



# Gluten Free Menu

## SALAD

**Garden Salad** Egg, cucumber, tomato, and onion. Choice of dressing: Italian, Bleu Cheese, or French. Side 3.99 Full 6.99

**Pear Salad** Fresh pears, walnuts, green onions, bleu cheese, red wine vinaigrette Side 4.99 Full 7.99

**Taco Salad** Seasoned ground beef or chicken, lettuce, onions, tomatoes, black olives, jalapeno peppers, shredded cheese, with sour cream and salsa on the side over tri colored corn chips 7.99

**Chicken Cobb** Tomato, onion, bacon, bleu cheese, egg, and chicken. Choice of dressing: Italian, Bleu Cheese, or French. 8.99

**Fruit Plate** Seasonal fresh fruit and cottage cheese with side of Pear Salad. 7.99

**Cranberry Spinach Salad** Dried cranberries, bleu cheese, cucumber, onion, sunflower seeds, tangy sweet vinaigrette. Side 5.99 Full 8.99

## TWIGS SLIVERS

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. Half 9.99 Full 18.99

**Fresh Tomato Basil** Tomatoes, fresh basil, and mozzarella. Half 6.99 Full 12.99

**Walnut Pear** Pears, walnuts, chicken, honey BBQ sauce, feta cheese. Half 7.99 Full 15.99

**Taco Triangles** Seasoned ground beef, tomato, onion, mozzarella. Half 6.99 Full 12.99

**Pineapple Chicken Bleu** Chicken, pineapple bourbon sauce, pineapple, bleu cheese, mozzarella. Half 7.99 Full 15.99

## SMALL PLATES

**Baked Feta** Topped with tomatoes, onion, cilantro, served with sweet potato chips. 5.99

**Thai Cream Scallops** Seared scallops, Thai cream, cilantro, on Cilantro white rice. 8.99

**Greek Chicken Kabobs** Grilled chicken, yellow and red peppers, with tzatziki sauce. 4.99

**Sweet Rutabaga** Fried rutabaga sticks, melted cheddar cheese, raspberry curry sauce. 4.99

**Shrimp Nachos** Diced shrimp, pineapple, red and yellow peppers, Caribbean jerk sauce, cilantro, mozzarella cheese. 6.99

## Main Plates

Choice of Mashed or Baked Potato, Cilantro White Rice, Sliced Spuds, or Fresh Vegetable.

**Shrimp and Scallop Au Gratin** Shrimp and Scallops in an artichoke, cheddar, and sherry cream sauce. 16.99

**Ahi Tuna** 6oz. grilled tuna steak, ginger, wasabi, and our Ahi dipping sauce, choice of rare or medium-rare. 18.99

**Grilled Chicken** Chicken breast with choice of hot rock sauce. 8.99

**Filet Mignon** 6oz. filet with creamy horseradish sauce. 18.99

**Twigs Cut Steak** Topped with a savory sweet sauce, sautéed onions, and mushrooms. 13.99

**Raspberry Barramundi** Pan seared, raspberry chipotle, fresh cilantro. 17.99

## Rice Bowls

**Shrimp and Scallops Rice Bowl** Grilled shrimp and scallops served with cilantro white rice and onion, mushroom, red and yellow pepper sauté with your choice of hot rock sauce. 16.99

**Shrimp Curry** Stewed tomatoes and okra, roasted vegetable curry sauce over cilantro white rice. 13.99

## Burgers

All of Twigs beef patties are 100% pure chuck steak that we grind ourselves in-house. Safer, better! Choice of Sliced Spuds, or fruit.

**The Utah (the sauce is famous in Utah)** Provolone, sautéed onions. 8.99

**Piggy Back** Cheddar, Babcock BBQ pulled pork, slaw, mayo, pickles. 9.99

**Shrimp Burger by Seany** Diced sautéed shrimp and pepperjack. 9.99

## 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

### Choose your Side

Twigs mashed or baked potato, cilantro white rice, vegetable

## Meat

**Lamb Chops** 6 oz. 17.99

**Babcock Pork** 6 oz. 12.99

**Filet Mignon** 6 oz 18.99

**Twigs Cut Steak** 6 oz 12.99

## Seafood

**Shrimps** 6 oz. 15.99

**Scallops** 6 oz. 17.99

**Lobster Tail** 5 oz with butter 19.99

**Ahi Tuna** 6 oz. with sauce 16.99

## Combo

**Combo Platter for Two** 3 oz. of each: Lamb Chops, Filet Mignon, Twigs Cut, Babcock Pork, Shrimp. 38.00

## 3 oz. Add-ons:

Lamb Chops 7.50

Shrimp 5.50

Babcock Pork 4.50

Scallops 7.50

Filet Mignon 8.50

Twigs Cut 4.50

We promise to take every precaution possible to avoid cross contamination. We have specific gluten free preparations surfaces and we have redesigned our kitchen so we can cook your gluten free meal in a completely different area of the kitchen with a dedicated flat top grill and fryer. Our staff has been extensively trained in gluten free prep and cooking and when a gluten free dish is ordered anyone that will handle your food changes their gloves. With that said, we do not anticipate cross contamination happening, yet, because we do cook gluten containing meals we do have to mentioned that there is always a slight risk. We will always do our best. I eat here all of the time and feel safe...

-Michelle Salz, Twigs owners, recently diagnosed with Celiac Disease

P.S. Thank you to our unbelievable staff for the hours of work and research you have done to make this menu a reality...

You are the best!!

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 Best Western Soldiers Field

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