

Starters To Go

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

Fried Brussels Sprouts \$12 V (Rochester/Weybridge, VT)
w/Maple Mustard Butter Sauce

Maple Soul Pickle Plate \$12 VG GF (Granville, VT)
Assorted house made pickles

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, Chicken \$7, or Cajun Shrimp \$10 to any Salad

Ask about our Soup du Jour \$8

Entrée To Go

Hand Rolled Maplebrook Farm Ricotta Gnocchi \$23 V (Bennington/Granville, VT)
w/Spinach, Sun Dried Tomato, Mushroom, & Garlic in a Parmesan Bechamel Sauce
Add Bacon \$3/ Chicken \$7/ Cajun Shrimp \$10

Cabot Sharp Cheddar Macaroni & Cheese \$17 V (Cabot/Weybridge, VT)
Add Bacon \$3/ Chicken \$7/ / Cajun Shrimp \$10

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

River Bend Farm Black Angus Burger \$17 (Rochester/Norwich/W Glover, VT)
w/5th Generation Farm 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 or VT Creamery Goat Cheese, \$2

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

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

Ask about our Desserts du Jour \$8

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*