

TO START

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

HUMMUS - An Irregardless classic: pureed garbanzo beans with tahini, garlic, and spices, ... vg \$5
served with toasted pita.

MINI MIDDLE EASTERN PLATTER - A Middle Eastern appetizer featuring a scoop of vg \$7
hummus, tabouli and butterbean pâté, served with toasted pita & kalamata olives.

VIDALHIA ONION PIZZA - Flavorful caramelized onions, crème fraiche, cherry veg \$9
tomatoes, roasted garlic, gruyere & parmesan cheeses, arugula and basil served on a thin
pizza crust.

\$6.50

SALADS

To Any Salad add: grilled chicken \$3; salmon \$5; shrimp\$5; Grilled portabella mushroom\$3; avocado\$3;
seitan \$5

IRREGARDLESS GARDEN SALAD - Baby greens and red leaf lettuce topped with ... veg, gf \$6
sliced red cabbage, onions, cucumbers, tomatoes, raisins and sunflower seeds, served with
choice of dressing.

CAESAR SALAD - Fresh romaine lettuce tossed in Irregardless' unique Caesar veg \$6
dressing, topped with parmesan cheese and a large garlic croute.

WARM GOAT CHEESE SALAD - Fresh local goat cheese, dusted with herbs and veg \$8
seared, served on baby greens tossed in a creamy shallot vinaigrette and topped with
craisins and spicy walnuts.

CHEF'S SALAD - A bounty of salad greens, mushrooms, carrots, cucumbers, red veg \$9
onions, feta cheese, kalamata olives, sliced hard boiled egg and sun flower seeds, served
with a choice of dressing.

GRILLED PEAR SALAD - Fresh pear lightly grilled and served sliced on baby greens veg \$8
tossed in a Maytag bleu cheese dressing, topped with spiced walnuts.

QUINOA SALAD - Quinoa, black beans and diced sweet potatoes tossed in a light vg \$9
vinaigrette, served on a poblano pepper dressing, topped with fresh mango salsa, pumpkin
seeds and fried wonton strips. (Gluten free without wontons)

ASIAN STEAK - Marinated sliced grilled steak medallions; served on mixed greens with \$12
sliced avocado, carrots, peanuts, cucumbers, fried won ton strips and wafu dressing.

Salad Dressings - Lemon Tahini, Maytag Bleu Cheese, Balsamic Vinaigrette, Caesar, Creamy
Shallot Vinaigrette, Red Wine Vinaigrette, Raspberry Vinaigrette and Wafu

SANDWICHES

All Sandwiches served with choice of sides: seasoned fries , potato salad, tabouli salad, or fruit

- SMOKED SALMON BURGER** - House cured salmon smoked on premise, and grilled to order. Served on multi-grain bun with lettuce, tomato, and onion and a lemon-caper remoulade. \$9.50
- OPEN FACE SANDWICH** - Home made whole wheat bread layered with avocado spread, sautéed mushrooms & onions, sliced tomatoes, sunny side egg and finished under the broiler with melted mozzarella cheese. veg \$8.75
- BLACK-BEAN QUINOA VEGAN BURGER** - Lentils, black beans, & quinoa grain with a hint of southwestern spices, served on a multi-grain roll with pico de gallo, guacamole and a chipotle aioli vg \$8.75
- CHEDDAR BURGER** - Beef burger grilled to order and topped with cheddar cheese and caramelized onions, set on a toasted multi-grain roll served with mayo, lettuce, tomato. \$9.50
- THE GARDEN** - Fresh pumpernickel bread layered with a spread of sautéed spinach, celery, green pepper, sour cream, and lemon tahini with melted Swiss cheese, mushrooms, tomatoes, & sun flower seeds ... veg \$8.75
- CHICKEN SALAD CROISSANT** - Fresh chicken steamed with celery seeds and cut into chunks, combined with diced celery, bell peppers, dijon mustard, mayonnaise and spices, served on toasted croissant with lettuce and tomato. \$9
- BLTP** - Our secret blend of natural cheeses and pimentos, served on whole wheat bread with griddled turkey "bacon", thick sliced tomato, and lettuce. \$8.75
- BURRITO** - Flour tortilla folded and filled with refried black beans, cilantro rice, salsa verde, cheddar cheese, lettuce, sour cream, and pico de gallo, choice of seitan tofu, or chicken. \$9
- WILD TURKEY REUBEN** - Sliced apple wood smoked turkey with our house sweet & sour red wine braised red cabbage, served on grilled rye bread with 1000 island dressing and melted Swiss cheese. \$9
- SEITAN TOFU REUBEN** - Grilled seitan (tofu mixed with wheat gluten, and formed into cutlets) served on grilled rye bread with sweet & sour braised red cabbage and tofu 1000 island dressing. vg \$9.50

BEVERAGES

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| MILK - Choice of Whole or Soy \$1extra for chocolate \$3 | BOTTLED WATER Lurisa, Italian - Mineral Still & Sparkling . \$3.00 |
| APPLE JUICE - Grown, pressed, and unfiltered in Virginia .. \$3.00 | COFFEE - Shade grown, organic, fair traded coffee beans, roasted by Counter Culture Coffee. Regular or Decaf ... \$3.00 |
| ICED TEA - Sweetened or unsweetened \$2.50 | ICED HERBAL TEA - Red Berry Berry or Peppermint (decaf) \$2.50 |
| LOOSE HOT TEA - ask to see our menu, caffeine and decaf \$3.00 | SODA - Mexican Coca Cola (real sugar), Diet Coke, Thomas Kemper (real sugar): Black Cherry, Orange, Vanilla Cream, & Ginger Ale \$3.00 |