



At the Twisted Fork, providing outstanding service, food & value is our mission.

Our Pastry Chef Richard Smith makes all our desserts from scratch. We make all our pastas in house daily. Our signature salads are fresh and inventive.

Whenever possible we use local ingredients to support NC farmers.

We truly hope you enjoy your experience with us.

# LUNCH

## Combos

Any 2 choice of soup, grilled cheese or salad bar 9

Any 3 choice of soup, grilled cheese or salad bar 12

## Twisted Salad Bar

TO GO SALAD BAR — \$8 PER POUND

Dine-In Salad Bar \$7/\$2 for refill

Ask your server about freshly prepared add-ons to your salad bar choices:

- Grilled Chicken \$2 • Grilled Steak \$2 •
- Grilled Salmon \$2 •

## Soups

Corn & Crab Soup creamy blend of corn & crab topped with scallions 4

Tomato Bisque with herb croutons 4

Potato, Bacon & Cheddar Soup 4

Soup of the Day 4

## Grilled Cheese

Add fries \$2

Pimento Cheese & Fried Green Tomato on fresh sourdough 6

Ham, Cheddar & Swiss on sourdough 6

Brie & Bacon with Granny Smith apple jam on multi-grain 6

Cheesy! with cheddar, Swiss, mozzarella & blue cheese on sourdough 6

Executive Chef & General Manager  
Adam Jones

Pastry Chef  
Richard Smith

Locally Owned & Operated by  
Rocky Top Hospitality

www.thetwistedfork.com

## Appetizers

Calamari with capers, roasted peppers & spicy tomato aioli 9

Brie, Apple & Bacon Dip with homemade yogurt crackers 9

Hummus served with homemade yogurt crackers 8

Roasted Red Pepper & White Bean Dip with homemade yogurt crackers 8

Crab Dip with homemade yogurt crackers 10

Twisted Bruschetta with roasted tomatoes, basil, shaved parmesan & aged balsamic over foccacia 8

Buffalo Wings with homemade buttermilk ranch 9

Peppered Seared Tuna with tabbouleh salad & soy citrus vinaigrette 11

Fried Green Tomatoes with goat cheese & drizzled with balsamic reduction 7

## Pasta & Bowls

Chef's Pasta chicken, sun-dried tomatoes & broccoli sauteed in garlic & olive oil over rotini 9

Shrimp & Prosciutto Angel Hair with roasted garlic white wine sauce, olives, tomatoes & basil 11

Pasta Primavera with grilled zucchini, squash, onions, portobellas, broccoli & tomatoes in a roasted garlic pesto cream sauce over rotini 8

Fettuccine Alfredo with grilled chicken, peas & roasted tomatoes in a parmesan cream sauce 10

Seafood Pasta crab, shrimp & mesquite grilled salmon with mushrooms & tomatoes in a pesto cream sauce over spinach spaghetti 12

Michael Dean's Shrimp & Grits with sauteed mushrooms & spicy Tasso gravy over Charleston-style grits 12

Our Jambalaya with shrimp, chicken, Tasso ham & Andouille sausage in a spicy Creole sauce over Charleston-style grits 12

## Sides

\$3 each

Seasoned Fries

Broccoli

Creamy Grits

Garlic Mashers

Rice Pilaf

Grilled Asparagus

Sweet Potato Fries

Caesar Salad

Mixed Greens Salad

Blue Cheese Potato Cakes

## Burgers

All burgers are cooked over hickory & charcoal, served with your choice of side.

Bacon Cheeseburger house ground beef patty topped with Ashe Co. "Hoop" cheddar cheese & bacon, served with LTO & pickle 8/13

Black & Blue Burger with blue cheese, bacon & jalapenos, served with LTO & pickle 9/13

Pimento Cheese, Fried Green Tomato Bacon Burger served with LTO & pickle 9/13

BBQ, Bacon & Pepperjack Burger with fried onion, served with LTO & pickle 8/12

Turkey Burger with provolone, avocado & sprouts 12

Lamb Burger topped with tzatziki, cucumber tomato relish & feta 13

Veggie Burger black bean patty topped with pepper jack cheese, pico de gallo, avocado, sprouts & ranch 10

## Sandwiches

Served with your choice of side.

Fried Green Tomato BLT with bacon, lettuce, brie & garlic mayo 10

12 Hour French Dip super tender short rib topped with provolone & Dijon mustard cream on a ciabatta hoagie served au jus 13

Dagwood Club with turkey, ham, sprouts, lettuce, tomato & brie spread on multi-grain bread 10

Chicken Salad Melt with red grapes, scallions, walnuts & provolone on multi-grain bread 10

Grilled Chicken Sandwich with prosciutto, mozzarella, basil & balsamic reduction 10

Salmon BLT served w/remoulade on brioche 12

## Entrées

All entrees are cooked over hickory & charcoal.

Smothered Chop Steak stuffed with mozzarella & blue cheese; topped with mushroom gravy & fried onion strings served with garlic mashed potatoes 13

Fried Chicken with sausage gravy, garlic mashers & broccoli 12

Jerk Spiced Chicken with pepper jack cheese sauce & black bean salsa served over rice pilaf 14

Blackened Tilapia served over warm orzo salad topped with red pepper coulis 14

Fish & Chips fried flounder with seasoned fries & homemade tartar sauce 13



In 2001 The Mash House Brewery began making craft beer utilizing Old World methods that brewers have sworn by for centuries. Twisted Fork is pleased to partner with The Mash House to bring your their award-winning brews including the 2001 GABF medal winner 'Hoppy Hour IPA'.

