GLUTEN-FREE

YOU’RE NO LONGER A SECOND-CLASS CITIZEN

Try our new Gluten Free Crust – now Vegan and made with Ancient Grains.

SPECIALTY PIES

All Gluten-Free pizzas are served on a 12” crust. Gluten-Free pizza and ingredients priced the same as our medium pies. Additional Gluten-Free items vary by location, please ask your server for details.

HOUSE SPECIAL

Red Sauce Base, Mozzarella, Pepperoni, Sausage, Ground Beef, Onions, Green Peppers, Mushrooms, Black Olives, Tomatoes, Ham, Applewood Smoked Bacon, and extra Cheese.

GOURMET WHITE

Olive Oil and Garlic Base with Sun-Dried Tomatoes, Provolone, Mozzarella, Feta, Tomatoes, and Onions.

MIGHTY MEATY

Red Sauce Base, Mozzarella, Pepperoni, Italian Sausage, Ground Beef, Ham, and Applewood Smoked Bacon.

VEG OUT

Red Sauce Base, Mozzarella, Spinach, Green Peppers, Mushrooms, Onions, Black Olives, and Tomatoes.

KOSMIC KARMA

Red Sauce Base, Mozzarella, Sun-Dried Tomatoes, Spinach, Feta, Fresh Tomatoes, and Pesto swirl.

CHEESE PIZZA

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

ADD YOUR FAVORITE GLUTEN-FREE INGREDIENTS:

BASES/SAUCES: Red Sauce • Olive Oil/Garlic • Pesto

VEGGIES: Black Olives • Green Peppers • Button Mushrooms

Onions • Spinach • Sun-dried Tomatoes • Fresh Tomatoes

CHEESES: Mozzarella • Feta • Provolone • Vegan Cheese (Daiya)

PROTEINS: Applewood Smoked Bacon • Ground Beef • Ham • Italian Sausage • Pepperoni

Our cooks have been trained on the importance of preventing cross contamination. The kitchen will wash hands, put on fresh gloves and a fresh apron, and only use Gluten-Free dedicated cooking utensils and ingredients. Everything is made to order, and prepared in a separate area. A screen pan is used during the baking process so the Gluten-Free crust never makes direct contact with the pizza stone.

Mellow Mushroom has prepared this menu based on the most current ingredient information from our food suppliers and their stated absence of wheat/gluten within these items. 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.

Smart Flour Crust Ingredients: Smart Flour (Tapioca Flour, Sorghum Flour, Amaranth Flour, Teff Flour), Potato Starch, Modified Tapioca Starch, Sorghum Flour, Water, Olive Oil, Molasses, Sugar, Flax Seed, Yeast, Salt, Xanthan Gum, Agave, Baking Powder (Sodium Bicarbonate, Cornstarch, Monocalcium Phosphate), Guar Gum, Baking Soda, Canola Oil.