

# IRREGARDLESS

real food . real music . real good . est . 1975

## Starters & Salads

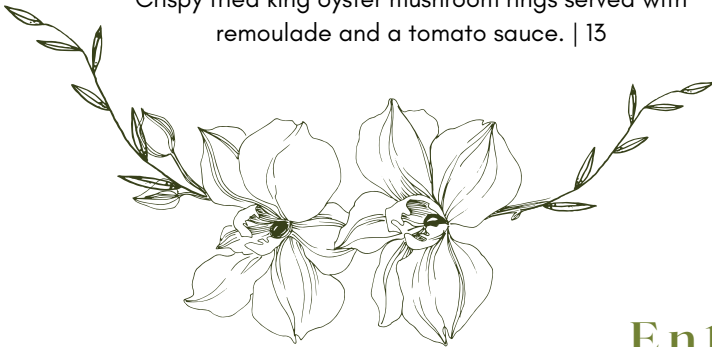
**Sun Dried Tomato Focaccia** (vegan)  
with olive oil | 5

**Hummus** (vegan)  
Served with grilled pita | 8

**Roasted Beet Napoleon** (vegan + gf)  
Roasted beets layered with cashew herb cheese served  
with mixed greens and maple roasted walnuts | 10

**Spinach & Artichoke Dip**  
Artichokes and spinach blended with cheeses and herbs,  
baked and served with warm pita | 12

**Vegan Calamari** (vegan + gf)  
Crispy fried king oyster mushroom rings served with  
remoulade and a tomato sauce. | 13



**Arugula Salad With Poached Pear** (gf)  
Baby arugula tossed with lemon poppyseed dressing and  
served with a poached pear, maple glazed walnuts, red onions,  
fennel and Parmesan cheese | 12

**Roasted Butternut Squash Salad** (gf)  
Mixed greens tossed with orange vinaigrette with  
toasted walnuts, roasted butternut squash, raisins,  
honey crisp apples and goat cheese crumbles | 12

**Garden Salad** (vegan + gf)  
Mixed greens, red cabbage, carrots, onions,  
cucumbers, tomatoes, raisins + sunflower seeds.  
Served with choice of dressing | 10

*Salads are vegan without cheese*

Vegan + GF Dressings	GF Dressings	Add a protein
Lemon Tahini	Ranch	Shrimp 7
Balsamic Vinaigrette	Blue Cheese	Salmon 7
Shallot Vinaigrette		Chicken 5
Lemon Poppyseed		Seitan 5
		Crispy Tofu 6

## Entrees

**Butternut Squash Penne** (vegan)  
Penne pasta tossed with a butternut squash sauce, broccoli,  
and fried sage. Topped with a fried oyster mushroom | 20

**Peanut Pad Thai** (vegan)  
Udon Noodles tossed in a peanut pad thai sauce with  
charred green beans, scallions, carrots topped with  
fried tofu, peanuts and lime | 20

**Chimichurri Oyster Mushroom** (vegan + gf)  
Pan seared oyster mushroom with chimichurri, cauliflower  
pureé, green beans and fried arugula | 20

**Tempeh Tikka Masala** (vegan + gf)  
Crispy tempeh over jasmine rice with coconut tikka masala  
sauce, sautéed spinach, mango chutney, fresh cilantro | 20

**Quinoa Salad Stuffed Sweet Potato** (vegan + gf)  
Roasted sweet potato stuffed with, quinoa, black beans,  
cilantro, poblano peppers, grape tomatoes and corn.  
Served with sautéed spinach and served with  
a lemon tahini sauce | 20

**Spanakopita**  
This is one of the few dishes served today that we  
also served in 1975. A Greek inspired mixture of spinach,  
feta & sautéed onions folded in phyllo dough. Baked and  
served with a lemon cream sauce and broccoli | 20

**Grass Fed Ribeye** \*(gf)  
Ribeye served with garlic mashed potatoes, roasted Brussels  
sprouts, mushrooms and a beef demi-glace. | 40

**Chicken Roulade** (gf)  
Chicken breast filled with turkey bacon, fresh mozzarella  
and asparagus. Served with garlic mashed potatoes  
and a mustard cream sauce | 25

**Lobster Manicotti**  
An Irregardless classic of sauteed lobster meat,  
bay scallops, and shrimp mixed with cheeses. Rolled and  
baked in fresh homemade pasta, tomato cream and  
served with wilted spinach | 30

**Barbacoa** (gf)  
Guajillo Braised short rib over a grit cake with  
sautéed bok choy | 30

**Mahi Mahi** (gf)  
Mahi filet grilled and served with roasted glazed  
rainbow carrots, wilted spinach and topped with  
lemon herb compound butter | 26

**Mustard Crusted Salmon** \*(gf)  
Grilled salmon served with sauteed brussels  
sprouts and roasted butternut squash | 26

