



TWIST

By Heidi

*Savor the Flavor,
Feel the Salsa*



WELCOME TO TWIST BY HEIDY

An American Restaurant with a Latin Twist in the heart of Tyngsboro. Born from the community's favorite, Mami Luz Café, we've reimagined our space for evenings filled with bold flavors, creative cocktails, and the warmth of family and culture.

Our menu celebrates diversity in flavor from bold new creations to the classics you've told us you can't live without. But more than food, it's about the experience: laughter at the table, music in the background, and the sense of family that greets you the moment you walk through our doors.

THE TWIST

The Twist: is our way of blending cultures where familiar comfort meets Latin soul. It's flavor, rhythm, and creativity coming together in every dish and drink.

BY HEIDY

By Heidi: means this place carries a personal touch. Every detail reflects what she loves, her taste, and her culture. It's about creating a place that feels familiar yet exciting, crafted with warmth and gratitude. Twist by Heidi is a way of blending two worlds, the American dining she grew up around and the Latin culture that raised her.

We're proud to continue a story built on heart, heritage, and community and invite you to celebrate this next chapter with us. ❤️

STARTERS

AREPA **GF**

(Grilled corn cake with cheese) topped with shredded pork Hogao

\$13

COCONUT SHRIMP

Fried coconut-breaded shrimp served with sweet chili dipping sauce

16

CALI STREET CORN FRIES

Inspired by Elote, this app consists of fries with a cheesy crunch, loaded with roasted corn, sprinkled with Cotija and Tajin, then drizzled in sriracha aioli for the perfect bite.

\$13

HOUSE MADE CHICKEN TENDERS

Strips of fresh chicken breast, deep fried to a golden brown and served with your choice of dipping sauce

\$13

WINGS

Classic wings glazed with your choice of Sweet Chili, Buffalo, Honey hot sauce or Barbecue sauce

\$16

MAPLE BOURBON BACON & SCALLOPS **GF**

Seared scallops wrapped in crispy bacon, drizzled with a maple bourbon sauce

\$21

CHICKEN TINGAS **GF**

Tender chipotle chicken, roasted corn, topped with Cotija cheese, cilantro and Sriracha aioli.

\$13

PATATAS BRAVAS **GF**

A classic Spanish dish of fried red-bliss potato cubes served with a flavorful chipotle aioli

\$12

EMPANADAS **GF**

A traditional Colombian corn shell Empanada stuffed with Beef or Chicken served with our very own signature Aji salsa

\$14.99

MUSSELS AL FUEGO **GF**

Steamed Mussels bathed in coconut tequila broth, infused with chili, fresh cilantro and smoky chorizo.

\$21

DIPS

GUACAMOLE & TAJIN CHIPS

Fresh lime- and cilantro-guacamole with crispy Tajín-seasoned chips.

\$13

BUFFALO CHICKEN DIP

Creamy buffalo chicken dip. Served with chips

\$15

SPINACH ARTICHOKE DIP

A rich blend of spinach, artichoke hearts, and melted cheeses, served with chips.

\$15

SALADS

STREET CORN SALAD \$14

This light and flavorful mexican inspired salad, cabbage, cilantro, peppers, pickled jalapeños, cotija, and lemon chipotle dressing served over mixed greens.

BURRATA SALAD. **GF** \$13

Creamy burrata and juicy cherry tomatoes, tossed with basil in a light lemon pesto vinaigrette, finished with a touch of balsamic and olive oil. Served over mixed greens

SOUTHWESTERN SALAD \$14

Fresh cut cucumber, black beans, cherry tomatoes, roasted corn and our signature cilantro dressing topped with tortilla served over mixed greens

CAESAR SALAD 13

Crisp romaine lettuce tossed in our traditional creamy Caesar dressing, topped with savory parmesan cheese and crunchy croutons.

***add to any salad grilled or crispy chicken \$8.99 ~ Grilled Shrimp \$10.00~Steak tips \$12**



THESE ARE MADE WITH GLUTEN-FREE INGREDIENTS, BUT PREPARED IN A SHARED KITCHEN, SO THERE IS A SMALL RISK OF CROSS-CONTACT, ITEMS ARE NOT SUITABLE FOR CELIAC DISEASE DUE TO SHARED OIL

CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS. Before placing your order, please inform your server if a person in your party has a food allergy.

