

IRREGARDLESS

WEEKDAY LUNCH

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

Salads & Starters

Mixed Greens Salad VG|GF

Mixed greens | shallots | radishes | carrots |
crispy chickpeas | sumac vinaigrette |
Half salad | 6 | Full salad | 11

Romaine Caesar GFO

Tahini caesar | pickled radish | parmesan
bread crumbs | 11

Butternut Squash Salad VEG|GF

Roasted butternut squash | baby kale + spinach
raisins | feta | pecan | olive oil dressing | 12

Roasted Garlic Hummus VG|GFO

Oyster mushroom salad | fresh herbs |
fried pita | 9

Fried Green Tomatoes VG|GF

Toum sauce | 10

Spinach Artichoke Dip VEG|GFO

onion | garlic | mixed cheese | grilled pita | 11

Duck Confit & Citrus Salad GF

Shaved fennel | radicchio | arugula
pickled sour cherries | orange supreme | preserved lemon
vinaigrette | candied pecans | parmesan crisps | 14

Vegan + GF Dressings

Lemon Tahini
Balsamic Vinaigrette
Shallot Vinaigrette
Sumac Vinaigrette

GF Dressings

Ranch
Blue Cheese

Salad Add ons

Shrimp 9
Salmon 9
Chicken 6
Crispy Tofu 6
Black Eyed Pea Falafel 6
Fried Oyster Mushroom 8

Mains

Black Eyed Pea Falafel VG|GFO

Warm pita | lemon tahini | cucumber |
tomatoes | pickled onion |
french fries | 14

Pimento Grilled Cheese VEG

Sourdough | pimento cheese | fried green
tomato | fried egg | lettuce | crispy onion |
french fries | 18

Vegan Burrito VG|GFO

Flour tortilla | vegan chorizo | pickled onion |
black beans | rice | guacamole | french fries | 14

Grilled Artichoke VG|GF

Artichokes | red pepper coulis |
mung beans | fried onion | 19

Mushroom Vadouvan VG|GF

Fried oyster mushroom | vadouvan
oil | seasonal vegetables | sweet
corn veloute | 20

Irregardless Burger * GFO

Beef patty | baharat spice | griddled pimento cheese
| pickles | shaved onion | brioche roll | french fries | 19
Add a fried egg | +2
Gluten free bun upon request | +2

BLT GFO

Pork Bacon | scallion aioli | sourdough | bibb |
heirloom tomato | french fries | 15

Grilled Chicken Sandwich GFO

Pesto | lettuce | sourdough | tomato |
crispy onions | french fries | 15

Hot Honey Fried Chicken Sandwich GFO

Brioche | pickles | brussels sprout slaw |
french fries | 17

Fried Catfish Banh Mi GFO

Hoagie | nuc cham mayo | cilantro
carrot & cucumber slaw | french fries | 18

Chicken & Waffles GF

Fried bone-in chicken | gluten free waffle |
hot mustard sauce | 18

Beverages

COFFEE | 3

ICED TEA | 3

HOT TEA | 5

KOMBUCHA | 7

COLD BREW | 5

MEXICAN COKE | 5

MEXICAN SPRITE | 5

DIET COKE | 3

PELLEGRINO | 5

ACQUA PANNA | 5

ORANGE JUICE | 6

VEG = VEGETARIAN | VG = VEGAN | VO = VEGAN OPTION | GF = GLUTEN FREE | GFO = GLUTEN FREE OPTION

Please inform your server of any food allergies. A 20% service charge will be added to parties of five or more.

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 food-borne illness.

919 - 833 - 8898 | irregardless.com | @irregardlessnc