



Starters To Go

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

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

Poutine \$15 (N Bennington, VT)
Hand cut Fries, Maplebrook Cheddar Curds, Veal Demi-Glace & Scallions

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

Salad, Soup & Sides To Go

House Salad w/Maple Red Wine Vinaigrette \$14 V

Classic Caesar Salad* \$14

Soul Caesar Salad* \$15 GF
Mixed Greens, Parmesan, Bacon, & house Caesar Dressing
Add Anchovy \$4, grilled Chicken \$8, Cajun Shrimp \$10 or Tuna \$15 to any Salad

Roasted Brussels Sprouts \$8 GF V (Cabot, VT)

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

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

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 Blue Ledge Farm Bleu Cheese, 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

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/ 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*

