

Twin Anchor's Gluten-Free Items

Toppings:

- Butter (for baked potato)
- Cheddar Cheese, shredded
- Cheeses (American, Cheddar, Pepper-Jack, Swiss)
- Chopped Onions
- Garlic Butter
- Grilled Onions
- Land O' Lakes Butter Pads

Entrees (when ordered with Gluten-free sides):

- Anchor Burger (Without Bun)
- Cheese Anchor Burger (Without Bun) – American, Cheddar, Pepper-Jack or Swiss
- Chicken Dinner with Mild Sauce
- Chicken Dinner with Prohibition Sauce
- Chicken Dinner with Zesty Sauce
- ~~Filet Mignon~~
- ~~Giant Grilled Shrimp~~
- Grilled Fish of the Day (Without bun)
- ~~New York Strip Steak~~
- Pulled Pork (Without bread)
- Rib & Chicken (Dark and White Meat) Combo with Mild Sauce
- Rib & Chicken (Dark and White Meat) Combo with Prohibition Sauce
- Rib & Chicken (Dark and White Meat) Combo with Zesty Sauce
- Ribs with Mild Sauce (Half and Full Racks)
- Ribs with Prohibition Sauce (Half and Full Racks)
- Ribs with Zesty Sauce (Half and Full Racks)

Kids Menu:

- Anchor Burger (Without Bun)
- Cheese Anchor Burger (Without Bun) – American, Cheddar, Pepper-Jack or Swiss
- Small Fry Slab with Mild Sauce
- Small Fry Slab with Prohibition Sauce
- Small Fry Slab with Zesty Sauce

Fish and Poultry (For Salads and Sandwiches--Without Bread):

- Anchovies
- Grilled Chicken Breast
- Grilled Salmon
- Grilled Tilapia
- Grilled Tuna

Salads (Without Dressings):

- House Salad

Salad Dressings:

- Blue Cheese Dressing
- Creamy Garlic Dressing
- Fat-Free Honey Mustard
- French Dressing
- Italian Dressing
- Ranch Dressing
- Red Wine Vinegar

Sauces:

- Blue Cheese Buttermilk Dressing
- Cocktail Sauce
- Fish Mayo
- Hellman's Real Mayo
- Mild Barbeque Sauce
- Prohibition Sauce
- Tartar Sauce
- Zesty Sauce

Sides:

- Creamy Cole Slaw
- Idaho Baked Potato (Without Sour cream)
- Pickles

Disclaimer Language for Posted Gluten-Free Information:



Please know that we practice caution and proper procedures when preparing gluten-free items, however gluten is present in all of our kitchens. All ingredients have been verified as gluten-free by third-party consultant, MenuTrinfo[®], LLC, but our products can change at any time and the products listed might not always be the products served. Twin Anchors Restaurant and Tavern cannot be held responsible for ingredient substitutions made by our manufacturers. In consuming our gluten-free items, be aware that there still may be a chance of cross-contact so we cannot guarantee these products for those with Celiac disease or food allergy. Guests are advised to consider this information as it relates to their individual dietary needs and requirements.