

IRREGARDLESS LUNCH

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

Salads & Starters

Grilled Peach Salad (gf)

Baby arugula tossed in shallot vinaigrette with grilled peaches, red onions, blueberries, and goat cheese crumbles | 12

Half salad | 7

Make it vegan by replacing the cheese for avocado

Zucchini Salad (gf)

Zucchini Noodles tossed in lemon garlic dressing with grape tomatoes, basil, pine nuts, and feta cheese | 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

Hummus (vegan)

Served with grilled pita | 8

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



Mains



Beef Burger *

Beef patty, cheddar cheese, grilled onions, mushrooms, baby arugula, roasted garlic-leek spread on a brioche roll.

Served with a choice of side | 15

Open Face Sandwich

Toasted sourdough bread topped with guacamole, tomato, arugula, scrambled eggs, mozzarella & balsamic glaze.

Served with a choice of side | 13

Avocado Toast (vegan)

Sourdough toast with avocado, buttercrunch lettuce, hummus, sliced tomato, balsamic reduction and toasted sesame seeds.

Served with a choice of side | 13

Vegan Chilaquiles (vegan + gf)

Fried tortillas layered with tomatillo sauce, black beans, and vegan chorizo and topped with sauteed cherry tomatoes, zucchini, sweet corn, vegan mozzarella, vegan crema and avocado | 15

Blackened Salmon *(gf)

Grilled blackened salmon served with Parmesan risotto, grilled asparagus and a lemon herb butter | 20

Belgian Waffle (vegan + gf)

Fresh berries, plant based whipped cream + maple syrup | 12

(Add a fried maitake mushroom (vegan + gf) for \$5)

Chicken & Waffles (gf)

Bone-in fried chicken served over waffles with a spicy mustard sauce | 20

Classic Breakfast (gf)

Scrambled eggs with cheddar cheese. Served with turkey bacon and a choice of side | 15

Shrimp & Grits (gf)

Sautéed shrimp, cheese grits, sherry cream mushroom sauce, diced tomato, scallions + parmesan cheese | 18

Garden Frittata (gf)

Three egg frittata, tomato, cauliflower, onion, cheddar cheese, avocado cream.

Served with home fries | 15

Steak & Eggs* (gf)

8 oz ribeye and two sunny side up eggs served with hot sauce and potato hash | 25

Side Options

Fresh Fruit (vegan + gf)
Sweet Potato Fries (vegan + gf)
Home Fries (vegan + gf)
Side Garden Salad (vegan + gf)

Beverages

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.

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