



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

Pear Salad Fresh pears, walnuts, bleu cheese, red onions, red wine vinaigrette Side 7.99 Full 10.99

Chicken Cobb Tomato, onion, bacon, bleu cheese, egg, black olive, chicken. 13.99

Garden Salad Egg, cucumber, tomato, and onion. Side 6.99 Full 9.99

Ahi Tuna Salad Seared Ahi tuna, mozzarella, cucumbers, diced red and yellow peppers, Twigs Asian dressing. 15.99

Taco Salad Seasoned ground pork or chicken, lettuce, onions, tomatoes, black olives, jalapeno peppers, shredded cheese, with sour cream and salsa on the side over chips 11.99

Cranberry Spinach Salad Dried cranberries, egg, bleu cheese, cucumber, red onion, sunflower seeds, tangy sweet vinaigrette. Side 9.99 Full 13.99

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

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

SMALL PLATES

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

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

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

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

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

SMALL PLATES

Crispy Butternut Ravioli Four lightly fried Butternut raviolis sprinkled with parmesan and parsley with bleu cheese dipping sauce and marinara. 7.99

Butternut Ravioli Four Butternut raviolis, sundried tomato, garlic cream sauce, parmesan cheese. 6.99

Butterflied Shrimp Four delicately coated tempura shrimp with sweet and sour sauce. 9.99

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

Mini Ahi Taco Bowls Seared Ahi Tuna, cucumbers, onions, mushrooms, lettuce, cheese, and a cucumber jalapeno plum wasabi sauce. 11.99

Caramelized Onion Risotto Cakes Caramelized risotto cakes with a savory onion sauce, fresh tomatoes, jalapenos and cilantro. 9.99

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

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

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

Pork Lettuce Wraps Pulled Pork, Twigs Tangy Signature Sauce, sweet and sour julienned carrots, tomatoes, red onion, and diced pickles. 11.99

Queso Blanco Diced tomato, onion, green pepper in warm white queso with tortilla chips. 7.99

Chips, Salsa, and Queso Tortilla chips with Chef Luci's Homemade Salsa and Queso. 8.99

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

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

Main Plates

Choice of Baked Potato or 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

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

Main Plates Cont.

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

Tavern Cut Steak Topped with a savory sweet sauce, sautéed onions, and mushrooms and Twigs accompaniment. 14.99
Two 6 oz Steaks 22.99

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

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

Old English Fish and Chips Lightly fried Barramundi served with spicy homemade tartar sauce and french fries. 15.99

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

Butternut Ravioli Award Winner! Eight Butternut Squash raviolis, sundried tomato, garlic cream sauce, parmesan. 11.99
Add diced chicken 15.99

Sweet and Sour Tempura Shrimp Eight delicately coated tempura shrimp, sweet and sour on the side, broccolini and Twigs accompaniment. 20.99

Applewood Smoked Meatloaf 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

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

Northwoods Walleye Pan-fried in butter, topped with green onions, served with broccolini and choice of Twigs accompaniment. 21.99

Pasta a la Crema Gluten free spaghetti in a white sauce of cream, garlic, butter, onion, white wine, green onions, and sundried tomatoes. Choose Shrimp 19.99 or Chicken 17.99

Spaghetti Gluten free spaghetti noodles, ground pork, marinara, fresh basil, topped with melted mozzarella, tomatoes, onions and parmesan. 13.99

Ravioli Rosa Eight Butternut Squash raviolis, creamy tomato rosa sauce. 11.99 Add diced chicken 15.99

Twigs Bowls

1. Choose your bowl:

Street Taco Bowl Avocado, Carrot Slaw, Cucumber, Corn, Black Beans, Pico de Gallo, Verde Sauce, Fresh Cilantro, Fried Tortilla Strips (Chef Luci's Homemade Queso on the side)

Poke Bowl Avocado, Carrot Slaw, Cucumber, Edamame, Pineapple, Red Pepper, Ginger, Sesame Seeds, Green Onions, Tahini Sauce, Poke Sauce, Fried Tortilla Strips (Typically served with Ahi Tuna, but the choice is yours.

