



Starters

Grits, Beans, & Greens \$15 GF (Cabot/Huntington/Springfield, VT)
Cabot Cheddar Grits, Maple, Bacon Baked Beans, & Smoky Collard Greens w/Bacon

P.E.I. Mussels \$17
w/ Tomato, Basil, Garlic, & White Wine Butter Sauce served w/grilled Focaccia

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

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

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

Roasted Beef Marrow \$12
w/tangy Herb Salad & toasted Focaccia

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

Smoky, Spicy Bacon Collard Greens \$6 GF

Maple Bacon Baked Beans \$6 GF (Huntington, VT)
w/Mountainside Maple Sugar, & Bacon

Coconut Curry Sweet Potato Bisque \$9 VG GF

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

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

