



the red fern

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

oil-free options

these menu items contain no added oil in preparation; however, inherent fats are present.

snacks

fruit & cheese platter – no focaccia/no gluten-free bread, sub extra fruit or cucumber slices (upcharge applies)

pickled things

plates

buddha bowl – no ginger garlic tamari dressing. no marinated kale, sub steamed kale. tofu will be steamed without oil on grill. avocado puree add-on does not contain added oil.

salads

strawberry fields – no asparagus. no strawberry poppyseed dressing, sub plain balsamic vinegar or lemon wedges for dressing.

simple green – no balsamic vinaigrette, sub plain balsamic vinegar or lemon wedges for dressing.

sides

you can also put together an oil-free meal of any combination of the following sides:

- lentil burger (request steamed – no oil on grill)
- tempeh bacon (request steamed – no oil on grill)
- lemon maple tofu (request steamed – no oil on grill)
- bbq tofu (request steamed – no oil on grill)
- ginger tamari tofu (request steamed – no oil on grill)
- coconut brown rice
- cashew-macadamia cheese
- steamed kale (NOT our marinated kale)
- chilled beets
- pickled carrots & cabbage
- avocado slices
- avocado puree
- bbq sauce

dessert

we offer an all-natural, oil-free low-glycemic ball with dried fruit, nuts and/or seeds - please inquire today's flavor!

additionally, we can offer a side of fresh fruit for dessert

drinks

all beverages are oil-free.