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

Old Road Farm Fried Green Tomatoes $15 V (Granville/Rochester/Weybridge, VT)
In a sweet & spicy Cream Sauce topped w/Uphill Farm Micro Greens

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

Blistered Shishito Peppers $12 VG (Granville, VT)
w/Soy & Garlic dipping Sauce

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, grilled Happy Bird Farm Chicken $7, Cajun Shrimp $10, Ahi Tuna $15 to any Salad

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

Fire Roasted Corn on the Cob $5 V (Cabot/Granville, VT)
w/Cajun Butter & Scallions

Coconut Curry Sweet Potato Bisque $9 VG GF

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