



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

Old Road Farm Heirloom Tomato Salad \$16 GF V (Granville/N Bennington/Rochester, VT)
w/Maplebrook Farm Burrata, Basil, Confit Garlic, Olive Oil, Balsamic & Uphill Farm Micro Greens

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

Curry Sweet Potato Bisque \$9 V GF

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

Maple Soul has a one check per table policy.

