



Starters To Go

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

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

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

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 Happy Bird Farm Chicken Breast \$8, Cajun Shrimp \$10, or Blackened Tuna \$15 to any Salad

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

Spicy Cucumber Salad \$8 VG

Maple Bacon Baked Beans \$8 GF (Huntington, VT)
w/Mountainside Maple Sugar, & Bacon

Ask about our Soup du Jour

Entrée To Go

Bacon Wrapped VT Wagyu Meatloaf \$29 (Springfield, VT)
w/house Vegetable, mashed Potatoes, & Veal Demi-Glace

Sauteed Beef Tips \$28 GF (Cambridge, VT)
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, 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 full rack \$38 (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 in a Parmesan Bechamel Sauce w/Uphill Farm Micro Greens
Add VT Creamery Goat Cheese or Bacon \$3/ grilled Happy Bird Farm Chicken Breast \$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*