**Pepper Jack Beef Burger** \*  
Beef patty, pepper jack, guacamole, lettuce, tomato,  
horseradish aioli and red onions on a brioche roll.  
Served with home fries | 15

**Please inform your server of any food allergies.**

*A 20% service charge will be added to parties of five or more guests.*

*Items marked with the " \* " Symbol are cooked to order or contain undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shellfish, eggs or unpasteurized milk may increase your risk for foodborne illness.*

919 - 833 - 8898 | [irregardless.com](http://irregardless.com) | [@irregardlessnc](https://www.instagram.com/irregardlessnc)

# IRREGARDLESS LUNCH

real food . real music . real good . est . 1975

## Starters & Salads

### Hummus (vegan)

Served with grilled pita | 8

### Roasted Butternut Squash Salad (gf)

Mixed greens tossed with orange vinaigrette with toasted walnuts, roasted butternut squash, raisins, honey crisp apples and goat cheese crumbles | 12

Half Salad | 7

### Quinoa Salad (vegan + gf)

Quinoa, basil, cherry tomatoes, sweet corn, black beans, onion, avocado and a poblano dressing | 12

Half salad | 7

### Garden Salad (vegan + gf)

Mixed greens, red cabbage, carrots, onions, cucumbers, tomatoes, raisins + sunflower seeds.

Served with choice of dressing | 11

Half salad | 6

### Arugula Salad With Poached Pear (gf)

Baby arugula tossed with lemon poppyseed dressing and served with a poached pear, maple glazed walnuts, red onions, fennel and Parmesan cheese | 12

Half Salad | 7

### Soup du Jour (vegan + gf)

Cup | 6 Bowl | 8

Ask your server for the soup of the day!

Vegan + GF Dressings	GF Dressings	Add a protein
Lemon Tahini	Ranch	Shrimp 7
Balsamic Vinaigrette	Blue Cheese	Salmon 7
Shallot Vinaigrette		Chicken 5
Lemon Poppyseed		Seitan 5
		Crispy Tofu 6



## Sandwiches & Mains

### Pepper Jack Beef Burger \*

Beef patty, pepper jack, guacamole, lettuce, tomato, horseradish aioli and red onions on a brioche roll.

Served with choice of side | 15

### Fried Egg Sandwich

Two over easy eggs on sourdough bread with turkey bacon, lettuce, tomato, avocado and chipotle aioli.

Served with choice of side | 13

### BBQ Maitake Sandwich (vegan + gf)

Smoked maitake mushroom tossed in a BBQ sauce, with arugula, tomato, pickled onion and horseradish aioli on a gluten free roll. Served with choice of side | 15

### Curry Chickpea Wrap (vegan)

Chickpea salad with carrots, green onions, raisins, curry, vegan mayo and lettuce folded into a flour tortilla.

Served with choice of side | 13

### Tempeh Philly (vegan)

Crispy tempeh with sautéed peppers and onions, vegan cheese, and chipotle aioli on a hoagie roll.

Served with choice of side | 13

### Vegan Cheese & Apricot Melt (vegan)

Vegan Cheese, apricot, baby arugula, caramelized onions on toasted sourdough bread.

Served with choice of side | 13

### Lemon Ginger Salmon \*(gf)

Grilled salmon with sweet potato puree, sautéed bok choy, lemon ginger vinaigrette and fried ginger. | 16

### Chorizo Puffball (vegan)

House made vegan chorizo, cabbage, onion and mushrooms baked in flaky puff pastry. Served with avocado crema | 15

### Spanakopita

This is one of the few dishes served today that we also served in 1975. A Greek inspired mixture of spinach, feta & sautéed onions folded in phyllo dough. Baked and served with a lemon cream sauce and broccoli | 15

### Teriyaki Tofu (vegan + gf)

Fried Tofu tossed in a teriyaki sauce served over jasmine rice with snow peas, carrots, cabbage, peppers, sesame seeds and scallions | 15

### Mac & Cheese Stuffed Sweet Potato (vegan)

Baked sweet potato topped with vegan mac and cheese and served with sautéed corn, tomatoes, spinach and green onions | 15

## Beverages

### Side Options

Sweet Potato Fries (vegan + gf)  
French Fries (vegan + gf)  
Mac & Cheese (vegan)  
Side Garden Salad (vegan + gf)  
Cup of Soup (vegan + gf)

COFFEE | 2.5

ICED TEA | 3

HOT TEA | 4

COLD BREW | 4

MEXICAN SPRITE | 3

MEXICAN COKE | 3

DIET COKE | 2

**Please inform your server of any food allergies.**

A 20% service charge will be added to parties of five or more guests.

Items marked with the "\*" Symbol are cooked to order or contain undercooked ingredients. Consuming raw or undercooked meats, poultry, seafood, shellfish, eggs or unpasteurized milk may increase your risk for foodborne illness.

919 - 833 - 8898 | [irregardless.com](http://irregardless.com) | [@irregardlessnc](https://www.instagram.com/irregardlessnc)