



## 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 bread

**Vermont Cheese Plate \$15 V** (Castleton/Greensboro/Putney/Salisbury, VT)  
Blue Ledge Farm Camembrie & Middlebury Blue Cheeses w/Fig, Dilly Beans & Castleton Crackers

**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

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

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

**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*

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

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

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

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

**Maple Soul has a one check per table policy.**

