MAPLE SOUL

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Starters To Go

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

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

Salad, Soup & Sides To Go

House Salad w/Maple Red Wine Vinaigrette $15 V

Classic Caesar Salad* $15

Soul Caesar Salad* $16 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 $15 V (Cabot/Weybridge, VT)

Roasted Brussels Sprouts $9 GF V (Cabot, VT)
w/Shallots & Garlic in Butter

Ask about our Soup du Jour

Entrée To Go

River Bend Farm Black Angus Burger* $20 (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,VT Creamery Goat Cheese, or a farm fresh fried Egg $3, Substitute Blue Ledge Farm Bleu Cheese $2

New England Pot Roast $29 GF (Cambridge/Granville, VT)
Beef, Carrots, Celery, Onion, & Potatoes in a Rich Gravy

Sauteed Beef Tips $31 GF (Cambridge, VT)
mashed Potatoes, sautéed Mushrooms, & Veal Demi-Glace

BBQ Baby Back Ribs $26 half rack full rack $38 (Huntington, VT)
w/hand cut Fries, house made BBQ Sauce, & Maple Cole Slaw

Maple Soul Cajun Shrimp & Grits $28 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 $26 V (Bennington/Rochester, VT)
w/Spinach, Sun-dried Tomato, Mushroom, & Garlic in a Parmesan Bechamel Sauce w/Uphill Farm Micro Greens
Add Bacon or VT Creamery Goat Cheese $3, Happy Bird Farm grilled Chicken $8, or 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*