

IRREGARDLESS LUNCH

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

Starters & Salads

Hummus (vegan)

Served with grilled pita | 8

Chickpea Salad (vegan + gf)

Chickpea 'Chik'n' Salad made with vegan mayo and topped with avocado & micro greens. Served with gluten free/vegan crackers | 12

Strawberry Salad (vegan +gf)

Baby spinach with strawberries, blueberries, avocado, walnuts and balsamic dressing | 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



Arugula Salad With Poached Pear (gf)

Baby arugula tossed with lemon poppyseed dressing and served with a poached pear, maple glazed walnuts, red onions, fennel and Parmesan cheese | 12

Half Salad | 7

Soup du Jour (vegan + gf)

Cup | 6 Bowl | 8

Ask your server for the soup of the day!

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

Sandwiches & Mains



Beef Burger *

Beef patty, cheddar cheese, grilled onions, mushrooms, baby arugula, roasted garlic-leek spread on a brioche roll.

Served with home fries | 15

Open Face Sandwich

Toasted sourdough bread topped with guacamole, tomato, arugula, scrambled eggs, mozzarella & balsamic glaze.

Served with choice of side | 13

Mushroom Tinga Sandwich (vegan)

Shredded king oyster mushrooms simmered in a chipotle sauce and served on a hoagie with black beans, shredded lettuce & vegan cream.

Served with choice of side | 15

Falafel Burger (vegan + gf)

Falafel served on a brioche gf bun with lettuce, tomato, cucumber and tzatziki sauce.

Served with choice of side | 13

Veggie Sandwich (vegan)

Hummus, avocado, lettuce, carrots, onions, cucumbers, micro greens, red pepper & olive oil on whole wheat bread.

Served with choice of side | 13

Grilled Salmon *(gf)

Grilled salmon filet served with sweet corn, snow peas, cherry tomatoes, cabbage & carrots with lemon-dill greek yogurt sauce | 16

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 green beans | 15

Tempeh Tikka Masala (vegan + gf)

Crispy tempeh over jasmine rice with coconut tikka masala sauce, sautéed spinach, mango chutney, fresh cilantro | 15

Quinoa Salad Stuffed Sweet Potato (vegan + gf)

Roasted sweet potato stuffed with quinoa, black beans, cilantro, poblano peppers, grape tomatoes and corn. Served with sautéed spinach and served with a tahini sauce | 15

Side Options

Sweet Potato Fries (vegan + gf)

French Fries (vegan + gf)

Side Garden Salad (vegan + gf)

Cup of Soup (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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