2. Choose your base:

Cilantro White Rice, Spanish Rice, Fresh Spinach, or Lettuce Mix

3. Choose Land, Sea, or Earth:

Land: Pulled Pork 16.99 • Diced Chicken 16.99 • Shredded Beef with mushrooms 17.99

Sea: Seared Ahi Tuna 18.99 • Grilled Shrimp 18.99 • Barramundi 17.99

Earth: Spicy Diced Asparagus 15.99 • Steamed Chopped Broccolini 15.99

Additional Toppings:

4 oz Pulled Pork 3.99 • Diced Chicken 3.99 • Shredded Beef with Mushrooms 4.99 • Barramundi 4.99 • Ahi Tuna 5.99 • Grilled Shrimp 5.99
Steamed Chopped Broccolini 2.99 • Spicy Diced Asparagus 2.99 • Spanish Rice 1.99 • Cilantro White Rice 1.99 • Fresh Spinach 1
Lettuce Mix 1

2 oz Avocado 1.50 • Edamame 1.50 • Corn 1 • Red Pepper 1 • Pico de Gallo 1 • Black Beans 1 • Carrot Slaw 1 • Diced Cucumbers 1 Diced
Pineapple 1 • Sautéed Mushrooms 1 • Sautéed Onions 1 • Crispy Tortilla Strips .50 • Minced Ginger .50

Additional Sides:

3 oz Chef Luci's Homemade Queso 2.99 • Salsa 2.99

1 oz Sriracha Cremosa .50 • Verde Sauce .50 • Tahini Sauce .50 • Poke Sauce .50 • Plum Sauce .50 • Raspberry Chipotle Sauce .50
Dollop of Super Hot Wasabi Sauce .50 • Sour Cream .25

Sandwiches

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

Peppercorn Honey Mustard Tempura Chicken Sandwich Delicately coated tempura 6 oz. chicken breast, peppercorn honey mustard, and lettuce. 11.99

Philly Cheese Steak Grilled onions, green peppers, mushrooms, and swiss on our Gluten Free Seeded Bun. 10.99

Tomato Spinach Grille Sauteed spinach, tomatoes, onions, pesto, mozzarella, feta on white bread. 10.99

Pulled Pork Sandwich Shredded smoked pork, BBQ sauce, melted cheddar cheese on our Gluten Free Seeded Bun. 9.99

Steak BLT Sandwich 6 oz Tavern cut steak, cheese, bacon, lettuce, tomato, and chimichurri mayo. Served open faced on toasted white bread. 12.99

Abigail Chicken Sandwich Grilled chicken breast, swiss cheese, and tomato onion feta spread on our Gluten Free Seeded Bun 9.99

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 ground pork, sliced ham, shredded cheddar jack cheese, diced pickles, and coleslaw in a grilled tortilla. 11.00

Burgers

Six ounce fresh, never frozen, Hereford beef patty.

Served with Fries, Fruit, Sweet Potato Fries, or Cole Slaw.

Substitute a six ounce Vegetarian Beyond Burger 3.95

Served on our Gluten Free Seeded Bun.

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

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

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

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

The 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

Philly Burger

American cheese, sautéed onions, mushrooms, green peppers, and Tequila ketchup. 12.00

Burger Options:

Make it a Double 3.95 Make it a Double Beyond Burger 7.90

Additional Cheese 1.00 Add Bacon 1.50 Add Sauteed Onions and Mushrooms 1.50

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

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, Pork Loin, Shrimp. 39.00

3 oz. Add-ons:

Shrimp 7.50

Scallops 8.50

Filet Mignon 11.50

Tavern Cut 4.50

Pork Loin 4.50

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