

IRREGARDLESS

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

STARTERS

TODAY'S BREAD SERVICE (vegan) Focaccia | 5

HUMMUS (vegan) Served with grilled pita. | 8

SMOKED TROUT DIP Smoked trout + parmesan, herbs + spices. Served with warm pita. | 12

FRIED OKRA (vegan + gf) Battered + fried okra served with chipotle aioli. | 10

MUSSELS PROVENÇAL Fresh mussels, roasted tomato, wine + lobster sauce. Served with grilled focaccia. | 14

SALADS

FIG AND ARUGULA SALAD (gf) Baby arugula, dried cranberries, toasted almonds, figs, crumbled goat cheese + mustard vinaigrette. | 12

GRILLED PEACH + SPINACH SALAD (vegan + gf) Spinach, grilled peaches, red onions, dried cranberries, avocado, walnuts + balsamic vinaigrette. | 11

BUTTERNUT SQUASH SALAD (vegan + gf) Chopped kale, roasted butternut squash, roasted beets, honey crisp apple, pecans, pumpkin seeds + pumpkin maple vinaigrette. | 11

GARDEN SALAD (vegan + gf) Mixed greens, red cabbage, carrots, onions, cucumbers, tomatoes, raisins + sunflower seeds. Served with choice of dressing. | 8

Vegan + GF Dressings
Lemon Tahini
Balsamic Vinaigrette
Shallot Vinaigrette
Lemon Poppyseed
Mustard Vinaigrette
Pumpkin Vinaigrette

Dressings
Ranch
Blue Cheese

Add a protein
Shrimp 7
Salmon 7
Chicken 5
Seitan 5
Crispy Tofu 6

HANDHELDS

CHEDDAR BURGER* Cheddar cheese, fried onion rings, pickles, BBQ sauce + garlic aioli on a brioche roll. | 15

FRIED CHICKEN OF THE WOODS (vegan)
Battered + fried maitake mushroom on a kaiser roll with cilantro slaw, pickles + avocado jalapeño spread. | 14

Handhelds are served with your choice of Garden Salad, Home Fries or Cold Quinoa Salad (vegan + gf).

ENTREES

CHILE RELLENO (vegan + gf) Poblano peppers, vegan chorizo, vegetables + rice. Served with a black bean cake, salsa roja, vegan cashew sour cream, vegan cheese + pico de gallo. | 18

SESAME ORANGE TOFU (vegan + gf) Fried miso tamari tofu, jasmine rice, roasted green beans + orange herb salad. | 18

TEMPEH TIKKA MASALA (vegan + gf) Crispy tempeh, jasmine rice, coconut tikka masala sauce, sautéed spinach, mango chutney, fresh cilantro. | 18

BUTTERNUT SQUASH LASAGNA (vegan + gf) Roasted butternut squash, vegan bolognese, vegan cheese + velouté. Served with sautéed shaved brussels sprouts. | 18

MINI STUFFED PUMPKIN (vegan + gf) Roasted half pumpkin, rice, lentils, sweet potato, butternut squash, kale, sage, pecans, peach + pomegranate relish + balsamic roasted beets. | 18

MUSHROOM 'SCALLOPS' (vegan) Pan-seared king oyster mushrooms, roasted red peppers, guajillo pepper, charred corn, spinach + lemon 'butter' couscous. | 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 + served with a lemon cream sauce + vegetables. | 18

MORGAN STREET CHICKEN Panko + cashew coated lemon tahini chicken, compound butter, whole grain mustard sauce, potato hash, spinach + onion. | 20

MUSTARD CRUSTED SALMON (gf) Grilled salmon, maple roasted butternut squash + sautéed shaved brussels sprouts. | 23

SEAFOOD LINGUINE Shrimp, bay scallops, mussels, clam + lobster white wine sauce, linguine, tomatoes, onions, garlic, parmesan cheese + focaccia. | 25

RIBEYE* (gf) 10oz grilled ribeye, sweet potato wedges, broccoli + lemon herb compound butter. | 30

NC RAINBOW TROUT Cornmeal dusted trout, lemon butter couscous, mushrooms + green beans. | 25

Please inform your server of any food allergies.

An 18% 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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