MAPLE SOUL

Starters To Go

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

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

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

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, grilled Chicken $7, Cajun Shrimp $10, or Ahi Tuna $15 to any Salad

Ask about our Soup du Jour $9

Entrée To Go

Bacon Wrapped VT Wagyu Meatloaf $28 (Springfield, VT)
w/house Vegetable, mashed Potatoes, & Veal Demi-Glace

Marinated Beef Tips $28 GF (Cambridge, VT)
Boyden Farm Beef Tips w/mashed Potatoes, sautéed Mushrooms, & Veal Demi-Glace

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 VT Creamery Goat Cheese, or Bacon $3/Happy Bird Farm Chicken $7/ Cajun Shrimp $10

Cabot Sharp Cheddar Macaroni & Cheese $18 V (Cabot/Weybridge, VT)
Add Bacon $3/ Chicken $7/ Cajun Shrimp $9

Maple Soul Cajun Shrimp & Grits $25 GF (Cabot/Charlotte, VT)
Wild Caught Shrimp, Cajun Seasoning, Tomato, Scallion, Garlic, & Butter over Cabot Cheddar Grits

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