

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, spinach and a
coconut cream sauce. Topped with fresh dill | 18

Red Curry Udon Noodles (vegan)
Flat Udon Noodles tossed in a red curry sauce with
tomatoes, green beans, basil and crispy tofu | 18

Maitake & Mac n Cheese (vegan)
Fried maitake mushroom tossed in a Carolina BBQ sauce
served with vegan mac n cheese and roasted asparagus | 20

Peanut Tempeh (vegan + gf)
Fried 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

Lemon Thyme Chicken (gf)
Lemon thyme roasted chicken breast served with
roasted fingerling potatoes and roasted broccoli | 22

Paella (gf)
Shrimp, scallops, mussels, chicken wings,
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.