



Starters

Maple Soul Pickle Plate \$12 VG GF (Granville/Rochester, VT)

Assorted house made pickles

Julie's Fridge Corn \$8 V GF (Cabot/Granville/Middlebury/Rochester, VT)

Grilled local Corn on the Cob w/Cajun seasoning, Garlic, Queso Fresco, Cilantro, Butter, Lime Crema, & Scallions

Blackened Ahi Tuna* \$20 (Rochester, VT)

w/Bourbon Plum Sauce & Uphill Farm Micro Greens

Nitty Gritty Hush Puppies \$10 V (Charlotte/Rochester, VT)

w/Maple Sambal Aioli

Roasted Beets & Goat Cheese \$14 V GF (Websterville/Rochester, 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)

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

Caprese \$14 GF V (Bennington/Granville, VT)

w/Old Road Farm Tomatoes, Maplebrook Farm Mozzarella, Basil, & Balsamic drizzle

Baked French Onion Soup \$10 (Cabot, VT)

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

Maple Soul has a one check/one swipe per table policy.

