

# Dinner

## STARTERS

**HUMMUS (VEGAN)** – An Irregardless classic: a puree of chickpeas with tahini, garlic, and spices. Served with grilled pita (pita may be substituted with gluten-free crackers.)

**MIDDLE EASTERN PLATTER (VEGAN)** – A trio of hummus, tabouli and a spicy butterbean pâté served with grilled pita and kalamata olives.

**FALAFEL PLATTER (VEGAN)** – Fresh falafels (a fried blend of chickpeas and spices following an old Israeli recipe) served with tabouli, hummus, lemon tahini, and grilled pita.

**CRAB DIP** – Crab meat combined with herbs spices and lots of cheese. Served hot with warm pita points for dipping.

**FRIED CALAMARI** – Squid 'flash fried crisp' tossed in an Asian BBQ sauce, garnished with sesame seeds and served with cole slaw.

**VEGETARIAN FLATBREAD** – Housemade flatbread served with an assortment of ingredients based on whim and what is available from our garden and local markets. Please ask your server what this pizza is today.

**VEGETABLE EMPANADAS (GF)** – Three corn masa dough empanadas filled with sautéed onions, zucchini, tomatoes, fresh mozzarella and a hint of jalapeño. Deep fried and served with tomatillo salsa.

**SALT & VINEGAR FRIES (VEGAN + GF)** – Fresh cut potatoes marinated in sauerkraut juice and brine for a "vinegar and salt" flavor. Double fried and served with a side of garlic aioli (not vegan) and balsamic glaze.

## SALADS

**IRREGARDLESS GARDEN SALAD (VEGAN + GF)** – Baby greens and red leaf lettuce topped with sliced red cabbage, onions, cucumbers, tomatoes, raisins and sunflower seeds. Served with a choice of dressing.

**WARM GOAT CHEESE SALAD (GF)** – Fresh local goat cheese, dusted with cornmeal and seared on the grill. Served on baby greens tossed in a creamy shallot vinaigrette and topped with raisins and spicy walnuts.

**SHRIMP & CITRUS SALAD (GF)** – Mixed greens tossed with a raspberry vinaigrette and topped with sliced orange sections, avocado, strawberries and blackened shrimp.

**GREEK SALAD (GF)** – Mixed greens with diced tomatoes, cucumbers, kalamata olives, red onions, feta cheese, and a red wine vinaigrette (vegan without feta).

**CHOPPED SALAD (GF)** – A bounty of salad greens, mushrooms, carrots, cucumbers, red onions, feta cheese, kalamata olives, raisins and sunflower seeds chopped together and served with a choice of dressing on the side (vegan without feta).



## SALADS CONT...

**QUINOA SALAD (VEGAN + GF)** – Quinoa, black beans, and diced sweet potatoes tossed in a light vinaigrette served on a poblano pepper dressing, topped with fresh mango salsa and pumpkin seeds.

**VEGAN SEX (VEGAN + GF)** – Stacked “salad” layering sliced avocado, oranges, quinoa (tossed with fresh tomatoes, cucumbers, and parsley) and mashed sweet potatoes. Served on an orange vinaigrette and garnished with red bell pepper.

## ADD OPTIONS

Salmon\* | Shrimp | Steak\* | Chicken | Vegan Tofu Cutlet | Avocado

## SALAD DRESSINGS

Lemon Tahini, Balsamic Vinaigrette, Creamy Shallot Vinaigrette, Raspberry Vinaigrette, Red Wine Vinaigrette, Poblano Dressing or Blue Cheese

## SMALL PLATES

**MOULES FRITES (GF)** - Mussels sautéed in the shell with roasted tomatoes, white wine, lobster butter and garnished with basil. Served with our excellent french fries.

**LITTLE BO PEEP LAMB CHOPS** - Two small chops marinated in thyme and rosemary. Served on a bed of warm farro salad and garnished with green onion and feta. (Farro may be substituted with lentils as a gluten-free option.)

**FISH CAKES** - Seared cakes of shrimp, scallops, salmon, anchovies and other seasonal fish served on a bed of mixed greens, red onions and sliced black olives with an anchovy caper sauce.

**CHICKEN KABOB** - Chicken skewer marinated in lemon tahini and a vegetable kabob (red onion, zucchini, yellow squash, and bell pepper) grilled over an open flame. Served with grilled pita, hummus, and tahini. (Pita may be substituted with gluten-free crackers.)

**BEEF KABOB (GF)** - Rosemary marinated beef skewer grilled over an open flame. Served with a vegetable kabob of red onion, bell pepper, zucchini, and yellow squash and a soy teriyaki sauce. Comes with beluga lentils.

**BERNOULLI'S WINGS (GF)** - Chicken wings marinated and dry rubbed with spices. Served with carrots, celery, and a blue cheese sauce.

**CININNATI CHILI (VEGAN)** - Black, navy, and kidney beans slow cooked with onions, peppers, and spices. Served on pesto penne. Topped with fresh pico de gallo. (Pasta may be substituted with quinoa as a gluten-free option.)



