



Gluten Free Menu

PREPARED IN A DEDICATED GLUTEN FREE KITCHEN

SALAD

Bowl of Soup Mamo McPeak's Bacon Chicken Wild Rice or Chef's homemade soup. 6.99

Cup of Soup 4.99

Garden Salad Egg, cucumber, tomato, and onion.
Side 4.99 Full 7.99

Pear Salad Fresh pears, walnuts, bleu cheese,
red onions, red wine vinaigrette Side 5.99 Full 8.99

Ahi Tuna Salad Seared Ahi tuna, mozzarella, cucumbers, diced
red and yellow peppers, Twigs Asian dressing. 13.99

Taco Salad Seasoned Babcock pork or chicken, lettuce, onions,
tomatoes, black olives, jalapeno peppers, shredded cheese, with
sour cream and salsa on the side over chips 9.99

Chicken Cobb Tomato, onion, bacon, bleu cheese, egg,
black olive, chicken. 11.99

Cranberry Spinach Salad Dried cranberries, egg, bleu cheese,
cucumber, red onion, sunflower seeds, tangy sweet vinaigrette.
Side 7.99 Full 11.99

Olive Grove Salad
Zucchini noodles, tomatoes, parsley, sweet vinaigrette, black and
green olives, and feta cheese. 12.99

Twigs Strips

A thin gluten free pastry crust topped with fresh ingredients.

Plum Filet and Bleu Cheese Thin sliced filet mignon, caramelized
onions, mushrooms, mozzarella, bleu cheese with a plum
chipotle drizzle. 13.99

Pineapple Chicken Bleu Chicken, pineapple bourbon sauce,
pineapple, bleu cheese, mozzarella. 7.99

Peri Peri Shrimp Diced shrimp, fiery hot Africa-Portuguese
Birdseye pepper sauce, cream cheese, green onions, mozzarella.
8.99

Sauteed Pear and Fresh Fennel Parmesan white wine garlic
sauce, caramelized balsamic pears, onion, garlic, basil, and
shaved fennel. Topped with bleu and mozzarella cheeses,
pistachios, currants, and fresh green onions. 10.99

BBQ Mashed Babcock pork, Twigs mashed potatoes, onions, bbq
sauce, cheddar and mozzarella 7.99

SMALL PLATES

Greek Chicken Kabobs Grilled chicken, yellow and red peppers,
with tzatziki sauce. 6.99

Shrimp Nachos Diced shrimp, pineapple, red and yellow peppers,
Caribbean jerk sauce, cilantro, mozzarella. 8.99

SMALL PLATES

Baked Feta Topped with tomatoes, onion, cilantro, served with
Twigs chips. 8.99

Mini Ahi Taco Bowls Seared Ahi Tuna, cucumbers, onions,
mushrooms, lettuce, cheese, and a cucumber jalapeno plum
wasabi sauce. 9.99

Green Bean Frittis Fried with bleu cheese dip and cayenne
horseradish. 6.99

Onion Ring Frittis Fresh cut, hand battered onion rings with
cayenne horseradish and ketchup. 6.99

Caramelized Onion Risotto Cakes Caramelized risotto cakes with
a savory onion sauce, fresh tomatoes, jalapenos and cilantro.
8.99

Thai Cream Scallops 3oz seared scallops, Thai cream sauce atop
cilantro white rice. 9.99

Babcock Pork Lettuce Wraps Babcock Pork, Twigs Tangy
Signature Sauce, sweet and sour julienned carrots, tomatoes, red
onion, and diced pickles. 9.99

Risotto Poppers Four fried risotto croquettes filled with cream
cheese and jalapenos with a tomato-citrus aioli. 7.99

Parmesan Crisps Warm, crispy nuggets of bread tossed in
parmesan with bleu cheese and marinara dipping sauces. 6.99

Nachos Jubilee Tortilla chips topped with Babcock BBQ pulled
pork, cheese sauce, fresh onions, tomatoes and sour cream. 6.99

Butternut Ravioli Award Winning! Four Butternut Squash
raviolis, sundried tomatoes, garlic cream sauce, parmesan
cheese. 6.99

Ravioli Rosa Four Butternut Squash raviolis, creamy tomato rosa
sauce. 6.99

Chips and Salsa Tortilla chips with Chef Luci's Homemade Salsa
5.99

Rosemary Sweet Potato Sticks Rosemary Parmesan Sweet
Potato Fries with Herbed Tequila Ketchup. 6.99

Main Plates

Choice of Baked Potato of Asparagus Mashed potatoes, Cilantro White Rice,
Sliced Sweet Potato Spuds, Fresh cut fries, or Fresh Vegetable.

