



gluten free

Please let your server know that you are ordering off the gluten-free menu to ensure that you receive the gluten-free item and that our team prepares your food with extra care.

Gluten Free Bison Burger An 8-ounce North Dakota bison burger topped with Tavern pub sauce, Gruyere Swiss cheese, caramelized onions, and spinach served on a gluten-free bun. 18

Gluten Free Sassy Red Pepper Pasta Bowl Spicy. Creamy. Dreamy. Gluten-free noodles, grilled chicken, shrimp, bacon, and tossed in a red pepper pesto cream sauce. 16

Gluten Free Brown Sugar + Coffee Crusted Salmon Tavern takes salmon 'to a new level' by combining a crust of Duluth Coffee grounds, brown sugar, and a pinch of cayenne pepper. Paired up with asparagus spears and a baked potato with sour cream on the side. 22

Gluten Free Ahi Tuna Bowl Steamed white rice blended with mango salsa, avocado, edamame, and ginger and drizzled with our bang-bang sauce. Garnished with toasted black and white sesame seeds, and topped with fresh ahi tuna. 21



SEE BACK FOR VEGAN MENU

TAVERN



vegan

Please let your server know that you are ordering off the vegan menu to ensure that you receive the vegan item and that our culinary team prepares your food with extra care.

Ancient Grain Tacos Ancient grains in a flour tortilla with sautéed spinach, edamame, black beans, peppers and onions, nutritional yeast, sriracha, and sliced avocado. Served with a side of vegan sour cream and a crock of our housemade black bean & rice casserole. 14

Vegan Chipotle Steak Salad A 7oz vegan ribeye set on a bed of chopped romaine and cherry tomatoes. Tossed in our chipotle roasted garlic vinaigrette. 16

Vegan Pesto Pasta Cavatappi pasta, peas and fresh vegetables tossed in a housemade pesto sauce. 14 🌱

Ancient Grain Bowl Ancient grains, edamame, black beans, red onion, green and red peppers, sautéed spinach, carrots, and fresh avocado topped with sriracha and a sprinkle of nutritional yeast. 14

Vegan Tavern Steak Bites Carved seitan seared in Cajun seasoning topped with housemade barbeque sauce and served with celery sticks. 14

Vegan Toasted BLT Grilled sourdough bread with vegan bacon, Dijon mustard spread, sliced tomatoes, and crisp lettuce. Served with kettle chips. 14

Spiralized Butternut Squash Sautéed spinach, fresh garlic, bell peppers, red onion, and peas all tossed with spiralized butternut squash in a tangy-zesty peanut sauce with a pinch of sunflower seeds. 14 🌱

SEE BACK FOR GLUTEN FREE MENU

TAVERN