

IRREGARDLESS

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

Starters & Salads

Baguette (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)

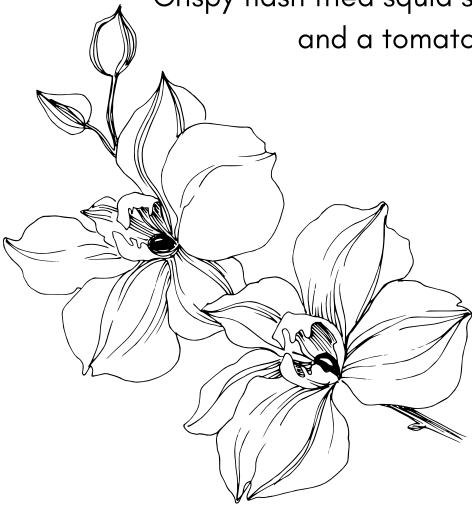
Buttercrunch lettuce with mango, goat cheese crumbles, red peppers, onions, avocado & toasted almonds. Tossed in a lemon poppyseed vinaigrette | 12

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 and a creamy coconut sauce. Topped with fresh dill | 18

Red Curry Udon Noodles (vegan)

Flat Udon Noodles tossed in a red curry sauce topped with Thai tomato salad, basil and crispy tofu | 18

Mushroom & Mash (vegan + gf)

Fried oyster mushroom tossed in a Carolina BBQ sauce served with mashed potatoes and roasted broccoli | 20

Peanut Tempeh (vegan + gf)

Tempeh tossed in a peanut sauce served over fried rice with mango, peas, broccoli and scallions | 18

Chorizo Puffball (vegan)

House made vegan chorizo, cabbage, onion and mushrooms baked in flaky puff pastry. Served with avocado crema | 18

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 | 18

Skirt Steak *(gf)

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

Chicken Royale (gf)

Chicken breast topped with cornbread crumbs and a blend of cheeses. Served with mashed potatoes, green beans and a sherry cream sauce | 22

Paella de Marisco (gf)

Shrimp, scallops, mussels, peas and red peppers served over crispy saffron rice with an herb tomato sauce | 35

Lamb Shank (gf)

Braised in a red wine sauce and served with mashed potatoes and sautéed spinach | 30

Mahi Mahi (gf)

Mahi filet grilled and served with zucchini noodles tossed with basil pesto, grape tomato halves, and lemon butter sauce | 23

Mango Salmon *(gf)

Grilled salmon with a mango coconut salsa, cauliflower "couscous", red peppers and asparagus | 23

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.