



Starters

Happy Bird Farm Maple Chili Wings \$12 (Isle La Motte/Rochester, VT)

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

Nitty Gritty Hush Puppies \$8 V (Charlotte/Rochester, VT)

w/Maple Sambal Aioli

Heirloom Tomato & Burrata Mozzarella \$13 V GF (N Bennington, VT)

w/Maplebrook Farm Burrata Mozzarella, heirloom Tomatoes, & Herb Salad drizzled w/Balsamic Glaze

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 Coconut Curry Sweet Potato Bisque \$8 VG GF

Old Road Farm Bacon Collard Greens \$6 GF

Old Road Farm Beet Green Mignonette \$6 VG GF

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