

# IRREGARDLESS

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

## Starters & Salads

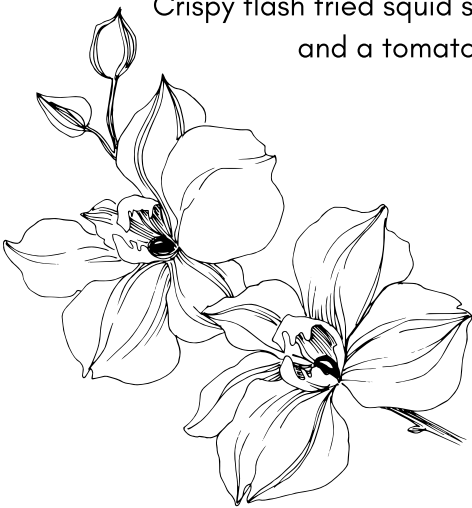
**Baguette** (vegan)  
with olive oil | 5

**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

**Penne Bolognese** (vegan)  
Penne pasta tossed with a vegan bolognese sauce and topped with walnut parmesan + basil | 18

**Mee Goreng** (vegan)  
Udon Noodles tossed in a spicy garlic chili sauce with onions, carrots, spinach, peanuts and cucumber. Topped with crispy tofu | 18

**Mushroom & Mash** (vegan + gf)  
Fried oyster mushrooms tossed in a Carolina BBQ sauce served with mashed potatoes and roasted broccoli | 20

**Tempeh Tikka Masala** (vegan + gf)  
Tempeh tossed in a coconut tikka masala sauce served over jasmine rice with spinach and mango chutney | 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

**Baked Shrimp Pasta**  
Shrimp, peas and mushrooms tossed with penne in a sherry cream sauce and topped with mozzarella and baked | 25

**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.