



### Starters To Go

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

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

**Grilled Corn Bread \$8 V** (Salisbury, VT)  
w/Honey

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

### 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 \$4, Cajun Shrimp \$10, Ahi Tuna or \$15 to any Salad*

**Ask about our Soup du Jour \$9**

### Entrée To Go

**Beer Battered Fish & Chips \$27** (Waitsfield/Norwich, VT)  
w/hand cut Fries, Maple Cole Slaw, & Maple Sambal Aioli

**Smoked Sweet Potato, Mushroom & Pecan Farro \$25 V** (Rochester/Weybridge, VT)  
w/Balsamic reduction, Pepitas, & Uphill Farm Micro Greens

**River Bend Farm Black Angus Burger\* \$18** (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 Blue Ledge Bleu Cheese or VT Creamery Goat Cheese \$2*

**VT Grown BBQ Baby Back Ribs \$24 half rack \$36 full rack** (Addison/Huntington, VT)  
w/hand cut Fries, house made BBQ Sauce, & Maple Cole Slaw

**Hand Rolled Maplebrook Farm Ricotta Gnocchi \$24 V** (Bennington/Rochester, VT)  
w/Spinach, Sun-dried Tomato, Mushroom, Garlic, & Basil in a Parmesan Bechamel Sauce w/Uphill Farm Micro Greens  
*Add Bacon or VT Creamery Goat Cheese \$3, or Cajun Shrimp \$9*

**Cabot Sharp Cheddar Macaroni & Cheese \$18 V** (Cabot/Weybridge, VT)  
*Add Bacon \$3, or Cajun Shrimp \$10*

**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

**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*

