

# IRREGARDLESS

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

## Starters & Salads

### Roasted Tomato & Herb Focaccia (vegan)

with olive oil | 5

### Hummus (vegan)

Served with grilled pita | 8

### Fried Brussels Sprouts (vegan + gf)

Served with chipotle aioli and vegan chorizo | 12

### Artichoke Dip

Roasted garlic and artichokes blended with cheeses, herbs and spices. Served with warm pita | 12

### Calamari (gf)

Crispy flash fried squid served with remoulade and a tomato sauce. | 15



### Buttercrunch Salad (gf)

Buttercrunch lettuce with mango, goat cheese crumbles, red peppers, onions, avocado & toasted almonds. Tossed in a lemon poppyseed vinaigrette | 12

### Rainbow Carrot Salad (vegan + gf)

Baby arugula with rainbow carrots, cucumber ribbons, grape tomatoes and pistachios. Tossed in a red wine vinaigrette | 11

### Garden Salad (vegan + gf)

Mixed greens, red cabbage, carrots, onions, cucumbers, tomatoes, raisins + sunflower seeds. Served with choice of dressing | 10

| 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)

Flat Udon Noodles tossed in a red curry sauce with tomatoes, green beans, basil and crispy tofu | 20

### Maitake & Mac n Cheese (vegan)

Fried maitake mushroom tossed in a tangy BBQ sauce served with vegan mac n cheese and roasted asparagus | 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

### Chorizo Puffball (vegan)

House made vegan chorizo, cabbage, onion and mushrooms baked in flaky puff pastry. Served with avocado crema | 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

### Lemon Thyme Chicken (gf)

Lemon thyme roasted chicken breast served with roasted fingerling potatoes and roasted broccoli | 24

### 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

### Red Wine Short Ribs (gf)

Braised in a red wine sauce and served with a potato croquette, sautéed bok choy with gravy | 30

### Mahi Mahi (gf)

Mahi filet grilled and served with herb rutabaga puree, charred green beans, lemon butter and fried shallots | 26

### Mango Salmon \*(gf)

Grilled salmon with a mango coconut salsa, cauliflower "couscous", red peppers and asparagus | 26

### Swiss Beef Burger \*

Beef patty, Swiss cheese, charred jalapeños, pickles, leaf lettuce + sweet tomato jam 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.