**PINTS \$4 / PILSNERS \$6 / MUGS \$8**

### Mash House Blonde

Crisp & dry with a moderate malt flavor

### Mash House Red

Light bodied & very drinkable - a traditional Irish Ale

### Mash House IPA

(2001 Silver Medal Winner GABF) Copper colored, big in hop bitterness, flavor and aroma

### Mash House Hefeweizen

Unfiltered, light citrus flavor with hints of banana

### Mash House Stout

Chocolate & black malts & roasted barley make a robust full bodied English style stout

### Mash House Porter

Caramel & chocolate malts, dark brown and easily drinkable

### Mash House Seasonal

## North Carolina Microbrews

**PINTS \$5 / PILSNERS \$7 / MUGS \$9**

### Big Boss Angry Angel

Sweet aroma, big malty taste, hints of banana, vanilla, toffee and a hint of hops

### Carolina Dale Ale

Golden amber color, tastes malty with some caramel sweetness

### Red Oak

This amber beer is a Munich Urty (Old Style) Lager

### Lonerider Sweet Josie

American Brown Ale balanced with hop bitterness and generous amounts of malt

### Fullsteam Southern Lager

A balanced beer with a clean, hoppy finish that is more flavorful than bitter

### Aviator Devil's Tramping Ground

(9.2% - \$1 extra)

Belgian ale with a golden color, that has a fruity spicy flavor that finishes a bit sweet

## Imports

**PINTS \$5 / PILSNERS \$7 / MUGS \$9**

### Bass

### Guinness

## Domestics

**PINTS \$3 / PILSNERS \$5 / MUGS \$7**

### Blue Moon

### Budweiser

### Bud Light

### Coors Light

### Miller Lite

### Natural Light

### Mich Ultra

### Yuengling

### PBR

# HOUSE TAP!

**PINTS \$1.50 / PILSNERS \$2.50 / MUGS \$3.50**

## TWISTED BEVERAGES

Check out our Beverage Display!

### Unique Sodas

BlueSky Ginseng Ginger Ale	3
Saranac Root Beer	3
Saranac Ginger Beer	3
Saranac Shirley Temple	3
Jones Strawberry Lime	3
Jones Berry Lemonade	3
Blue Sky Cream Soda	3
Izze Sparkling Peach	3
Virgil Root Beer	4
Knudsen Tangerine Spritzer	3
Blue Sky Grapefruit Soda	3

### Pepsi Products

Pepsi 2.50    Diet Pepsi    Mountain Dew

Sierra Mist Diet    Sierra Mist

### Energy Drinks

Red Bull 4

Sugar Free Redbull 4

Hiball Sparkling Energy Cranapple 4

Reeds Natural Energy Elixir 4

### Bottled Water

Fiji 3

San Pellegrino 3

Evian 5

Vita Co Acai Pomegranate Water 3.50

## Mash House Sodas on Draft \$3

Black Cherry Cola • Lemon Lime • Orange Cream • Root Beer

### Fountain Soda: 2.50 (free refills)

Pepsi	Diet Pepsi	Dr. Pepper	Sierra Mist	Mountain Dew
HIC Fruit Punch		Tropicana Pink Lemonade		Ginger Ale

## Twisted Cappuccino

Mocha White and Dark Chocolate, espresso & milk 3.50

Chocolate Mint Dark Chocolate, mint, espresso & milk 3.50

Turtle Chocolate, Caramel, Frangelico flavored syrup, espresso & milk. 3.50

Drip Brewed Coffee Today's roast. 2.50

Latte, Cappuccino, or Espresso (decaf or regular) 2.75

Add an extra shot of espresso to any beverage for \$1

## Twisted Cocktails

Twisted Margarita Jose Cuervo, Grand Marnier, fresh squeezed lime & sour mix with a splash of OJ 8.50

Twisted's Purple Margarita Jose Cuervo, Chambord, fresh squeezed lime & sour mix with a splash of cranberry 8.50

Classic Mojito with fresh mint leaves, simple syrup, Bacardi light rum and splash of soda 8.50

Blueberry Ginger Mojito fresh blueberries, lime wedges, and mint leaves muddled with a ginger infused simple syrup, vodka and club soda. 8.50

## White Wines

Cook's Brut (California) 5/20

La Terre White Zinfandel (California) 6/24

Rex Goliath Moscato (California) 26

Blufeld Riesling (Germany) 7/26

Night Harvest Sauvignon Blanc (California) 24

La Terre Chardonnay (California) 6/24

Estancia Pinot Grigio (California) 7/26

Toasted Head "Untamed White" (California) 30

Robert Mondavi Private Selection Chardonnay (Central Coast) 7/26

Nobilo Sauvignon Blanc (New Zealand) 8/30

Clos du Bois (Sonoma) 8/30

Robert Mondavi Winery Chardonnay (Napa) 34

## Red Wines

La Terre Cabernet Sauvignon (California) 6/24

Robert Mondavi Private Selection Pinot Noir (Central Coast) 28

Estancia Pinot Noir (Monterey) 8/32

Diseno Malbec (Argentina) 7/28

Ravenswood Vintners's Blend Zinfandel (California) 28

Blackstone Merlot (California) 7/28

Wild Horse Pinot Noir (Central Coast) 38

Paso Creek Merlot (Paso Robles) 32

Hogue Cabernet Sauvignon (Washington) 7/28

Genesis Syrah (Washington) 8/32

Francisan Cabernet Sauvignon (Napa) 10/38

Mount Veeder Cabernet Sauvignon (Napa) 48

## Group Dining & Catering Services

Do you have friends or business associates that would like to get Twisted? We can accommodate parties of up to 75 (seated) or 100 (cocktails & appetizers). Our entire scenic upstairs is available for weekday events as well. Or we'll bring it all to you — **just name the place!**

For your convenience, a 18% gratuity will be added to parties of 6 or more.