

IRREGARDLESS

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

Starters & Salads

Olive & Rosemary Focaccia (vegan)
with olive oil | 5

Hummus (vegan)
Served with grilled pita | 8

Veggie Empanadas (vegan + gf)
Three mushroom, onion, vegan cheese and squash
empanadas with tomatillo sauce | 10

Spinach & Artichoke Dip
Roasted garlic, spinach and artichokes blended with
cheeses, herbs and spices. Served with warm pita | 12

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



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

Beet Salad (gf)
Spinach and arugula tossed with shallot vinaigrette and
served with roasted beets, toasted walnuts,
orange slices, and fresh mozzarella | 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	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

Mushroom Stroganoff (vegan)
Penne pasta tossed with mushrooms, spinach and a
coconut cream sauce. Topped with fresh dill | 20

Red Curry Udon Noodles (vegan)
Udon Noodles tossed in a red curry sauce with tomatoes,
green beans, basil and crispy tofu | 20

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

Teriyaki Tempeh (vegan + gf)
Fried Tempeh tossed in a teriyaki sauce served over
jasmine rice with snow peas, carrots, cabbage, peppers,
sesame seeds and scallions | 20

Chile Relleno (vegan + gf)
Poblano pepper stuffed with rice and vegetables over a
black bean cake and salsa roja. Topped with vegan
cheese and pomegranate seeds | 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

Skirt Steak *(gf)
8oz Skirt Steak served with herb roasted fingerling potatoes,
grilled asparagus and a mustard cream sauce | 30

Morgan Street Chicken
Pounded breaded chicken breast over root veggie hash with
turnips, rutabaga, sweet potato, arugula and onion. With a
mustard sauce and herb butter | 23

Paella (gf)
Shrimp, scallops, mussels, chicken wings,
peas and red peppers served over crispy saffron rice
with an herb tomato sauce and lobster butter | 35

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, shaved 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.*