




Starters

Cremini Mushroom & VT Chevre Tartine \$13 V  (Rochester/Stockbridge/Websterville, VT)
w/roasted Garlic, VT Creamery Chevre, Wild Fern Ciabatta, Herbs, Balsamic, & Uphill Farm Micro Greens

Nitty Gritty Hush Puppies \$8 V (Charlotte/Rochester, VT)
w/Maple Sambal Aioli

Happy Bird Farm Maple Chili Wings \$13 (Isle La Motte/Rochester, VT)
Topped w/Scallions & Sesame Seeds

Soul Garden Spicy Pickle Plate \$10 VG GF
Assorted Pickled Vegetables

Fried Green Tomatoes \$12 V (Weybridge/Rochester, VT)
w/Sweet & Spicy Cream Sauce, Uphill Farm Micro Greens

Salad, Soup & Sides

House Salad w/Maple Red Wine Vinaigrette \$8 V

Classic Caesar Salad \$10 (Salisbury/Norwich, VT)

Soul Caesar Salad \$11 GF (Salisbury/Springfield, VT)
Mixed Greens, Parmesan, Bacon, & house Caesar Dressing

Add Anchovy \$3, Grilled Chicken \$7, Cajun Shrimp \$10 to any Caesar or House Salad

Spicy Curry Sweet Potato Bisque V GF \$8 (Cabot, VT)

VG = Vegan V = Vegetarian GF=Gluten Free  = New Item