

MONTH OF MAY

CELIAC AWARENESS MONTH

OUR GLUTEN FREE GUIDE



APPETIZERS

OVEN ROASTED WINGS (5) FOR \$5.49

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.

LIL' GREEK SALAD \$5.49

Romaine and iceberg lettuce, shredded carrots, red cabbage, onions, green peppers, cucumbers, mushrooms, feta, kalamata olives, roma tomatoes, pepperoncini and banana peppers.

LIL' CHEF SALAD \$5.49

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

LIL' HOUSE SALAD \$4.99

Spring mix and romaine with roma tomatoes, cucumbers, black olives and onions, topped with shaved parmesan.

LIL' CAESAR SALAD \$4.99

Romaine lettuce tossed with Caesar dressing and topped with shaved parmesan.

LIL' ENLIGHTENED \$5.49

Fresh spinach topped with dried cherries, apples, house made candied pecans and feta.

DRESSINGS

Signature Esperanza, Herb Vinaigrette, Balsamic Vinaigrette, Bleu Cheese, Caesar, Honey Mustard, Ranch, Lite Ranch, Spicy Ranch, 1000 Island

PIZZAS

Served on our new 10" crust, perfect for a personal pizza. Priced as a regular small pizza for a limited time only.

HOUSE SPECIAL \$13.99

Red sauce base, mozzarella, pepperoni, sausage, ground beef, onions, green peppers, mushrooms, black olives, tomatoes, ham, applewood smoked bacon and extra cheese.

GREAT WHITE \$12.99

Olive oil and garlic base with sun-dried tomatoes, provolone, mozzarella, feta, tomatoes and onions.

MIGHTY MEATY \$13.99

Red sauce base, mozzarella, pepperoni, Italian sausage, ground beef, ham, and applewood smoked bacon.

VEG OUT \$13.99

Red sauce base, mozzarella, spinach, green peppers, mushrooms, onions, black olives and tomatoes.

KOSMIC KARMA \$12.99

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

CHEESE PIZZA \$8.99

Made with our signature Gluten-Free crust, topped with red sauce and mozzarella cheese.

BUILD YOUR OWN.

Pricing varies by topping.

KID'S FRENCH BREAD PIZZA \$5.50

Made with our new Gluten-Free bun, topped with red sauce, mozzarella and your choice to add pepperoni.

BURGERS + HOAGIES

Served on our new gluten free buns with a great taste and texture that doesn't crumble after one bite. Pricing for a limited time only.

CARNIE BURGER \$9.99

Half-pound, USDA certified, black angus beef patty with swiss, caramelized onions, garlic aioli, romaine lettuce, sliced tomato and pickle chips.

STEAK + CHEESE HOAGIE WHOLE \$11.99

All-natural shaved rib eye, onions, mushrooms, green peppers, provolone, mayo, lettuce and roma tomatoes.

MUSHROOM CLUB HOAGIE WHOLE \$10.99

Ham, applewood smoked bacon, swiss or provolone, caramelized onions, grilled mushrooms, mayo, lettuce and roma tomatoes, topped with sprouts.

AVOCADO HOAGIE WHOLE \$9.99

Seasoned avocado, onions, provolone, mayo, lettuce and roma tomatoes, topped with sprouts.

PORTOBELLO + CHEESE HOAGIE WHOLE \$9.99

Grilled portobello mushrooms basted with garlic butter, mozzarella, artichoke hearts, sun-dried tomatoes, spinach, feta and mayo, topped with sprouts.

Due to the special circumstances of these items, cook and preparation may take longer due to extra precaution. While we take every precaution to ensure that cross contamination of ingredients does not occur, these items are being prepared in a kitchen that also processes foods containing wheat, milk, soy, tree nuts, peanuts, and seeds. Due to these circumstances, we are unable to guarantee that any menu item can be completely free of allergens.

mellow
MUSHROOM
PIZZA BAKERS

mellow MUSHROOM MAY IS CELIAC AWARENESS MONTH



3 ANCIENT GRAINS. ONE BIG TASTE

THANKS TO OUR FRIENDS AT 

SORGHUM

Antioxidants for well-being. Sorghum is full of insoluble fiber (which is good for your gut) and acts as an antioxidant. It also happens to be one of the oldest known grains.

AMARANTH

The power of protein. You might not have heard of amaranth. It's chock-full of protein and amino acids that most grains don't have. Oh, and calcium, iron, potassium, phosphorus, and vitamins A and C.

TEFF

Hello, calcium! Teff is smaller than our other grains (it takes 3,000 grains to make one gram). But it's still packed with calcium, bran and germ!