal 140-190	<b>MEDIUM 14"</b> cal 160-210	<b>LARGE 16"</b> cal 170-230
1 INGREDIENT	\$9.48	\$13.98	\$17.48
2 INGREDIENTS	\$10.97	\$15.97	\$19.97
3 INGREDIENTS	\$12.46	\$17.96	\$22.46
ADD'L INGREDIENTS	\$1.49	\$1.99	\$2.49

## CHEESES

Extra Mozzarella **GF** cal 20

\*Bleu cheese cal 25-30

Cheddar cal 30-40

Feta cheese **GF** cal 20-30

\*MontAmoré® cal 30-45

## INGREDIENTS

Anchovies cal 50

Artichoke hearts cal 0

\*Avocado cal 10-20

Applewood smoked bacon **GF**

cal 20-30

Banana peppers cal 0

Basil cal 0

Black olives **GF** cal 10-15

Caramelized onions cal 0-5

\*Chicken, all-natural grilled  
cal 25-35

Garlic cal 0

Green olives cal 10

Green peppers **GF** cal 10

Ground beef **GF** cal 20-25

Ham **GF** cal 10

Jalapeños cal 0

Kalamata olives cal 10

Meatballs cal 20-30

\*Mozzarella - fresh cal 20

Parmesan - shaved cal 10-20

Provolone cal 25-35

Ricotta - seasoned cal 20-25

Follow Your Heart®

vegan cheese **GF** cal 20

Mushrooms **GF** cal 0

Mushroom trio cal 10-20

Onions **GF** cal 5

Pepperoncini cal 10

Pepperoni **GF** cal 35

Pesto swirl **GF** cal 30-40

Pineapple cal 10

Portobello mushrooms cal 0

Roasted red peppers cal 0

Roma tomatoes **GF** cal 0

Salami cal 60-70

Sausage **GF** cal 10

Spinach **GF** cal 0

\*Steak, grilled, shaved all-natural  
ribeye cal 40-60

Roasted tomatoes **GF** cal 20-30

Tempeh cal 35-60

Tofu cal 10

\*These items are so good they count as 2 ingredients.

Our tofu, tempeh, and all-natural chicken and steak can be prepared in your choice of our sauces: BBQ, buffalo, herb vinaigrette, jerk, pesto or teriyaki. +cal 10-120

## CHEESE PIZZA ★v

Mellow red sauce and mozzarella on Mellow's crust, then basted with garlic butter and sprinkled with parmesan.

\$7.99 S	\$11.99 M	\$14.99 L
cal 230-270	cal 270-320	cal 290-350

## GLUTEN-FREE?

Ingredients with the **GF** designation are made with our allergy-safe procedures.

Additional gluten-free items may vary by location; ask your server for details.

All gluten-free pizzas are served on our 10" signature gluten-free crust.

# PIZZA BAKERS

"Classic" CRUST or MELLOW "THIN" CRUST

## SPECIALTY PIES

All pizzas are served as large - 8 slices, medium - 6 slices, small - 4 slices.  
Calories listed per slice.

### GREAT WHITE v

Olive oil and garlic base with roasted tomatoes, provolone, feta cheese, seasoned ricotta, fresh basil, mozzarella, roma tomatoes and onions.

\$12.49 S	\$19.49 M	\$24.49 L
cal 320-360	cal 390-450	cal 430-480

### HOUSE SPECIAL ★

Mellow red sauce with mozzarella, pepperoni, sausage, ground beef, ham, applewood smoked bacon, mushrooms, black olives, roma tomatoes, green peppers and onions. Topped with extra mozzarella.

\$13.49 S	\$21.99 M	\$25.99 L
cal 340-380	cal 400-450	cal 430-470

### KOSMIC KARMA ★v

Mellow red sauce with feta cheese, mozzarella, spinach, roasted tomatoes and roma tomatoes. Finished with a pesto swirl.

\$12.49 S	\$19.49 M	\$23.49 L
cal 290-340	cal 360-410	cal 380-430

### MIGHTY MEATY ★

Mellow red sauce with mozzarella, pepperoni, sausage, ground beef, ham and applewood smoked bacon.

\$12.99 S	\$19.99 M	\$24.49 L
cal 320-400	cal 390-480	cal 420-510

### VEG OUT ★v

Mellow red sauce with mozzarella, spinach, green peppers, mushrooms, onions, black olives and tomatoes.

\$11.99 S	\$18.49 M	\$22.49 L
cal 240-290	cal 290-340	cal 320-370

### PACIFIC RIM

Mellow red sauce with mozzarella, ham, bacon, caramelized onions, pineapple and jalapeños.

\$12.99 S	\$19.99 M	\$24.99 L
cal 290-340	cal 350-410	cal 380-440

★These pies can be made with our gluten allergy - safe procedures.

Learn more about our gluten-free program by visiting our website at [mellowmushroom.com/food-philosophy](http://mellowmushroom.com/food-philosophy).

2000 calories a day is used for general nutrition advice, but calorie needs vary. Additional nutrition information available