

IRREGARDLES

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

Starters & Salads

Sesame Scallion Focaccia (vegan)

Served with olive oil | 5

Fried Okra (vegan + gf)

Whole cornmeal dusted fried okra. Served with chipotle aioli | 12

Crab Dip

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

Esquites (vegan + gf)

Charred corn served with vegan mayo, vegan cheese, cayenne pepper and cilantro | 10

Hummus (vegan)

Served with warm pita | 8



Grilled Peach Salad (gf)

Baby arugula tossed in shallot vinaigrette with grilled peaches, red onions, blueberries, and goat cheese crumbles | 12
Make it vegan by replacing the cheese for avocado

Zucchini Salad (gf)

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

Lemon Tahini
Balsamic Vinaigrette
Shallot Vinaigrette
Lemon Poppyseed

GF Dressings

Ranch
Blue Cheese

Add a protein

Shrimp (gf) 7
Salmon (gf) 7
Chicken (gf) 5
Seitan (vegan) 5
Crispy Tofu (vegan + gf) 6
Tempeh (vegan + gf) 5

Entrees

Venetian Pesto Penne (vegan)

A classic Irregardless dish of charred penne pasta tossed with pesto and arugula. Topped with vegan cheese and fried oyster mushrooms. | 20

Coconut Tofu (vegan + gf)

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

Zucchini Noodles (vegan + gf)

Zucchini and squash noodles tossed with a garlic tomato sauce and topped with fried squash blossoms | 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

Smoked Brisket (gf)

Brisket served with garlic mashed potatoes, bok choy and a carolina bbq sauce | 26

Grilled Chicken Poblano (gf)

Grilled chicken breast tossed with a poblano cream sauce and topped with parmesan. Served with garlic mashed potatoes and broccoli | 25

Shrimp Linguine

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

N.C. Flounder (gf)

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

Blackened Salmon *(gf)

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

Cheddar 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.*

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