

# APPETIZERS

## \* HUMMUS

An Irregardless classic served with fresh pita wedges and olives. 1 to 3 people \$5      3 to 6 people \$6.50

## MIDDLE EASTERN PLATTER \$7

A Middle Eastern appetizer featuring a scoop of hummus, tabouli, and butterbean pâté. Served with grilled pita wedges & kalamata olives.

## CHICKEN QUESADILLA \$8

Herb tortilla filled with cheddar and mozzarella cheeses and chipotle marinated chicken that has been stewed with tomatoes and onions then folded over and griddled golden brown. Served with pico de gallo and sour cream.

## BRUSCHETTA \$7

Roma tomatoes, roasted peppers, fresh chapel hill creamery mozzarella cheese and artichoke hearts tossed in balsamic vinaigrette and served on freshly grilled bread.

## \* PORTABELLA POLENTA (vegan) \$7

Portabella mushroom caps marinated in fresh herbs and balsamic vinegar. Grilled to perfection and served over local stone ground polenta "cakes", sautéed spinach & carrots, then drizzled with a parsley pesto sauce.

## CHICKEN WINGS \$7

Spanish inspired marinated, baked chicken wings served with celery, carrots and blue cheese dressing.

## MAC & CHEESE \$6

Rigatoni pasta tossed in a rich five cheese sauce topped with bread crumbs and baked.

## HOME MADE SOUP OF THE DAY \$4/5

# SALADS

## \* IRREGARDLESS GARDEN SALAD \$5

Asian greens & red leaf lettuce, cabbage, onions, cucumbers, tomatoes, raisins and sunflower seed. Served w/ lemon tahini.

## \* GREEK SALAD \$7

Greek style salad featuring mixed greens with diced tomatoes, cucumbers, kalamata olives, red onions, feta cheese, and a balsamic vinaigrette.

## WARM GOAT CHEESE SALAD \$8

Fresh goat cheese covered with herbs and seared until toasted, served on fresh greens with raisins, spicy walnuts, and a creamy shallot vinaigrette.

## \* LOCAL HEIRLOOM SALAD \$7

Irregardless' version of the classic caprese salad with all local ingredients, heirloom tomatoes, chapel hill fresh mozzarella and blueberry vinaigrette.

## \* CAESAR SALAD \$6

Fresh romaine lettuce leaves tossed with lemon parmesan Caesar dressing and garnished with garlic croutons.

## AVOCADO SALAD \$7

Fresh sliced avocado, mixed greens, pico de gallo, cheddar cheese and crisp tortilla strips tossed with a lemon vinaigrette.

## \* CHEF'S SALAD \$13

A bed of Asian greens tossed with romaine lettuce topped with fresh grilled chicken, mushrooms, carrots, cucumbers, red onions, feta cheese, kalamata olives, sliced hard boiled egg, and sun flower seeds. Served with Lemon Tahini dressing.

## TROPICAL SHRIMP SALAD \$14

Nut crusted shrimp served on a bed of mixed Asian greens with sliced jicama, mango and carrots. Tossed with a mango vinaigrette

## SANTE FE SALAD \$15

Grilled flank steak served over a bed of mixed greens with carrots, purple cabbage and red onions tossed with honey lime vinaigrette. Garnished with crispy tortilla strips and scallions.

# ENTRÉES

## \* WILD MUSHROOM AND BLACK MUSSEL RISOTTO \$14

Sautéed white, oyster and shiitake mushrooms with black mussels in a creamy parmesan risotto. Topped with shredded parmesan cheese and truffle oil.

## \* SESAME CRUSTED TUNA \$21

Fresh Yellow fin tuna seared with a sesame seed crust. Served on wasabi mashed potatoes with cucumber salad and a ginger soy dipping sauce.

## \* JUMBO SEA SCALLOPS \$18

Skewered jumbo scallops marinated in herb oil and grilled, served on roasted garlic mashed potatoes with vegetable of the day and a citrus cream sauce.

## CRAB CAKES \$18

Fresh lump crab meat mixed with lemon zest, fresh thyme, peppers & scallions. Pan fried and served over rice pilaf with a lime chipotle aioli and Vegetable of the day.

## MORGAN STREET CHICKEN \$17

Fresh breast of chicken marinated in "irregardless" lemon tahini dressing and coated with cashews and cracker crumbs. Topped with a herb compound butter. Served with roasted red potatoes and sautéed vegetables.

## \* BLACKENED NORTH CAROLINA CATFISH \$17

Fresh local catfish fillet coated in cajun spices and sautéed. Served with a fresh orange and cilantro salsa, sautéed vegetables and rice pilaf.

## PAN ROAST CHICKEN \$17

Pan roasted breast of chicken topped with a walnut-goat cheese gratin served over oregano pesto risotto and arugula salad with a fresh citrus vinaigrette.

## \* SHRIMP POLENTA \$16

Sautéed shrimp served on stone ground polenta "cakes" with roasted Mediterranean vegetables, topped with melted mozzarella and parmesan cheeses.

