MAPLE SOUL

Starters To Go

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

Fried Green Tomatoes $15 V (Rochester/Weybridge, VT)
In a sweet & spicy Cream Sauce topped w/Uphill Farm Micro Greens

Salad, Soup & Sides To Go

House Salad w/Maple Red Wine Vinaigrette $11 V

Classic Caesar Salad* $12

Soul Caesar Salad* $13 GF

Mixed Greens, Parmesan, Bacon, & house Caesar Dressing
Add Anchovy $3, grilled Chicken$7, Cajun Shrimp $10, Swordfish Tips $12, or blackened Ahi Tuna $15 to any Salad

Ask about our Soup du Jour $10

Entrée To Go

New England Lobster Roll $34
w/hand cut Fries, Maple Cole Slaw, Lemon & a grilled Bun

River Bend Farm Black Angus Burger* $17 (Rochester/Norwich/W Glover, VT)
w/Cabot 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 Bleu Ledge Bleu Cheese or Grafton Black Truffle Cheddar $2

Hand Rolled Maplebrook Farm Ricotta Gnocchi $24 V (Bennington/Granville, VT)
w/Spinach, Sun Dried Tomato, Mushroom, & Garlic in a Parmesan Bechamel Sauce
Add Bacon or Goat Cheese $3/ grilled Chicken $7/Cajun Shrimp $10/Swordfish Tips $12

Cabot Sharp Cheddar Macaroni & Cheese $18 V (Cabot/Weybridge, VT)
Add Bacon $3/grilled Chicken $7/or Cajun Shrimp $10/Swordfish Tips $12

Marinated Beef Tips $27 GF (Cambridge, VT)
Boyden Farm Beef Tips w/mashed Potatoes, sautéed Mushrooms, & Veal Demi-Glace

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 Micro Greens

VT Grown BBQ Baby Back Ribs $24 (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