FEATURED PLATES

KAN KAN BANDEJA **GF**

Chuleta kan kan (Puerto Rican-style pork chops) served with rice, beans, fried egg, crispy tostones, corn arepa and Colombian chorizo. A flavorful fusion of Colombian and Puerto Rican cuisine (Dinner for 2)

\$69

CHIMICHURRI FILET & SHRIMP (GF)

Tender 4oz filet paired with jumbo shrimp, finished in our zesty jalapeño chimichurri sauce. Served with mashed potatoes and fresh vegetables of the day

Substitute Shrimp for additional filet

\$32

BRAISED SHORT RIBS **GF**

Tender Short ribs, slow-cooked to perfection, served with caramelized carrots and creamy mashed potatoes infused with garlic and butter.

\$33

CARNITAS RICE BOWL **GF**

Slow-roasted pork pernil meets Mexican flair with crispy fried plantains, cabbage, and roasted corn with jalapeño. Taste the Caribbean-Mexican fusion in every bite.

\$25

TIKI PIÑA

Indulge in our signature stir fry chicken, expertly blended with sautéed spinach, peppers, onions and chunks of pineapple all mixed in our sweet and tangy pineapple sauce served over Jasmine rice

\$24



SEAFOOD

THE CARIBBEAN CATCH **GF**

Baked haddock, marinated in a smoky chipotle mango sauce, served with rice and vegetables of the day. Finished with a drizzle of mango chimichurri

26

SEAFOOD FRA DIAVOLO

Scallops, shrimp & mussels tossed into a spicy tomato-based sauce, garlic and red pepper flakes, served over fettuccine.

38

N'AWLINS JAMBALAYA **GF**

A bold fusion of flavors Shrimp, chicken, spicy Andouille sausage, and tender haddock come together in a spicy marinara sauce. A twist on the classic Louisiana dish, with a seafood surprise.

33



PASTA

GAMBERI AL PESTO

Sauteed shrimp, tomatoes, scallions, & spinach in a basil pesto asiago cream sauce tossed with a three cheese tortellini .

CHICKEN PRIMAVERA

sautéed zucchini, summer squash, carrots & broccoli tossed in a creamy vodka sauce served over penne.

RAGU PICANTE DE SHORT RIB

Slow braised short rib in a hearty ragù alla bolognese, balanced with our house flavors served over penne

CHEESY BAKED MAC & CHEESE

This is the ultimate comfort food! Old fashioned creamy macaroni and cheese topped with your choice of: BBQ Grilled Chicken, BBQ Pulled Pork, or Crispy Buffalo Chicken



28

26

28

23

BURGERS

TWIST SMASH JALAPEÑO BURGER

Two jalapeño-infused beef patties, melted American cheese, our special sauce, caramelized onions, crispy chips, all piled high on toasted brioche bread, and served with Wedge Fries. no changes or subs ... just enjoy!

19

BACON CHEDDAR BURGER

100% Grass fed angus burger, bacon, cheddar cheese, lettuce, tomato and our signature sriracha aioli. Served with fries

19

SANDWICHES

BUTTERMILK CHICKEN SANDWICH

Our Famous buttermilk crispy chicken, lettuce, tomato, bacon, cheddar cheese with a sriracha aioli on brioche bun Served with fries.

18

BBQ PULLED PORK SANDWICH

Juicy BBQ pulled pork, cheddar cheese, topped with caramelized onions on brioche roll. Served with fries

18

FLATBREADS

MARGHERITA FLATBREAD

Traditional margherita flatbread with fresh mozzarella & basil.

14

SANTA FE

Crispy flatbread layered with pizza sauce, topped with roasted corn, black beans, peppers, onions, fresh jalapenos, and melted cheese

15

BUFFALO CHICKEN

Crispy chicken tossed in buffalo sauce with melted cheese and red onions.

17

CHICKEN CHILI FLATBREAD

Crispy chicken tossed in a sweet chili sauce, pickle jalapenos, fresh pineapple and melted cheese.

\$18

SIDES

TOSTONES ~ RICE ~ MASHED POTATO ~ BEANS

DESSERTS



TRES LECHES

12

ARINA BRULE

A Puerto rican inspired corn flour custard, finished with a caramelized brûlée

\$9

BAILEYS AFFOGATO

Vanilla ice cream · Baileys Irish Cream · 1 shot of freshly brewed espresso

11

CHOCOLATE COOKIE SKILLET

this soft and chewy chocolate chip skillet cookie is served warm and topped with ice cream. It is complete cookie HEAVEN!

14

CHURROS

Cinnamon sugar churros with chocolate or caramel sauce.

11

add Vanilla ice cream for \$3