



Starters To Go

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

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

Soul Garden Spicy Pickle Sampler \$10 VG GF (Rochester/Granville, VT)
Assorted sweet & spicy pickled Vegetables

Poutine \$12 (N Bennington, VT)
Hand cut Fries, Maplebrook Cheddar Curds, Veal Demi-Glace & Scallions

Salad, Soup & Sides To Go

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

Classic Caesar Salad \$10

Soul Caesar Salad \$11 GF

Mixed Greens, Parmesan, Bacon, & house Caesar Dressing

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

Ask about our Soup du Jour \$8

Entrée To Go


Cabot Sharp Cheddar Macaroni & Cheese \$16 V (Cabot/Weybridge, VT)
Add Bacon \$3/ Cajun Shrimp \$10

Maple Soul Cajun Shrimp & Grits \$25 GF (Cabot/Rochester, VT)
Wild Caught Shrimp, Cajun Seasoning, Tomato, Scallion, Garlic, & Butter over Cabot Cheddar Grits

River Bend Farm Black Angus Burger \$16 (Rochester/Norwich/Cabot, VT)
w/Cabot Sharp Cheddar, Tomato, & Lettuce, hand cut Fries, & Maple Cole Slaw on a house made Maple Brioche
Add thick cut Smoky Bacon or a Farm fresh fried Egg \$3
Substitute Blue Ledge Bleu Cheese, \$2

VT Grown BBQ Baby Back Ribs \$23 (Addison, VT)
w/hand cut Fries, house made BBQ Sauce, & Maple Cole Slaw

Marinated Beef Tips \$26 GF (Cambridge, VT)
Boyden Farm Beef Tips w/mashed Potatoes, sautéed Mushrooms, & Veal Demi-Glace

Maple Soul BBQ Bowl \$26  (Addison/Cabot/Granville, VT)
Our signature Cabot Sharp Macaroni & Cheese w/spicy, smokey Collard Greens, Ribs, & house made Corn Bread

Ask about our Desserts du Jour \$7

V = Vegetarian GF=Gluten Free  = New Item

Please notify your server if you have any dietary restrictions or food allergies.

**Consuming raw or undercooked meats, poultry, seafood, shellfish or eggs may increase your risk of food born illness*