MAPLE SOUL

Starters

Blackened Ahi Tuna $20 GF (Rochester, VT)
w/Bourbon Plum Sauce & Uphill Farm Micro Greens

P.E.I. Mussels $16
w/ Tomato, Basil, Garlic, & White Wine Butter Sauce served w/grilled Focaccia

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

Nitty Gritty Hush Puppies $10 V (Charlotte/Rochester, VT)
w/Maple Sambal Aioli

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

Caprese $15 V (N Bennington, VT)
w/Maplebrook Farm Mozzarella, Tomato, Basil, Confit Garlic, drizzled w/Balsamic Glaze

Salad, Sides & Soup

House Salad w/Maple Red Wine Vinaigrette $12 V (Granville/Norwich, VT)

Classic Caesar Salad* $13 (Salisbury/Norwich, VT)

Soul Caesar Salad* $14 GF (Granville/Salisbury/Springfield, VT)
Mixed Greens, Parmesan, Bacon, & house Caesar Dressing

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

Watermelon Salad $12 GF V (Rochester/Websterville, VT)
Watermelon, Cucumber, & Mint in a Red Wine Vinaigrette, VT Creamery Goat Cheese, topped w/Lemon Zest, Pumpkin Seeds & Balsamic drizzle

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

Spicy Cucumber Salad $5 VG

Chilled Strawberry Rose Soup $9 V GF

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