



Starters

Cauliflower Au Gratin Dip \$15 V  (Norwich/Salisbury/Weybridge, VT)
w/house made French Bread

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

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

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

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 Ahi Tuna \$15 to any Salad

Split Pea w/VT Bacon \$8 GF (Addison, VT)

Grilled Corn Bread \$6 V (Charlotte/Rochester/Salisbury, VT)
w/Rosemary Wing Farm Honey

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

