



# the red fern

283 oxford street rochester, ny 14607  
585-563-7633 [www.redfernrochester.com](http://www.redfernrochester.com)

## soy-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 – avocado puree, pickled jalapenos & spicy sour cream are the soy-free add-ons  
fruit & cheese platter  
quesadilla  
pickled things  
soup of the day – changes daily, ask if today's soup is soy-free

### plates

compost plate – no meat sauce. soy-free proteins are italian sausage, lentil burger, mushrooms or scoop of warrior wrap  
filling (upcharge applies for warrior scoop)  
lentil loaf – no gravy  
buddha bowl – no tofu, sub lentil burger (upcharge applies) or mushrooms; no ginger garlic tamari sauce  
baked mac & cheese  
steak & potatoes – no steak, sub lentil burger, italian sausage or mushrooms

### salads

strawberry fields  
thai kale – no peanut dressing, sub balsamic vinaigrette  
buffalo chick'n bacon ranch - no soy curls, sub mushrooms or italian sausage. no coconut bacon bits.  
simple green  
add-ons – lentil burger, italian sausage, cashew-macadamia cheese, avocado slices or puree

### sandwiches

warrior wrap – no wheat wrap, sub brown rice tortilla, GF bread (upcharge) or serve over balsamic field greens  
steak bomb – no steak, sub sausage  
lentil burger & all add-ons except tempeh bacon are soy-free  
grilled cheese & roasted tomato and/or avocado  
low dough burrito! – no wheat wrap, serve as a bowl; no BBQ tempeh, sub BBQ lentil burger (upcharge) or BBQ sausage  
sides – balsamic field greens, mac salad, sweet potato salad, pickled things, mashed potatoes (NO gravy); ask if today's soup is soy-free

### specials

ask if today's specials are soy-free

### dessert

changes daily, ask for today's soy-free selections

### drinks

all smoothies  
all juices  
kombucha  
coffee & tea  
all sodas & sparkling water  
all beer & wine