



Starters

P.E.I. Mussels \$16

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

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 Spicy Pickle Plate \$13 VG GF (Granville, VT)

Assorted house made pickles

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

Blackened Ahi Tuna \$19 (Rochester, VT)

w/Bourbon Plum Sauce & Uphill Farm Micro Greens

Salad, Sides & Soup

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

Classic Caesar Salad* \$12 (Salisbury/Norwich, VT)

Soul Caesar Salad* \$13 GF (Granville/Salisbury/Springfield, VT)

Mixed Greens, Parmesan, Bacon, & house Caesar Dressing

Add Anchovy \$4, Happy Bird Farm Grilled Chicken \$7, Cajun Shrimp \$10, Ahi Tuna \$15 to any Salad

Coconut Curry Sweet Potato Bisque \$9 VG GF

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Grilled Corn Bread \$8 V (Charlotte/Norwich/Salisbury/Weybridge, VT)

w/Honey

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

