



Starters

Parsnip Tots \$15 (Rochester/Weybridge, VT)

w/Salted Maple Crème Sauce, Smoked Trout & Uphill Farm Micro Greens

Amber's Lemon Chutney Burratta \$16 V (Bennington/Norwich/Rochester, VT)

Amber's Lemon Chutney w/Basil Oil, & Pistachio over Maplebrook Farm Burratta topped w/Uphill Farm Micro Greens, served w/roasted Garlic Focaccia

1000 Stone Farm Wild Mushroom Toast \$19 V (Brookfield/N. Bennington/Rochester/Salisbury, VT)

Maplebrook Farm Ricotta Cheese topped w/Oyster, Chestnut, Lions Mane, & Shiitake Mushrooms, Garlic, Butter, & Herbs, & a Maple Meadows Farm Fried Egg on toasted Focaccia

Roasted Beets & Goat Cheese \$14 V GF (Rochester/Websterville, VT)

Roasted Beets, VT Creamery Goat Cheese, Pecans, Pumpkin Seeds, Maple Balsamic Drizzle, topped w/Uphill Farm Micro Greens

Hummus \$12 V (Rochester, VT)

w/Olive Oil, Sundried Tomato & Olive Tapenade, Roasted Garlic, topped w/Uphill Farm Micro Greens, served w/grilled Bread

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

P.E.I. Mussels \$17

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

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

Baked French Onion Soup \$10 (Cabot, VT)

Maple Soul Pickle Plate \$12 VG GF (Granville, VT)

Assorted house made pickles

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

w/Honey

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

