



Starters

Fried Brussels Sprouts \$14V (Rochester, VT)
w/Maple Mustard Butter Sauce

Maple Soul Pickle Plate \$12 VG GF (Granville, VT)
Assorted house made pickles

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

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

Blackened Ahi Tuna \$20 (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, Cajun Shrimp \$10, Ahi Tuna \$15 to any Salad

Spiced Butternut & Apple Bisque \$9 V GF (Rochester/Cornwall, VT)

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

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