Fish Tacos Three corn tortillas with seasoned Barramundi, lime
slaw with cilantro, tomato, onion, and chives, sweet and spicy
Sriracha Cremosa. Served with cilantro white rice. 16.00

Parmesan Polenta with Egg and Jalapeno Cream Sauce Award
Winner! Homemade parmesan polenta topped with cheddar
cheese, egg omelet, ground Babcock pork, fresh tomatoes, green
onions, and jalapeno cream sauce with sliced spuds. 14.99

Grilled Chicken Chicken breast with choice of hot rock sauce and
Twigs accompaniment. 10.99

Main Plates Cont.

- Ahi Tuna** 6 oz. grilled tuna, ginger and wasabi sauce, Ahi dipping sauce, choice of rare or medium-rare and Twigs accompaniment. 19.99
- Filet Mignon** 6 oz. filet topped with savory chive butter, and Twigs accompaniment. 27.99
- Tavern Cut Steak** Topped with a savory sweet sauce, sautéed onions, and mushrooms and Twigs accompaniment. 14.99
Two 6 oz Steaks 22.99
- Applewood Smoked Meatloaf** Babcock pork meatloaf wrapped in Twigs mashed potatoes and cheddar cheese on an onion cream sauce and seasonal fresh vegetable. 13.99
- Baby Back Ribs** Tender, smoked, and topped with our special BBQ sauce and Twigs accompaniment. 15.99
- Country Captain Chicken** Pan seared chicken, curry sauce of roasted tomatoes, green peppers, onions, shiitake mushrooms, currants, and toasted almonds served with cilantro white rice. 13.99
- Spaghetti** Gluten free spaghetti noodles, Babcock pork, marinara, fresh basil, topped with melted mozzarella, tomatoes, onions and parmesan. 13.99
- Walleye with Garlic Wine Sauce** Pan seared, drizzled with a white wine garlic-butter sauce atop cilantro white rice and sauteed lemon-pepper spinach. 22.99
- Northwoods Walleye** Pan-fried in butter, topped with green onions, served with broccolini and choice of Twigs accompaniment. 21.99
- Old English Fish and Chips** Lightly fried Barramundi served with spicy homemade tartar sauce and french fries. 15.99
- Babcock Pork Wing** (Please ask about availability) Applewood smoked pork shank with a pineapple whiskey sauce and a black olive-corn-black bean salsa, with a cayenne drizzle and Twigs accompaniment. 16.99
- Shrimp "Pasta" with Chardonnay Cream sauce** Garlic sautéed shrimp, tomatoes, green onions, Zucchini "Pasta", tossed in a Chardonnay Sauce. 19.99
- Tomato Trio with Crispy Risotto Cake** Sundried, grilled, and cherry tomatoes layered with your choice of steak medallions, fish, or chicken, and garlic cream sauce atop a crispy risotto cake. 6 oz Filet Mignon 28.99 6 oz Barramundi 20.99 6 oz Chicken 15.99
- Butter-Baked Chicken with Twigs Homemade Herbed Wing Sauce** Two pieces of dark quartered butter-baked chicken. Fried and tossed in Twigs' homemade fresh herbed wing sauce served with celery, additional hot sauce, blue cheese dipping sauce, and fries. 22.99
- Butternut Ravioli** Award Winner! Eight Butternut Squash raviolis, sundried tomato garlic cream sauce, parmesan cheese. 11.99
Add Diced Chicken 15.99
- Ravioli Rosa** Eight Butternut squash raviolis, creamy tomato rosa sauce. 11.99 Add Diced Chicken 15.99
- Makers Mark Bourbon Chicken** Two pieces of dark quartered butter-basted chicken. Fried and tossed in Makers Mark Bourbon Sauce. Served with cole slaw and choice of potato. 14.99

Sandwiches

Choice of Mashed or baked potato, fresh cut fries, cilantro white rice, sliced sweet potato spuds, or fresh vegetable.