## SALADS

**GARDEN SALAD (VEGAN +GF)** – Mixed greens topped with sliced red cabbage, onions, cucumbers, tomatoes, raisins and sunflower seeds. Served with a choice of dressing.

**WARM GOAT CHEESE SALAD (GF)** – Fresh local goat cheese, dusted with cornmeal and seared on the grill. Served on baby greens tossed in a shallot vinaigrette and topped with raisins and spicy walnuts.

**CHOPPED SALAD (GF)** – A bounty of salad greens, mushrooms, carrots, cucumbers, red onions, feta cheese, kalamata olives, raisins and sunflower seeds chopped together and served with a choice of dressing on the side (vegan without feta).

**QUINOA SALAD (VEGAN + GF)** - Quinoa, black beans, and diced sweet potatoes tossed in a light vinaigrette, served on a poblano pepper dressing, topped with fresh mango salsa and pumpkin seeds.

**SHRIMP & CITRUS SALAD** - Mixed greens, tossed with a raspberry vinaigrette and topped with sliced orange sections, avocado, strawberries, and blackened shrimp.

**BUTTERCRUNCH SALAD (GF)** - Our special Well-Fed Garden grown buttercrunch lettuce topped with strawberries, avocado, toasted cashews and mangos with a creamy goat cheese dressing.

### SALAD DRESSINGS:

Lemon Tahini – Shallot – Raspberry – Red Wine – Poblano – Ginger (all vegan + gf), Ranch – Goat Cheese – Blue Cheese – Balsamic (all gf but not vegan)

### SALAD OPTIONS

Salmon- Shrimp - Steak\* - Chicken - Seitan Cutlet - Avocado (all gf except Seitan cutlet)

## ENTREES FOR HERBIVORES

**CHILE RELLENO (GF)** – Fresh poblano pepper, stuffed with Spanish ratatouille rice, placed on a black bean cake and served with a roasted red tomato puree and balsamic reduction. Topped with crème fraiche and smoked gouda (vegan without the toppings).

**VEGETABLE PLATE (VEGAN + GF)** – An assortment of vegetables, the selection of which and preparation will depend on what is available from our garden and local markets. Please ask your server what we are fixing today.

**SPANAKOPITA** – This is one of the few dishes served today that we also served in 1975. It is a greek inspired mixture of spinach, feta, and sautéed onions wrapped in phyllo and baked. Served with a lemon cream sauce and vegetables.

**ZOODLE BOLOGNESE (VEGAN)** – Zucchini noodles served with a vegan “bolognese” sauce and garnished with vegan cashew “parmesan” and fresh basil.

**VEGETABLE STRUDEL (VEGAN)** – Roasted zucchini, yellow squash, butternut squash, and carrots mixed with tofu, wrapped in phyllo and baked until golden. Served with marinara sauce and vegetables.



## ENTREES FOR HERBIVORES CONT...

**WOODLAND PIE (VEGAN)** - An individual pie filled with layers of potatoes, carrots, spinach, onions and rosemary. Wrapped in a shortcrust pastry and served with a miso gravy. Comes with beluga lentils.

**WILD MUSHROOM POLENTA (VEGAN + GF)** - Wild local mushrooms served over stone ground polenta with sautéed spinach and carrots served with a red pepper coulis.

**PORTOBELLO STACK (VEGAN + GF)** - Potato cake and portobello mushrooms stacked on a bed of sautéed arugula, carrots and beets. Garnished with a drizzle of jalapeno coulis and balsamic glaze.

## ENTREES FOR CARNIVORES

**DUCK (GF)** - Seared duck breast sliced and served over a bed of beluga lentils and topped with a hoisin sauce and a ginger carrot coulis. Comes with sautéed bok choy.

**PAELLA (GF)** - Spanish dish of saffron rice with baked marinated chicken wings, sautéed shrimp, mussels, and bay scallops. Served with peas, roasted red pepper slices and a Mediterranean inspired tomato seafood sauce.

**POACHED SALMON (GF)** - Fresh poached salmon served on a crispy quinoa cake with asparagus and a lemon butter sauce.

**STEAK FRITES (GF)** - Skirt steak grilled to order and served with a mustard sauce made from the recipe of the once famous Restaurant Florent of the meatpacking district (the former chef is a friend). Comes with the best french fries in Raleigh.

**SEAFOOD LINGUINI** - Shrimp, bay scallops and mussels sautéed and tossed with linguini pasta in a clam, white wine and lobster butter sauce with diced tomatoes, onions and garlic, garnished with parmesan cheese.

**SHRIMP & GRITS (GF)** - Sautéed shrimp, roasted tomatoes and parmesan served on a cheddar grit cake with a wild mushroom sherry cream sauce.

**MORGAN STREET CHICKEN** - Fresh pounded breast of chicken marinated in our lemon tahini dressing, coated with crushed cashews and panko crumbs and grilled. Topped with an herb compound butter along with a whole grain mustard sauce. Comes with mashed potatoes and broccoli.