



# the red fern

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

### salads

harvest – no cashew-macadamia cheese  
cosmic kale detox – no walnuts  
chick'n caesar  
simple green  
all add-ons except cashew-macadamia cheese

### sandwiches

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

### 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  
vanilla coconut milk  
all beers & wines