



Gluten Free Menu

PREPARED IN A DEDICATED GLUTEN FREE KITCHEN

SALAD

Cup of Soup Mamo McPeak's Bacon Chicken Wild Rice or Chef's homemade soup. 3.99

Garden Salad Egg, cucumber, tomato, and onion.
Side 3.99 Full 6.99

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

Ahi Tuna Salad Seared Ahi tuna, mozzarella, cucumbers, diced red and yellow peppers, Twigs Asian dressing. 11.99

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 8.99

Chicken Cobb Tomato, onion, bacon, bleu cheese, egg, black olive, chicken. 9.99

Cranberry Spinach Salad Dried cranberries, egg, bleu cheese, cucumber, red onion, sunflower seeds, tangy sweet vinaigrette.
Side 6.99 Full 10.99

Bacon Harvest Chili

2015 Boys and Girls Club Chili Challenge Winner!

Bacon with roasted sweet potatoes, brussel sprouts, carrots, mushrooms, onions, corn, tomatoes, topped with sour cream and green onions. Cup 6.99 Bowl 10.99

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. 10.99

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. 7.99

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. 7.99

Thai Cream Scallops Four 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

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

Ahi Tuna 6 oz. grilled tuna, ginger and wasabi sauce, Ahi dipping sauce, choice of rare or medium-rare and Twigs accompaniment. 19.99

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

Filet Mignon 6 oz. filet topped with savory chive butter, and Twigs accompaniment. 22.99

Main Plates Cont.

Raspberry Barramundi Pan seared and topped with raspberry chipotle sauce, fresh cilantro with Twigs accompaniment. 19.99

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

Barramundi 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 Barramundi 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. 14.99

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

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 new Gluten Free Seeded Bun. 9.99

Cheesy Bakery Bun Add 1.00

Tomato Spinach Grille Sauteed spinach, tomatoes, onions, pesto, mozzarella, feta on white bread. 8.99

Babcock Pulled Pork Shredded smoked pork, BBQ sauce, melted cheddar cheese on our new Gluten Free Seeded Bun. 8.99

Cheesy Bakery Bun Add 1.00

Blackened Steak Sandwich Blackened Tavern cut steak, green peppers, onions, and mozzarella with a creamy raspberry horseradish sauce served open faced on toasted white bread. 11.99

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 new Gluten Free Seeded Bun 8.99

Cheesy Bakery Bun Add 1.00

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 new Gluten Free Seeded Bun. Cheesy Bakery Bun Add 1.00

The Utah Tomato-onion-mayonnaise this sauce is famous in Utah, provolone, sautéed onions. 11.00

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

Seany Burger Swiss and cheddar cheese, BBQ, bleu cheese sauce. 10.00

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

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 22.99

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 9.50

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