

APPETIZERS

Hummus (vegan) \$9

An Irregardless classic of puréed chickpeas with tahini, garlic and spices. Served with grilled pita. (Pita may be substituted with gluten-free crackers).

Onion Rings (vegan + gf) \$9

Large Spanish onions cut into thick rings, lightly coated with a blend of gluten-free flours (garbanzo, lentil and buckwheat) and fried. Served with a sweet and sour tomato jam.

Nachos (vegan + gf) \$10

Corn tortilla chips loaded with vegan chili, vegan cheese sauce, fresh guacamole, pico de gallo and cilantro.

Middle Eastern Platter (vegan) \$12

Hummus, butterbean pâté and tabouli. Served with kalamata olives and grilled pita.

Crab Dip \$13

Crab meat combined with herbs, spices and lots of cheese. Served hot with warm pita points for dipping.

Fried Calamari \$11

Squid 'flash-fried crisp' tossed in an Asian BBQ sauce, garnished with green onion, sesame seeds and topped with cole slaw.

Vegetarian Flatbread \$11

House-made 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 is available today.

Salt & Vinegar Fries (vegan + gf) \$6

Julienne-cut russets, lightly marinated in sauerkraut juice and double fried. Served with vegan chipotle aioli. These may be one of the only vegan and gluten-free fries you'll find in Raleigh.

SALADS

Irregardless Garden Salad (vegan + gf) \$9

Baby greens and red leaf lettuce topped with sliced red cabbage, onions, cucumbers, carrots, tomatoes, raisins and sunflower seeds. Served with a choice of dressing.

Warm Goat Cheese Salad (gf) \$11

Fresh, local goat cheese, dusted with cornmeal and seared on the grill. Served on a bed of baby greens, tossed in a shallot vinaigrette and topped with craisins and spicy walnuts.

Shrimp & Citrus Salad (gf) \$13

Mixed greens tossed with a raspberry vinaigrette and topped with orange sections, avocado, strawberries and blackened shrimp.

Vegan Sex (vegan + gf) \$11

Enhanced from the original recipe, this stacked "salad" contains layers of sliced tomato, cucumber, quinoa, black beans, mashed sweet potatoes and avocado. Served with orange sections, orange vinaigrette and garnished with red bell pepper confetti.

Chopped Salad (gf) \$10

A bounty of chopped salad greens, mushrooms, carrots, cucumbers, red onions, feta cheese, kalamata olives, hard boiled egg and sunflower seeds. Served with a choice of dressing.

Vegan + Gluten-Free Salad Dressings:

Lemon Tahini - Shallot - Raspberry - Red Wine - Ginger

Add Options:

Salmon ♣ \$8, Shrimp \$8, Steak ♣ \$8, Chicken \$6, Seitan Cutlet \$6, Avocado \$4, Goat Cheese Patty \$4
(all gluten-free except Seitan)

Gluten-Free Salad Dressings:

Ranch - Goat Cheese - Balsamic



Many of our vegetables and all of our flowers, including those on the table, come from our Well Fed Garden.

SMALL PLATES

Little Bo Peep Lamb Chops (gf) ♣ \$19

Two New Zealand lamb chops marinated in thyme and rosemary. Served on a crispy polenta cake with grilled asparagus and mint sauce.

Fish Cakes \$13

Seared cakes of shrimp, scallops, salmon, anchovies and other seasonal fish served on a grilled romaine heart and a black olive tartar sauce.

Chicken Kabob \$13

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) ♣ \$13

Rosemary marinated beef skewer grilled over an open flame. Served with a vegetable kabob (red onion, zucchini, yellow squash and bell pepper) and a soy teriyaki sauce. Comes with rice pilaf.

Bernoulli's Wings (gf) \$11

Chicken wings marinated and dry-rubbed with spices. Baked and served with carrots, celery and a blue cheese sauce.

Cincinnati Chili (vegan) \$10

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).

ENTRÉES FOR HERBIVORES

Spanakopita \$18

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.

Chile Relleno (gf) \$18

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).

Zoodle Bolognese (vegan + gf) \$18

Zucchini noodles served with a vegan sausage bolognese sauce and garnished with cashew "parmesan" and fresh basil.

Cauliflower "Steak" (vegan + gf) \$18

Pan-seared cauliflower served with black beans, sautéed spinach and a jalapeño coulis. Garnished with microgreens from our Well Fed Garden.

Falafel Croquettes (vegan + gf) \$18

Three fried falafel cakes (a blend of chick peas and spices following an old Israeli recipe) served with a cauliflower purée, carrots, asparagus and a coconut curry sauce.

Vegan Paella (vegan + gf) \$18

Crispy saffron rice topped with a bean vegetable chili and fresh tomato salsa. Served with vegan bratwurst sausage and king oyster mushroom "scallops."

Vegetable Plate (vegan + gf) \$18

An assortment of vegetables, the selection of which and preparation will depend on what is available from our Well Fed Garden and local markets. Please ask your server what we are serving today.

ENTRÉES FOR CARNIVORES

Filet Mignon (gf) ♣ \$32

NC grass-fed filet mignon grilled to order and served with a wild mushroom ragout, cabernet sauce, grilled asparagus and mashed potatoes.

Paella (gf) \$27

We have been serving this dish since our early days. A Spanish-inspired dish of saffron rice with baked marinated chicken wings, sautéed shrimp, mussels, and bay scallops. Served with peas, roasted red pepper and a Mediterranean-inspired sauce made with clams, tomatoes, and black olives.

Poached Salmon (gf) \$25

Fresh poached salmon served on a crispy quinoa cake with asparagus and tzatziki.

Steak Frites (gf) ♣ \$26

Skirt steak grilled to order and served with a mustard sauce made from the recipe of the once famous Restaurant Florent of the meat packing district (the former chef is a friend). Comes with wilted spinach and the best french fries in Raleigh.

Seafood Linguini \$26

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) \$24

Sautéed shrimp, roasted tomatoes and parmesan served on a cheddar grit cake with a wild mushroom sherry cream sauce and a seasonal vegetable medley.

Morgan Street Chicken \$22

Fresh pounded chicken breast marinated in our lemon tahini dressing, coated with crushed cashews and panko breadcrumbs and grilled. Topped with an herb compound butter and a whole grain mustard sauce. Comes with home fries and wilted spinach.

Arthur's Venetian Pesto Penne Chicken \$22

In the early 1970s, Arthur worked in a kitchen in Venice. At the end of the night, the staff would sit down and eat together, preparing whatever was on hand. This was usually scorched pasta having been cooked a second time with pesto and tossed with grilled chicken, arugula and oyster mushrooms sautéed in white wine and garlic. This is that dish. It is not your normal pasta. (A seitan cutlet may be substituted for chicken).