



## Starters

**Parsnip Tots \$15** (Rochester/Weybridge, VT)  
w/Salted Maple Crème Sauce, Smoked Trout & 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

**P.E.I. Mussels \$19**  
w/ Tomato, Basil, Garlic, & White Wine Butter Sauce served w/grilled Focaccia

**Poutine \$12** (N Bennington, VT)  
Hand cut Fries, Maplebrook Cheddar Curds, Veal Demi-Glace & Scallions

## 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

**Curry Sweet Potato Bisque \$9 V GF**

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

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

