

IRREGARDLESS

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

Starters & Salads

Hummus (vegan)

Served with grilled pita | 8

Buttercrunch Salad (gf)

Buttercrunch lettuce with mango, goat cheese crumbles, red peppers, onions, avocado & toasted almonds.

Tossed in a lemon poppyseed vinaigrette | 12

Half salad | 6

Quinoa Salad (vegan + gf)

Quinoa, basil, cherry tomatoes, sweet corn, black beans, onion, avocado and a poblano dressing | 10

Half salad | 5

Garden Salad (vegan + gf)

Mixed greens, red cabbage, carrots, onions, cucumbers, tomatoes, raisins + sunflower seeds.

Served with choice of dressing | 10

Half salad | 5

Beet Salad (gf)

Spinach and arugula tossed with shallot vinaigrette and served with roasted beets, toasted walnuts, orange slices, and fresh mozzarella | 11

Half salad | 6

Soup du Jour (vegan + gf)

Cup | 6 Bowl | 8

Ask your server for the soup of the day!

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



Sandwiches & Mains

Pepper Jack Beef Burger *

Beef patty, pepper jack, guacamole, lettuce, tomato, horseradish aioli and red onions on a brioche roll.

Served with choice of side | 15

Fried Egg Sandwich

Two over easy eggs on sourdough bread with turkey bacon, lettuce, tomato, avocado and chipotle aioli.

Served with choice of side | 13

BBQ Maitake Sandwich (vegan + gf)

Smoked maitake mushroom tossed in a BBQ sauce, with arugula, tomato, pickled onion and horseradish aioli on a gluten free roll. Served with choice of side | 15

Curry Chickpea Salad Wrap (vegan)

Chickpea salad with carrots, green onions, raisins, curry, vegan mayo and lettuce folded into a flour tortilla.

Served with choice of side | 13

Tempeh Philly (vegan)

Crispy tempeh with sautéed peppers and onions, vegan cheese, and chipotle aioli on a hoagie roll.

Served with choice of side | 13

Vegan Cheese & Apricot Melt (vegan)

Vegan Cheese, apricot, baby arugula, caramelized onions on toasted sourdough bread.

Served with choice of side | 13

Lemon Ginger Salmon *(gf)

Grilled salmon with sweet potato puree, sautéed bok choy, lemon ginger vinaigrette and fried ginger. | 16

Chorizo Puffball (vegan)

House made vegan chorizo, cabbage, onion and mushrooms baked in flaky puff pastry. Served with avocado crema | 15

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 | 15

Teriyaki Tofu (vegan + gf)

Fried Tofu tossed in a teriyaki sauce served over jasmine rice with snow peas, carrots, cabbage, peppers, sesame seeds and scallions | 15

Mac & Cheese Stuffed Sweet Potato (vegan)

Baked sweet potato topped with vegan mac and cheese and served with sautéed corn, tomatoes, spinach and green onions | 15

Side Options

Sweet Potato Fries (vegan + gf)

French Fries (vegan + gf)

Mac & Cheese (vegan)

Side Garden Salad (vegan + gf)

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.