

IRREGARDLESS

FRIDAY LUNCH

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

Salads & Starters

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
Half salad | 7

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
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)

Topped with olive oil and served with fried pita | 11

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



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

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

Pan Seared Salmon *(gf)

Pan seared skin on salmon served with wilted spinach and a white wine cream sauce | 20

Belgian Waffle (vegan + gf)

Fresh berries, plant based whipped cream + maple syrup | 12
(Add a fried oyster 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 potato hash | 25

Side Options

Fresh Fruit (vegan + gf)
Sweet Potato Fries (vegan + gf)
Potato Wedges (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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