



Starters

P.E.I. Mussels \$15

w/ Tomato, Basil, Garlic, & White Wine Butter Sauce served w/grilled Ciabatta

Sesame Crusted Tuna* \$20 (Rochester, VT)

w/Seaweed Salad & Wasabi Aioli

Parsnip Tots \$14 (Rochester/Weybridge, VT)

w/Salted Maple Crème Sauce, Smoked Trout & Uphill Farm Micro Greens

Roasted Beets & Goat Cheese \$14 V GF (Websterville/Rochester, VT)

Roasted Beets, VT Creamery Goat Cheese, Pecans, Pumpkin Seeds, Maple & Balsamic Drizzle, topped w/Uphill Farm Micro Greens

Maple Soul Pickle Plate \$12 VG GF

Assorted house made Pickles

Salad, Sides & Soup

House Salad w/Maple Red Wine Vinaigrette \$11 V (Rochester/Norwich, VT)

Classic Caesar Salad* \$13 (Salisbury/Norwich, VT)

Soul Caesar Salad* \$14 GF (Granville/Salisbury/Springfield, VT)

Mixed Greens, Parmesan, Bacon, & house Caesar Dressing

Add Anchovy \$3, Grilled Chicken \$7, Cajun Shrimp \$10, or blackened Ahi Tuna \$15 to any Salad

Baked French Onion Soup \$9 (Cabot, VT)

Maple Bacon Baked Beans \$6 GF (Huntington, VT)

w/Mountainside Maple Sugar, & Bacon

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

