MAPLE SOUL

Starters To Go

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

Nitty Gritty Hush Puppies $10 V (Charlotte/Rochester, VT)
w/Maple Sambal Aioli

Salad, Soup & Sides To Go

House Salad w/Maple Red Wine Vinaigrette $12 V

Classic Caesar Salad* $13

Soul Caesar Salad* $14 GF
Mixed Greens, Parmesan, Bacon, & house Caesar Dressing
Add Anchovy $4, Happy Bird Farm grilled Chicken $7, Cajun Shrimp $10, or Ahi Tuna $15 to any Salad

Spicy Cucumber Salad $6 VG

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

Ask about our Soup du Jour

Entrée To Go

New England Lobster Roll $30
w/hand cut Fries, Maple Cole Slaw, Lemon & a grilled Bun

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* $19 (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 or house made Kimchi $3, Substitute Blue Ledge Bleu Cheese or VT Creamery Goat Cheese $2

VT Grown BBQ Baby Back Ribs $25 half rack $37 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 in a Parmesan Cream Sauce w/Uphill Farm Micro Greens
Add VT Creamery Goat Cheese, or Bacon $3 / Happy Bird Farm grilled Chicken $7 / Cajun Shrimp $10

Cabot Sharp Cheddar Macaroni & Cheese $19 V (Cabot/Weybridge, VT)
Add Bacon $3 / Happy Bird Farm grilled Chicken or Pulled Pork $7 / Cajun Shrimp $10

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 VG = Vegan 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*