



### Starters To Go

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

**Fried Brussels Sprouts \$12 V GF** (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, Cajun Shrimp \$10, or Ahi Tuna \$14 to any Salad*

### 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/5<sup>th</sup> 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, \$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*