## \* K-PAUL'S SHRIMP \$18

Cajun spiced shrimp pan seared and set atop a fresh grilled corn and cilantro salsa and roasted garlic mashed potatoes. served with a chipotle sauce.

## FRESH LOCAL BROOK TROUT \$19

North Carolina brook trout sautéed and topped with a ginger almond cream sauce. Served with jasmine rice and sautéed vegetables.

## SURF AND TURF \$21

A 6 Oz. Filet mignon topped with an herb butter and three sautéed shrimp served with grilled asparagus and roasted red potatoes.

## \* GRILLED RIB EYE PIZZAIOLA \$22

Hand cut rib eye steak topped with caramelized onions and heirloom tomatoes drizzled with a white balsamic glaze. Served with roasted garlic mashed potatoes and asparagus.

## GRILLED CAROLINA WAHOO FILLET \$18

Fresh local wahoo fillet served over linguini pasta in a local pomodoro sauce with heirloom tomatoes, chapel hill creamery fresh mozzarella and garden picked basil.

## \* HERB GRILLED SALMON \$18.

Fresh salmon filet lightly marinated in herb infused oil topped with a wild mushroom and sun-dried tomato cream sauce served over jasmine rice and vegetable du jour.

## PAELLA (Fri&Sat only) \$21

Traditional Spanish dish of rice seasoned with saffron, marinated chicken, sautéed shrimp, turkey sausage, mussels, clams & scallops. Then baked in the oven and topped with a Mediterranean inspired tomato sauce.

# VEGETARIAN/VEGAN

## \* ACORN SQUASH CASSOLETTE (vegan) \$13

Slow roasted acorn squash stuffed with a melange of roasted vegetables, served on a bed of black turtle beans with red beets spiced with cumin & tomatoes and white navy beans with golden beets spiced with grilled pineapple & carrots. Served with fresh roasted corn and green pea salsa.

## \* VEGAN STUFFED CABBAGE \$11

Steamed cabbage leaves rolled and filled with a savoury filling of quinoa (magical grain-complete protein), orzo pasta, pine nuts, roasted corn, basil pesto, sauté onions, celery, & garlic. Baked topped with a sweet and sour tomato raisin sauce. Served with vegetable du jour.

## SHEPHERD'S PIE (vegan) \$14

Vegetarian casserole layering vegan short crust pastry dough with red bliss mashed potatoes splashed with chop tomatoes, cucumbers, parsley, and bulgur wheat, sliced pomegranate marinated carrots, sauté sliced cabbage with onions, celery, and fennel , garlic wilted spinach. Baked and served topped with a shitake mushroom miso gravy.

## VEGAN PIEROGIE \$11

A flavorful blend of potatoes , spinach, & sautéed onions folded in fresh pastry dough. Baked golden brown. Served on a bed of sweet and sour cabbage.

## \* GRILLED VEGETABLE BIRYANI (vegan) \$12

Grilled portabella mushrooms, zucchini, squash, onion, peppers and asparagus. Served on brown rice with a balsamic reduction.

## \* VEGETABLE CURRY(vegan) \$14

A mixture of fresh sautéed cauliflower, zucchini, egg plant, squashes and onions with our secret curry recipe served over lentil brown rice, with orange cranberry ginger chutney topped with walnuts.

# PASTAS

## \* PASTA SICILIANO \$18

Rigatoni pasta with Smoked turkey sausage, baked meatballs, spinach and sun-dried tomatoes all tossed in a infused garlic oil and topped with shaved parmesan cheese. Available gluten free.

## BUFFALO CHICKEN MAC AND CHEESE \$16

Diced chicken cutlet poached in our special buffalo sauce (slightly spicy) set atop a classic rich macaroni and cheese.

## CHICKEN PARMIGIANA \$17

Chicken cutlets lightly dusted in herbed bread crumbs, griddled brown and topped with marinara sauce and mozzarella cheese. Served on linguini alfredo.

## LOBSTER RAVIOLI \$19

Lobster stuffed ravioli served with sautéed spinach and asparagus in a sherry wine cream sauce

## SEAFOOD LINGUINI \$19

Sautéed shrimps, scallops and mussels tossed with linguini pasta in a tomato lobster broth. Topped with shaved parmesan. Available gluten free.

-18% gratuity added to parties 7 or more. \$2.50 split plate charge

## \* CELIAC/GLUTEN FREE ITEM

# DESSERTS

# \$6.50

FRUIT and BERRY CRISP (VEGAN)

BOURBON PECAN PIE

**VANILLA CRÈME BRULEE**

**ESPRESSO \$3**

Lemon peel garnish upon request

**CAFÉ MOCHA \$4**

Double espresso with chocolate steamed milk

**CAFÉ LATTE \$4**

Double espresso with steamed milk

**BOYLAN SODAS \$3.00**

made with cane sugar(Root Beer,Ginger Ale,Crème Soda,&Black Cherry)

**MOLTEN CHOCOLATE CAKE**

**CARAMELIZED PEAR COBBLER**

served with ice cream

**CAPPUCCINO \$4**

Served with Belgian chocolate shavings