



# 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 is the only soy-free add-on  
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 protein options are lentil burger or italian sausage  
lentil loaf – no gravy  
buddha bowl – sub lentil burger for tofu (upcharge applies); no ginger garlic tamari sauce  
baked mac & cheese – no crispy onions

### salads

harvest  
cosmic kale detox  
simple green  
add-ons – lentil burger, italian sausage, cashew-macadamia cheese, avocado

### sandwiches

warrior wrap – no wheat wrap, sub brown rice tortilla or serve over balsamic field greens  
lentil burger & all add-ons except tempeh bacon  
grilled cheese with roasted tomato and/or avocado  
sides – balsamic field greens, mac salad, sweet potato salad, mashed potatoes (NO gravy); ask if today's soup is soy-free  
gluten-free bread

### specials

ask if today's specials are soy-free

### dessert

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

### drinks

smoothies – strawberry banana, kale strawberry banana, mixed berry matcha  
all juices  
kombucha  
coffee & tea  
all sodas & sparkling water  
vanilla coconut milk  
all beer & wine