- Philly Cheese Steak** Grilled onions, green peppers, mushrooms, and swiss on our Gluten Free Seeded Bun. 9.99
- Tomato Spinach Grille** Sauteed spinach, tomatoes, onions, pesto, mozzarella, feta on white bread. 9.99
- Babcock Pulled Pork** Shredded smoked pork, BBQ sauce, melted cheddar cheese on our Gluten Free Seeded Bun. 8.99
- Steak BLT Sandwich** 6 oz Tavern cut steak, cheese, bacon, lettuce, tomato, and chimichurri mayo. Served open faced on toasted white bread. 11.99
- Abigail Chicken Sandwich** Grilled chicken breast, swiss cheese, and tomato onion feta spread on our Gluten Free Seeded Bun 8.99
- Ginger Spiced Ahi Tuna Wrap**
Seared Ahi Tuna, green onions, lettuce, mozzarella, and wasabi-mayo in a grilled gluten free tortilla. 14.99
- Cheeseburger Wrap** Burger strips, diced onions, tomatoes, pickles, shredded cheddar jack cheese, lettuce, and mayo in a grilled gluten free tortilla. 11.00
- Cuban Wrap** Seasoned Babcock ground pork, sliced ham, shredded cheddar jack cheese, diced pickles, and coleslaw in a grilled tortilla. 11.00

Burgers

All of Twigs beef patties are sourced locally, 1/3 pound, fresh ground, and never frozen.

Choice of mashed or baked potato, cilantro white rice, sliced sweet potato spuds, fresh cut fries or fresh vegetable.

Served on our Gluten Free Seeded Bun.

Tangled Onion Cheddar, crispy onions, lemon-mayo-horseradish sauce. 11.00

Seany Burger Swiss and cheddar cheese, BBQ, bleu cheese sauce. 11.00

Piggy Back Cheddar, Babcock BBQ pulled pork, slaw, mayo, pickles. 12.00

Big Twig American cheese, pile of sliced pickles, shredded lettuce, and creamy onion-pickle sauce. 12.00

Fried Pickle Burger

Fried sliced pickles inside and out, American cheese, lettuce, onion, habanero mayo, topped with a cherry tomato. 12.00

Twigs Single Cheeseburger Choice of cheese: American, cheddar, provolone, swiss, pepper jack, feta, bleu cheese. 10.00

Additional Cheese 1.00 Add Bacon 1.50 Add Sauteed Onions and Mushrooms 1.50 Make it a Double 3.95

Hot Rock Grilling

Your sliced meat or seafood will be delivered to your table with a 650 degree rock where you cook and season your entrée to your liking.

Stock Your Rock

Choose your meat or seafood

After your original 6 oz. order, additional items can be ordered from the 3 oz. Add-ons

Choose two sauces with every order

Raspberry Chipotle, Creamy Horseradish,
Homemade Cocktail Sauce, Plum Chipotle,
Charred Pineapple Bourbon Sauce,
Creamy Cayenne Horseradish

Choose your Side

Twigs mashed or baked potato, cilantro white rice,
fresh vegetable

Meat

Babcock Pork

Pork Loin 6 oz. 12.99

Pork Tenderloin 6 oz. 15.99

Filet Mignon 6 oz 27.99

Tavern Cut Steak 6 oz 12.99

Seafood

Shrimps 6 oz. 17.99

Scallops 6 oz. 18.99

Ahi Tuna 6 oz. with sauce 17.99

Combo

Combo Platter for Two 3 oz. of each: Scallops, Filet Mignon,
Tavern Cut, Babcock Pork, Shrimp. 39.00

3 oz. Add-ons:

Shrimp 7.50

Scallops 8.50

Filet Mignon 11.50

Tavern Cut 4.50

Babcock Pork Loin 4.50

Babcock Tenderloin 6.50

When Twigs owner, Michelle Salz, was diagnosed with Celiac Disease, we decided to add a truly gluten free menu to Twigs.

We promise to take every precaution possible to avoid cross contamination. Our staff has been extensively trained and we have specific gluten free storage and preparation surfaces. We have redesigned our kitchen so we can cook your gluten free meal in a completely different area of the kitchen with dedicated appliances. Thank you to our amazing staff for their dedication to the safety of our guests. You guys are the best! -Michelle Salz

Twigs Tavern and Grille

Fetch a friend... Share a rock.

Full Dinner Menu: 4pm to 10pm and Limited Menu: 10pm to 11pm

Bar open until 11pm Sunday through Thursday and 12am Friday and Saturday

Located in the Centerstone Plaza Hotel Soldiers Field - Mayo Clinic Area

401 6th Street SW • Rochester MN • 507-288-0206