

# IRREGARDLES

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

## Starters & Salads

**Herb Focaccia** (vegan)  
with olive oil | 5

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

**Spring Rolls** (vegan + gf)  
Rice paper with carrots, red pepper, red cabbage,  
cucumber, avocado, and swiss chard + ginger dressing | 10

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

**Fried Green Tomatoes** (vegan + gf)  
Green tomatoes, sliced and tossed in a cornmeal batter,  
deep fried and served with chipotle aioli | 10



**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

**Strawberry Salad** (vegan + gf)

Baby spinach tossed in balsamic vinaigrette with  
strawberries, blueberries, avocado & walnuts. | 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*

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

## Entrees

**Carrot Orecchiette** (vegan)  
Pasta with a cashew carrot miso sauce, sautéed onions,  
gremolata, fried oyster mushroom & bread crumbs | 20

**Falafel Croquettes** (vegan + gf)  
Three falafel croquettes served with chickpea,  
tomato and cucumber salad. Topped with  
Tzatziki and fresh dill | 20

**Spring Risotto** (vegan + gf)  
Basil-lemon arborio rice with asparagus and  
leeks. Topped with pan seared oyster mushroom  
"scallops" & pine nuts | 20

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

**Adobo Oyster Mushrooms** (vegan + gf)  
Roasted oyster mushrooms tossed in adobo sauce &  
served over fried polenta and swiss chard | 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 tahini sauce | 20

**Grass Fed Ribeye** \*(gf)

Ribeye served with garlic mashed potatoes, roasted  
brusselssprouts, mushrooms & a beef demi-glace | 40

**Chicken Roulade** (gf)

Chicken breast filled with turkey bacon, fresh mozzarella  
and asparagus. Served with garlic mashed potatoes  
& a mustard cream sauce | 25

**N.C. Flounder** (gf)

North Carolina flounder filet coated with cornmeal,  
pan fried and served with potato wedges,  
coleslaw & tartar sauce | 26

**Grilled Salmon** \*(gf)

Grilled salmon filet served with sweet corn, snow peas,  
cherry tomatoes, cabbage & carrots with  
lemon-dill greek yogurt sauce | 26

**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

**Beef Burger** \*

Beef patty, cheddar cheese, grilled onions, mushrooms,  
baby arugula, roasted garlic-leek spread 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)