

REVIEW: RED FERN RESTAURANT

BY: DairyFreeGina

283 Oxford Street Rochester, NY 14607

Reviewed during various times in 2016

** I was not provided anything gratis. Opinions are my own**

My friends at Strong Hearts in Syracuse, NY recommended [Red Fern](#) in Rochester, NY so my husband and I drove a little over an hour to check it out. Nestled in a residential setting, Red Fern with indoor and outdoor seating, is a completely vegan restaurant. So when you see cheese or meat items on the menu it reflects their vegan counterparts. The menu is extensive and everything on it looks delicious and tempting. There are separate nut free and soy free menus. Gluten free options are available too.

To start, I ordered a freshly made juice with beets, carrots, apples and ginger. It was delicious and very healthy tasting. Since it was freshly made it was not chilled so a few ice cubes would have made it more refreshing.



As an appetizer we settled on the Baked Mac N' Cheese. It came out piping hot made with gluten free pasta, cashew and cheddar cheeses, and crispy onions. It's not as sweet tasting as other vegan varieties I've tried, and this was a bit salty, but it sure was satisfying. Dean said next time he isn't sharing; he wants his own plate!



For our main meal I ordered the Warrior Wrap with a side of Lemon Maple Tofu. The Warrior Wrap is filled with roasted chickpea salad, pecans, sunflower seeds, dried cranberries, kale, and cucumber. This wrap is right up my alley. So delicious. So healthy. And no dairy!!!



Dean ordered the Steak Bomb made of grilled seitan, cheddar, sautéed peppers and onions, baby bella mushrooms, horseradish mayonnaise all served on focaccia bread. Both were outstanding and filling and something we would order again and again. Dean said he challenges any meat eater to try the Steak Bomb. He guarantees you will think you are eating meat!



When you first enter Red Fern your mouth will immediately water by seeing the dessert case right inside the entrance. Look at these desserts! Did I say this is all vegan?



All of these delights are homemade and it was hard to just choose one but we did. Dean had a peanut butter cake and I enjoyed a Ginger Oatmeal Cookie. My cookie had actual chunks of ginger in it and a strong ginger taste, perfect if you like ginger like I do.





On another visit to Red Fern we specifically went for the Crab Cake special it was serving that night.

My husband got the Mac and Cheese as an appetizer and ate it all himself but we shared a Quesadilla which was flavorful and tasty.



We each ordered the Crab Cakes and I added a side of tempeh to my order. The crab cakes were excellent and hard to tell there wasn't crab in the mix. Made with artichokes and white beans, the crab cakes really looked and tasted like a crab cake! My only suggestion would be to crisp them up more so to truly have the texture of a crab cake.



My dessert consisted of a Bird Bar which added the right amount of sweetness for me combined with something that was actually healthy and not over indulgent. The bar is made completely of nuts and seeds and probably something a bird would like to eat except, I'm not sharing!



Dean tried another cake from the dessert collection and said it was loaded with flavor and delicious.



[Red Fern](#) is located in Rochester, New York. Seating is limited so reservations are highly recommended.

<http://www.redfernrochester.com/>