

TO START

Daily Soup- Please ask your server for today's choices cup\$4 bowl \$4.50

HUMMUS (vegan) - An Irregardless classic; Garbanzo beans pureed with tahini, garlic, and \$5
spices. Served with fresh pita wedges.

MINI MIDDLE EASTERN PLATTER - A Middle Eastern appetizer featuring a scoop of \$7
hummus, tabouli and butterbean pâté. Accompanied by grilled pita wedges & kalamata
olives.

CHICKEN QUESADILLA - Herb tortilla filled with cheddar and mozzarella cheeses and \$6.50
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.

SALADS

To any salad you may add:

Chicken \$3 ; Salmon \$5; Shrimp \$5; Grilled Portabella Mushroom \$3; Avocado \$3

***HOUSE SALAD** - Crisp, baby Asian greens tossed with lettuce, cabbage, celery, onions, \$5
cucumbers, alfalfa sprouts, and sunflower seeds.

CAESAR SALAD - Fresh romaine lettuce leaves tossed with lemon parmesan dressing and \$6
garnished with garlic croutons.

GREEK SALAD - Greek style salad featuring mixed greens with diced tomatoes, \$6.50
cucumbers, kalamata olives, red onions, feta cheese, and a balsamic vinaigrette.

FRUIT SALAD - A chilled mixture of seasonal melons, and berries; with low fat cottage cheese. . \$7
Topped with sunflower seeds, and raisins.

WARM GOAT CHEESE SALAD - Fresh goat cheese covered with herbs and seared until ... \$7.75
toasted, served on fresh greens with craisins, spicy walnuts, and a creamy shallot
vinaigrette.

CHEF'S SALAD - A meal unto itself; Crisp baby Asian greens tossed with Romaine and Ice \$7
burg Lettuces, Mushrooms, Carrots, Cucumbers, Red Onions, Feta Cheese, Bell Peppers,
Kalamata Olives, sliced hard boiled Egg, Sun flower Seeds and other seasonal vegetables.

BLACKENED SHRIMP & APPLE SALAD - Mixed greens tossed with orange vinaigrette, ... \$8.50
topped with blue cheese crumbles, blackened shrimp & fresh sliced apples.

SALAD DRESSINGS- - LEMON TAHINI, Honey Mustard*, 1000 Island, Low Calorie Ranch, Bleu
Cheese, Balsamic Vinaigrette* & Caesar*.

SANDWICHES

All Sandwiches served with choice of sides: tortilla chips , potato salad, tabouli salad, or fruit

- OPEN FACE SANDWICH** - An Irregardless original; Whole wheat bread layered with \$8.00
avocado spread, an egg omelet, sautéed mushrooms & onions, sliced tomatoes, and
finished under the broiler with melted mozzarella cheese. Served topped with sprouts.
- CALIFORNIA POCKET SANDWICH** - Fresh pita bread filled with sliced avocado, \$7.00
cucumber, tomatoes, shredded white cheddar, lemon tahini, and asian spring mix.
- FOCACCIA CHICKEN SANDWICH** - Grilled marinated breast of chicken layered with \$8.25
roasted red pepper, avocado & Mozzarella cheese. Set on homemade focaccia bread with
lettuce, tomato and fresh basil pesto. Served with choice of side
- BEAN BURGER(vegan)** - Another Irregardless classic featuring a "burger" made of lentils, .. \$7.00
carrots, rolled oats, sunflower seeds, celery, onions, brown rice spiked with Middle Eastern
and Mexican spices. Served in pita bread and accompanied by onions, sprouts, tomatoes,
ketchup, and mustard.
- CHEDDAR BURGER** - Beef burger patty, grilled to order and topped with cheddar cheese. .. \$8.50
Set on a toasted Kaiser roll served with mayo, lettuce, tomato & onion, dill pickle, and
baked fries.
- ***GARDEN SANDWICH***** - Fresh pumpernickle bread \$8.25 7 7
layered with a spread of sautéed spinach, celery, green pepper, sour cream, and lemon
tahini; with melted Swiss cheese, mushrooms, sun flower seeds, and sprouts.
- ***CAMILLE'S CARAWAY SANDWICH***** - Named for one of the original \$7.00 \$8.25
cooks; Rye bread smeared with mustard and mayonnaise then layered with sliced
tomatoes, Swiss cheese, and griddled golden brown. Served with sprouts.
- ***PIMENTO CHEESE***** - Our secret blend of natural cheeses \$8.00 6.50 6.5
and pimentos; served on whole wheat bread with sprouts. Try it griddled.
- ***CHICKEN SALAD SANDWICH***** - Fresh chicken steamed with celery \$8.25 \$9.00
seeds and cut into chunks; combined with diced celery, bell peppers, dijon mustard,
mayonnaise and spices. Served on whole wheat bread.

LUNCH COMBO

Your choice of a half sandwich (if ***are beside it); a cup of soup, or a side salad, and your choice of sides.

BEVERAGES

- MILK** - Choice of Whole or Soy \$1extra \$3
for chocolate
- APPLE JUICE** - Grown, pressed, and .. \$3.00
unfiltered in Virginia
- ICED TEA** - Sweetened or \$2.50
unsweetened
- ICED HERBAL TEA** - Red Berry \$2.50
Berry or Peppermint (decaf)
- BOYLAN SODAS** - made with cane \$3.00
sugar(Root Beer, Ginger Ale, Crème
Soda, & Black Cherry)
- BOTTLED WATER** .. \$3.75 500 ml \$7 liter
Lurisa, Italian - Mineral Still &
Sparkling
- COFFEE** - Shade grown, organic, fair ... \$3.00
traded coffee beans, roasted by
Counter Culture Coffee. Regular or
Decaf
- LOOSE HOT TEA** - ask to see our tea \$3.00
menu; caffeine and decaf
- SODA** - Coca Cola, Diet Coke, Sprite, . \$2.50
Ginger ale, Lemonade