

# 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

**Beet Salad** (gf)

Spinach and arugula tossed with shallot vinaigrette and served with roasted beets, toasted walnuts, orange slices, and fresh mozzarella | 12

**Garden Salad** (vegan + gf)

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

*Salads are vegan without cheese*

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 with lemon cream sauce 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

**Pepper Jack Beef Burger** \*

Beef patty, pepper jack, guacamole, lettuce, tomato, horseradish aioli and red onions 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.*