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 $8, Cajun Shrimp $10, or Ahi Tuna $15 to any Salad

Cabot Sharp Cheddar Macaroni & Cheese $12 V (Cabot/Weybridge, VT)

Roasted Brussels Sprouts $8 GF V (Cabot, VT)
In Shallot Garlic Butter

Ask about our Soup du Jour

Entrée To Go

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

Bacon Wrapped VT Wagyu Meatloaf $29 (Springfield, VT)
w/house Vegetable, mashed Potatoes, & 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, Kimchi, or a farm fresh fried Egg $3, Substitute Black Truffle Tartufo, or VT Creamery Goat Cheese $2

BBQ Baby Back Ribs half rack $26 (Huntington/Rochester, VT)
w/hand cut Fries, house made BBQ Sauce, & Maple Cole Slaw

Spicy Coconut Curry Wahoo $33 GF
w/wild caught Wahoo, Coconut Red Curry Broth, & Herbs over Jasmine Rice

Maple Soul Cajun Shrimp & Grits $26 GF (Cabot/Rochester, VT)
Wild Caught Shrimp, Cajun Seasoning, Tomato, Scallion, Garlic, & Butter over Cabot Cheddar Grits w/Uphill Farm Micro Greens

Hand Rolled Maplebrook Farm Ricotta Gnocchi $25 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 grilled Chicken $8/ Cajun Shrimp $10

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*