MAPLE SOUL

Starters

Maple Gravlax* $21 GF (Duxbury/Huntington/Rochester/Websterville, VT)
House Cured Honeywilya King Salmon w/Shallot, Capers, Radish, Uphill Farm Pea Shoots, VT Creamery Crème Fraiche & Salmon Caviar

Amber's Lemon Chutney Burratta $16 V (Bennington/Norwich/Rochester, VT)
Amber's Lemon Chutney w/Basil Oil, & Pistachio over Maplebrook Farm Burratta topped w/Uphill Farm Micro Greens, served w/roasted Garlic Focaccia

Parsnip Tots $15 (Rochester/Weybridge, VT)
w/Salted Maple Crème Sauce, Smoked Trout & Uphill Farm Micro Greens

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

Roasted Beets & Goat Cheese $14 V GF (Rochester/Websterville, VT)
Roasted Beets, VT Creamery Goat Cheese, Pecans, Pumpkin Seeds, Maple Balsamic Drizzle, topped w/Uphill Farm Micro Greens

1000 Stone Farm Wild Mushroom Toast $19 V (Brookfield/N. Bennington/Rochester/Salisbury, VT)
Maplebrook Farm Ricotta Cheese topped w/Oyster, Chestnut, Lions Mane, & Shiitake Mushrooms, Garlic, Butter, & Herbs, & a Maple Meadows Farm Fried Egg on toasted Focaccia

P.E.I. Mussels $17
w/ Tomato, Basil, Garlic, & White Wine Butter Sauce served w/grilled roasted Garlic Foccacia

Salad, Sides & Soup

House Salad w/Maple Red Wine Vinaigrette $11 V (Granville/Norwich, VT)

Classic Caesar Salad* $12 (Salisbury/Norwich, VT)

Soul Caesar Salad* $13 GF (Granville/Salisbury/Springfield, VT)
Mixed Greens, Parmesan, Bacon, & house Caesar Dressing

Add Anchovy $4, Cajun Shrimp $10, Ahi Tuna $15 to any Salad

Baked French Onion Soup $10 (Cabot, VT)

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

Side Cabot Sharp Cheddar Macaroni & Cheese $10 V (Cabot/Weybridge, VT)

VG = Vegan V = Vegetarian GF=Gluten Free = New Item