

IRREGARDLES

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

Starters & Salads

Tapenade Focaccia (vegan)

Served with olive oil | 5

Vegan Calamari (vegan + gf)

Crispy fried king oyster mushroom rings served with remoulade and tomato sauce | 15

Wild Mushroom Galette (vegan)

Wild mushrooms served on flakey pastry with vegan cheese spread, herbs and scallions | 10

Hummus (vegan)

Served with olive oil & fried pita | 11

Crab Dip

Crab meat mixed with herbs, spices, and lots of cheese. Served hot with warm pita | 11



Butternut Squash Salad (vegan + gf)

Baby arugula tossed in maple pumpkin dressing with roasted butternut squash, roasted red peppers, red onions, pecans and avocado | 12

Goat Cheese Salad (gf)

Mixed greens tossed with lemon garlic dressing with maple candied walnuts, roasted beets, dried cranberries, and a seared goat cheese patty dusted with cornmeal | 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 (gf) 7
Balsamic Vinaigrette	Blue Cheese	Salmon (gf) 7
Shallot Vinaigrette		Chicken (gf) 5
Lemon Poppyseed		Seitan (vegan) 5
		Crispy Tofu (vegan + gf) 6
		Tempeh (vegan + gf) 5

Entrees

Wild Mushroom Bolognese (vegan + gf)

Green pea Fusilli pasta tossed with vegan bolognese sauce and topped with basil | 22

Coconut Tofu (vegan + gf)

Sweet coconut coated fried tofu served over green beans & carrots with a miso sauce and mango salsa | 20

Apricot Tempeh (vegan + gf)

Fried tempeh tossed in an apricot glaze, served over jasmine rice with broccoli, red cabbage, carrots, green onion and sesame seeds | 20

Cauliflower Curry (vegan + gf)

Cauliflower, carrots, peas & potatoes served over rice and lentils with yellow curry. Topped with cranberry chutney and cilantro | 20

Stuffed Butternut Squash (vegan + gf)

Roasted butternut squash stuffed with lentils, rice and dried cranberries. Served with kale and roasted beets | 20

Veggie Shepherds Pie (vegan + gf)

Sweet potatoes, butternut squash, purple carrots, spinach with a crispy mashed potato crust over a mushroom gravy | 20

Brine Roasted Chicken (gf)

Roasted half chicken served with grilled broccolini and truffled chicken jus | 28

Shrimp Linguine

Sauteed shrimp tossed with linguine in a clam white wine and lobster butter sauce with roasted tomato, onions, garlic & parmesan | 25

Braised Lamb Shank (gf)

Lamb Shank braised in aromatics and spices, served with mashed potatoes and crispy leeks | 33

Pan Seared Salmon *(gf)

Pan seared skin on salmon served with wilted spinach and a white wine cream sauce | 29

Lemon Butter Cod (gf)

Pan Seared cod served with roasted rainbow carrots, roasted brussels sprouts and topped with lemon butter | 25

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 green beans | 20

Irregardless Burger *

Beef patty, cheddar cheese, crispy onions, pickles, and tomato jam on a brioche roll.

Served with potato wedges | 18

Add a fried egg | 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 | @irregardlessnc