



Starters

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 Miro Greens

Sesame Crusted Tuna* \$20 (Rochester, VT)
w/Seaweed Salad & Wasabi Aioli

Maple Soul Pickle Plate \$12 VG GF
Assorted house made Pickles

Nitty Gritty Hush Puppies \$9 V (Charlotte/Rochester, VT)
w/Maple Sambal Aioli

Happy Bird Farm Maple Chili Wings \$16 (Isle La Motte/Rochester, VT)

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)

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

