



the red fern

283 oxford street rochester, ny 14607
585-563-7633 www.redfernrochester.com

nut-free & peanut-free options

please inform your server of any food allergies. safe-handling procedures are our practice; however, in a shared kitchen, the possibility of cross-contamination is possible.

snacks

mac & cheese nachos – no mac & cheese; will come with just cheddar, salsa verde & roasted tomatoes. all add-ons are nut-free
quesadilla
pickled things
soup of the day – changes daily, ask if today's soup is nut-free/peanut-free

plates

compost plate & all proteins
lentil loaf
buddha bowl
steak & potatoes

salads

strawberry fields – no cashew-macadamia cheese, no almonds
thai kale – no cashews, no thai peanut dressing, sub balsamic vinaigrette
buffalo chick'n bacon ranch
chick'n caesar
simple green
all add-ons except cashew-macadamia cheese

sandwiches

low dough burrito!
lentil burger & all add-ons
buffalo chick'n bacon ranch wrap
steak bomb
buffalo bleu
chick'n caesar wrap
tofu egg sandwich
ABLT
grilled cheese
sides – balsamic field greens, sesame sticks, mac salad, sweet potato salad, pickled things, mashed potatoes & gravy; ask if today's soup is nut-free/peanut-free
gluten-free bread is nut-free

specials - ask if today's specials are nut-free

dessert - changes daily, ask for today's nut-free/peanut-free selections

drinks

smoothies – strawberry banana, kale strawberry banana, mixed berry matcha. we use a separate blender pitcher for peanut butter smoothies!
all juices
kombucha
coffee & tea
all sodas & sparkling water
all beers & wines